

LEFT HAND EXERCISES (guitar & electric bass)

ALL of the following exercises should be played in **EVERY POSITION**.

a) ↑ 1234 ↓ 4321

b) ↑ 1234321 ↓ 4321234

c) ↑ 1324 ↓ 4231

d) ↑ 3421 ↓ 1243

e) ↑ 121314 ↓ 434241

f) ↑ 2314 ↓ 4132

g) ↑ 4132 ↓ 2314

a - g): For each exercise, start on the lowest string working your way up to the highest string.

h) ↑ 123, 234, 341, 412, 123, etc.
↓ 432, 321, 214, 143, 432, etc.

i) ↑ 13, 24, 31, 42, 13, etc.
↓ 42, 31, 24, 13, 42, etc.

h, i): Work your way across strings in each position.

j) ↑ 1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4
1 1 1 1 2 2 2 2 3 3 3 3 4 4 4 4
↓ 4 3 2 1 4 3 2 1 4 3 2 1 4 3 2 1
4 4 4 4 3 3 3 3 2 2 2 2 1 1 1 1

k) ↑ 1 1 1 1 2 2 2 2 3 3 3 3 4 4 4 4
1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4
↓ 4 4 4 4 3 3 3 3 2 2 2 2 1 1 1 1
4 3 2 1 4 3 2 1 4 3 2 1 4 3 2 1

j, k, l): Play on each adjacent pair of strings in each position.

l) ↑ 1 2 3 4 3 2 1
1 2 3 4 3 2 1
↓ 4 3 2 1 2 3 4
4 3 2 1 2 3 4

m) 434241 } m): Play on single strings ascending by position.

KEY

(↑) From lowest string to highest string

(↓) From highest string to lowest string