



FINGER GYM: THE C SCALE FINGER HOP EXERCISES

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.



As you can see, there aren't any notes played on the G string for either exercise, so you can use your thumb to pluck notes on the C String, your index finger to pluck any notes on the E string and your middle finger to pluck all notes on the A string. This will make the exercise more effective for gaining speed and dexterity.

EXERCISE 1: Hop Up

1 2 3 4 5 6

A
C
E
G

The next exercise hoping back down is slightly different to the one above. Be aware of any buzz sounds and dead notes and adjust your fingers as necessary to make sure all notes ring out at perfect pitch with a similar velocity.

EXERCISE 2: Hop Down

7 8 9 10 11 12

YOUR CHALLENGE is to play both exercises in one fluid motion. There will be one beat at in between exercise 1 and 2 so don't panic.

Ex	1	2	3	4	5
Speed	60 BPM	70 BPM	80 BPM	90 BPM	100 BPM

NB: BPM = Beats Per Minute 'Pro Metronome' is a free app that can be download to mobile devices via the App Store. Highly recommended.