

Guitar Workout

Start at 40bpm on each exercise, go up 5bpm at a time

Koree A. Smith

Four-Fret Exercise

1

T
A
B

1-2-3-4 1-2-3-4 1-2-3-4 1-2-3-4 1-2-3-4 4-3-2-1 4-3-2-1

4

4 3 2 1 4 3 2 1 4 3 2 1 4 3 2 1 0

Minor Blues Scale

6

1-4 1-2-3 1-3 1-3-4 1-4 4 1 4-3-1 3-1 3-2-1 4-1 2-5 2-3-4 2-4 2-5 5

9

2 5-4-2 4-2 4-3-2 5-2 3-6 3-4-5 3-5 3-6 3-6-3 6 3 6-5-3 5-3 5-4-3 6-3

12

4-5-6 4-6 4-6-7 4-7 4-7-4 7 4 7-6-4 6-4 6-5-4 7-4 5-8 5-6-7 5-7 5-7-8 5-8 5-8-5 8

15

5 8-7-5 7-5 7-6-5 8-5 6-9-6 9 6 9-8-6 8-6 8-7-6 9-6

18

7-10 7-8-9 7-9 7-9-10 7-10 7-10-7 10 7 10-9-7 9-7 9-8-7 10-7 8-11 8-11-8 11 8-10 8-10-11 8-11 8-11-8 11

21

8 11-10-8 10-8 10-9-8 11-8 9-12 9-11-12 9-12 9-12-9 12 9 12-11-9 11-9 11-10-9 12-9

24

10-13 10-11-12 10-12 10-12-13 10-13 13 10 13-12-10 12-10 12-11-10 13-10 11-14 11-14-11 14 11-13 11-13-14 11-14

27

11 14-13-11 13-11 13-12-11 14-11 12-15 12-14-15 12-15 12-15-12 15 12 15-14-12 14-12 14-13-12 15-12

Harmonic Minor

30

Musical notation for measures 30-32. The top staff shows a melodic line in harmonic minor with a key signature of one sharp (F#). The bottom staff shows a bass line with fingerings: 3-2-3-5, 1-3-5, 1-4-5, 2-3-5, 3-4, 2, 3-5-3-2, 4-3, 5-3-2, 5-4-1, 5-3-1, 5, 3-2-3.

33

Musical notation for measures 33-35. The top staff shows a melodic line in harmonic minor. The bottom staff shows a bass line with fingerings: 4-3-4-6, 2-4-6, 2-5-6, 3-4-6, 4-5, 3, 4-6-4-3, 5-4, 6-4-3, 6-5-2, 6-4-2, 6, 4-3-4.

36

Musical notation for measures 36-38. The top staff shows a melodic line in harmonic minor. The bottom staff shows a bass line with fingerings: 5-4-5-7, 3-5-7, 3-6-7, 4-5-7, 5-6, 4, 5-7-5-4, 6-5, 7-5-4, 7-6-3, 7-5-3, 7, 5-4-5.

39

Musical notation for measures 39-41. The top staff shows a melodic line in harmonic minor. The bottom staff shows a bass line with fingerings: 6-5-6-8, 4-6-8, 4-7-8, 5-6-8, 6-7, 5, 6-8-6-5, 7-6, 8-6-5, 8-7-4, 8-6-4, 8, 6-5-6.

42

Musical notation for measures 42-44. The top staff shows a melodic line in harmonic minor. The bottom staff shows a bass line with fingerings: 7-6-7-9, 5-7-9, 5-8-9, 6-7-9, 7-8, 6, 7-9-7-6, 8-7, 9-7-6, 9-8-5, 9-7-5, 9, 7-6-7.

45

8-7-8-10 6-8-10 6-9-10 7-8-10 8-9 7 8-10-8-7 9-8 10-8-7 10-9-6 10-8-6 10 8-7-8

48

9-8-9-11 7-9-11 7-10-11 8-9-11 9-10 8 9-11-9-8 10-9 11-9-8 11-10-7 11-9-7 11 9-8-9

51

10-9-10-12 8-10-12 8-11-12 9-10-12 10-11 9 10-12-10-9 11-10 12-10-9 12-11-8 12-10-8 12 10-9-10

54

11-10-11-13 9-11-13 9-12-13 10-11-13 11-12 10 11-13-11-10 12-11 13-11-10 13-12-9 13-11-9 13 11-10-11

57

12-11-12-14 10-12-14 10-13-14 11-12-14 12-13 11 12-14-12-11 13-12 14-12-11 14-13-10 14-12-10 14 12-11-12

Arpeggiated I III V vii ii III Progression

60

1-4-4-1 2 4-1 2 3 2-5 3 5-2 3 4 3-6 4 6-3 4

2 1-4 2 4-1 2 3 2-5 3 5-2 3 4 3-6 4 6-3 4

63

4-7-7-4 5 7-4 5 6 5-8 6 8-5 6 7 6-9 7 9-6 7

5 4-7 5 7-4 5 6 5-8 6 8-5 6 7 6-9 7 9-6 7

66

7-10-10-7 8 10-7 8 9 8-11 9 11-8 9 10 9-12 10 12-9 10

8 7-10 8 10-7 8 9 8-11 9 11-8 9 10 9-12 10 12-9 10

69

10-13-13-10 11 13-10 11 12 11-14 12 14-11 12

11 10-13 11 13-10 11 12 11-14 12 14-11 12