

Week No.1 Workout

1

T
A
B

□ ▽ □ ▽ * Continue same picking
or ▽ □ ▽ □

4

T
A
B

7

T
A
B

□ ▽ □ ▽ □ ▽ * Continue same picking

9

T
A
B

10

Exercise 10 consists of three staves: Treble (T), Alto (A), and Bass (B). Each staff has four fretboard diagrams above it. The fingerings are as follows:

- Treble (T):** 5-6-7-8, 6-7-8-9, 7-8-9-10, 8-9-10-11
- Alto (A):** 4-5-6-7, 3-4-5-6, 9-10-11-12, 10-11-12-13
- Bass (B):** 1-2-3-4, 2-3-4-5, 11-12-13-14, 11-12-13-14

13

Exercise 13 consists of three staves: Treble (T), Alto (A), and Bass (B). Each staff has four fretboard diagrams above it. The fingerings are as follows:

- Treble (T):** 7-8-9-10, 6-7-8-9, 5-6-7-8, 4-5-6-7
- Alto (A):** 8-9-10-11, 9-10-11-12, 3-4-5-6
- Bass (B):** 10-11-12-13, 2-3-4-5, 1-2-3-4

16

Exercise 16 consists of three staves: Treble (T), Alto (A), and Bass (B). Each staff has four fretboard diagrams above it. The fingerings are as follows:

- Treble (T):** 9-8-7-6, 8-7-6-5, 10-9-8-7, 11-10-9-8
- Alto (A):** 7-6-5-4, 6-5-4-3, 12-11-10-9
- Bass (B):** 4-3-2-1, 5-4-3-2, 13-12-11-10, 14-13-12-11-14-13-12-11

19

Exercise 19 consists of three staves: Treble (T), Alto (A), and Bass (B). Each staff has four fretboard diagrams above it. The fingerings are as follows:

- Treble (T):** 10-9-8-7, 9-8-7-6, 8-7-6-5, 7-6-5-4
- Alto (A):** 11-10-9-8, 12-11-10-9, 6-5-4-3
- Bass (B):** 13-12-11-10, 5-4-3-2, 4-3-2-1

22

T
A
B

23

T
A
B

25

T
A
B

26

T
A
B