



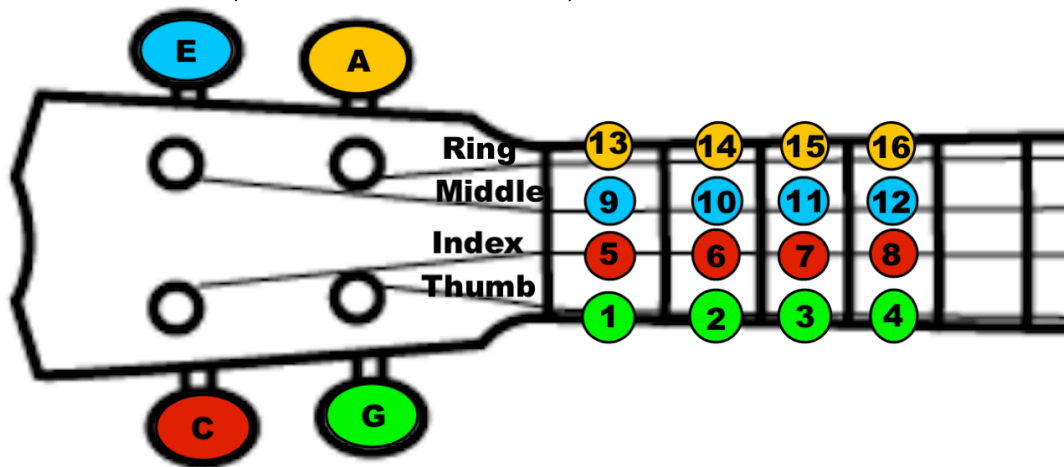
FINGER GYM EXERCISE: THE 16 FRET STRETCH

STRETCHING TIPS: Before you start, hold your right arm out straight in front of you with your fingers pointing towards the sky. Take your left hand and pull the tips of the fingers back individually but gently towards you so that you feel the stretch. Don't pull your fingers too far, just to the "feel good" point and hold for 5 seconds per finger. Switch hands and do the same each time before practice.

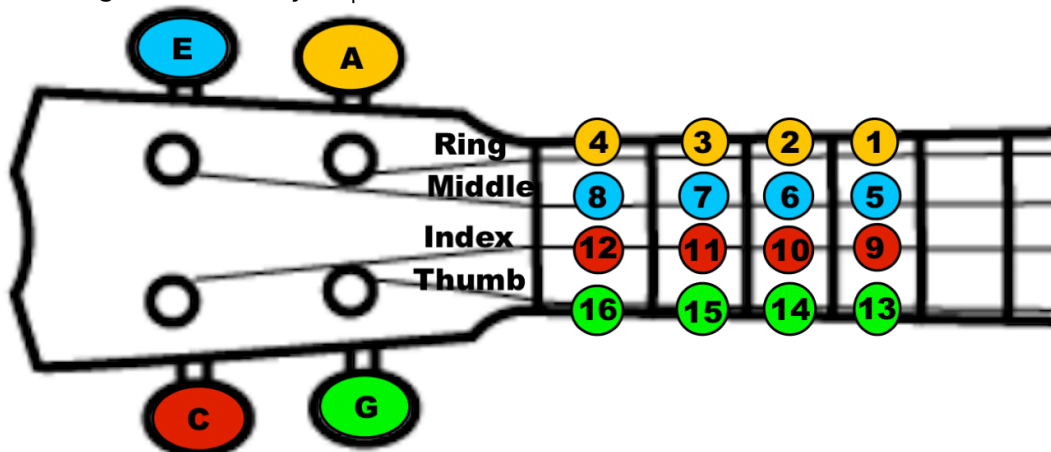


(WALK UP) This exercise will help you develop finger independence and stretch out your fretting fingers to help you hit those notes more effectively.

INSTRUCTION: Use left hand fingers 1, 2, 3 and 4 (*index, middle, ring, pinky*) to play the corresponding fret positions as numbered below following the number sequence. The finger instruction (Thumb, Index etc) noted in the head stock correspond with the right hand plucking fingers.



(WALK DOWN) This time try it back to front as tabbed below and remember if you hear any buzz sounds, just isolate it and adjust the finger as necessary. This will feel completely different to the above exercise. Try putting them both together as fluidly as possible.



TOP TIP: Practice along to a metronome starting at 60BPM. Repeat each exercise at least 3 times per day. Increase the speed by 10 BPM each week. If you are keen to get the vocals warmed up, try humming along to the notes as your practice starts to improve.

WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5
60 BPM	70 BPM	80 BPM	90 BPM	100 BPM

NB: BPM = Beats Per Minute