



## FINGER GYM: THE C SCALE FINGER HOP

**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 HOP (WALK UP):** Use your fretting hand thumb to pluck all notes on the C String, your index finger to pluck all notes on the E string and your middle finger to pluck all notes on the A string.

1 2 3 4 5 6

A  
C  
G

**EXERCISE 2: FINGER HOP (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.

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	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5
1	80 BPM	90 BPM	100 BPM	110 BPM	120 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.