

Guitar Warmup

Here is a little warm up routine. You can start on any fret of the neck, I recommend 3 positions; 1st fret, 7th fret and 12th fret. Until you get used to the exercises you do not want to over do it. Once you have gotten fairly comfortable (no cramping in the hand, fingers, wrist and forearm) combine the 4 finger, 3 finger and 2 finger combinations and run through them all from start to finish.

The number designates what finger to use. Each line must be played from low 6th string to high 6th string and back up to end where you started. Take your time, accuracy is the goal, speed will develop with time. If your wrist, fingers or arm start hurting take a few minutes then start again. DO NOT OVER DO IT! I am not responsible in any way for you hurting yourself by pushing to fast to hard.

1234	2134	3124	4123	123	213	312	412	12	31
1243	2143	3142	4132	124	214	314	413	13	32
1324	2314	3214	4213	132	231	321	421	14	34
1342	2341	3241	4231	134	234	324	423	21	41
1423	2413	3412	4312	142	241	341	431	23	42
1432	2431	3421	4321	143	243	342	432	24	43