

Warm Up Before You Play

Oh so important to do this. I have three exercises and one stretching technique to run you though. Run each exercise up 12 frets and back to the first fret for each. If you do this each time you play, you will be in prime position to get on with the task at hand with less chance of injury. Tendon injuries are not pleasant for a musician that's for sure.

Ex.1

od.guit.

Keep this slow and even throughout, you will build on your speed over time, just try to keep it accurate.

Ex.2

T
A
B

Same applies to this exercise too, speed comes with practice over time.

Ex.3

T
A
B

This is a great exercise to work the fingers individually, allowing greater accuracy wether playing chords or single notes. Again, slow, even and build the speed over time.

For all these exercises you can use my FREE to use drum patterns on the 'Learning Tools' page of my website. Here is the link <https://www.dansguitar.com/learning-tools>

Good luck and avoid tendon issues.....

Cheers
Danny