



FINGER GYM: 16 FRET SKIP & 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.



EXERCISE 1: FINGER SKIPPING (WALK UP)

Use your fretting hand fingers to play the corresponding fret positions as numbered below. Your right 'plucking' hand is guided by the letters so pluck with your thumb [T] for all notes on the G string, your index [I] finger for all notes on the C string, your middle finger [M] for all notes on the E string and your ring finger [R] for all notes on the A-string. Start off slow and gradually build speed. Notice how you skip a note when ascending before returning to the skipped notes.

EXERCISE 2: FINGER SKIPPING (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.

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.

The challenge is to play both up and down in one fluid motion without stopping. Good luck!

Ex	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5
1	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.