Fretboard Warm Up TAB

Options for doing the warm-ups

Option 1:

Start these exercises on the low E string and only on the low E string, 1st fret. Then move up one fret to the 2nd fret. Then again to the 3rd, 4th, 5th until you have completed the pattern and it ends on the 12th fret. At that point move down to the A string and repeat. Then do the same for every string.

Option 2:

Start these exercises with the 1st fret and go complete the pattern on every string. Once you've completed the pattern on the first 4 frets, at that point move up one fret until you end with the last finger on the 12th fret. Then you can move your way back up the fretboard.

Left Hand Fingerings:

1 index = i

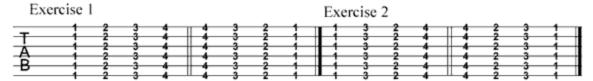
2 middle = m

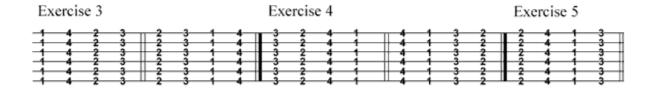
3 ring = a

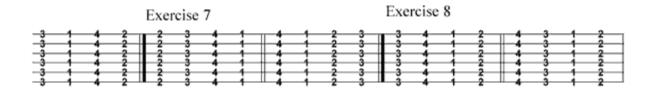
4 pinky = x

At this point don't concern yourself too much with right hand fingerings, we'll have entirely different exercises that deal with that. Remember these exercises are simply here to help you loosen and warm up (and will help your coordination in the meantime)

I've also included a blank tab sheet if you want to print it out and make up your own exercises, which I encourage you to do. Remember focus on loosening up and relaxing, nothing more. That's all these exercises are 1 for. Single Warm Up Patterns: Single String







String Skipping Exercises

