

LickNRiff presents:

33 Warm-Up & Finger Strength Exercises

1. 1234 up, 4321 down
2. 4321 up, 1234 down
3. 1432
4. 1324
5. 1243
6. 3241
7. 4123
8. 2341
9. 12 one string, 34 next string
10. 43 one string, 12 next string
11. 1234 string up, fret up
12. 1234 string down, fret up
13. 123
14. 234 (No index finger)
15. 123 string up, fret up
16. 123 string up, fret down
17. 1432 string up, fret up
18. 123 6th string, 234 5th string,
345 6th string, 456 5th string,
etc.
19. 135
20. 135 string up, fret up
21. 1234 hammer-ons
22. 4321 pull-offs
23. Pull-off going up
24. Hammer-on going down
25. 123 h.o. & p.o
26. h.o & p.o string up, fret up
27. 123 & tap 4
28. 123 & slide
29. 4321 & slide
30. 123 slide & tap
31. 1234 tap & slide
32. 1234 & 4321 chord shapes
33. Arpeggios of the chord
shapes (String by string)