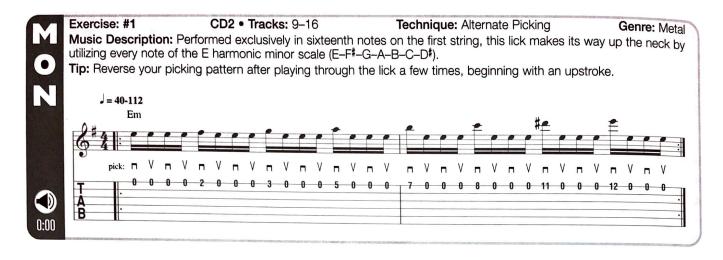
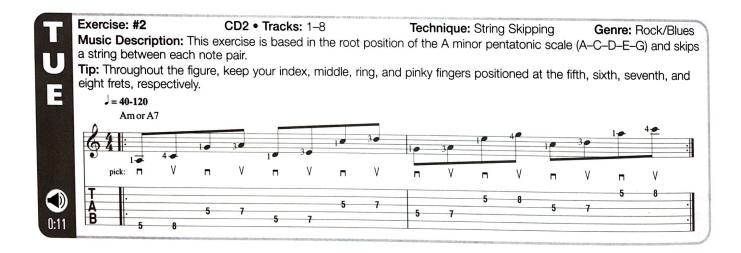
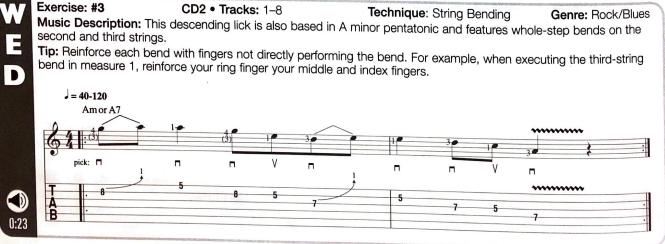
GUITAR AEROBICS

## WEEK 1











Exercise: #4

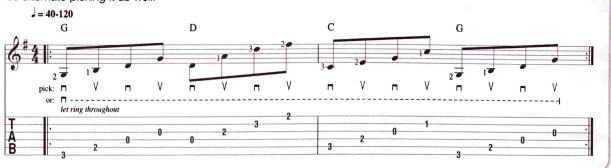
CD2 • Tracks: 1-8

Technique: Arpeggios

Genre: Rock

Music Description: This is a simple arpeggio exercise that features the notes of open-position G, D, and C chords played individually.

Tip: Although a single downstroke (sweep) with your pick hand is more efficient when performing this exercise, practice alternate picking it as well.



F R

(1) 1:33

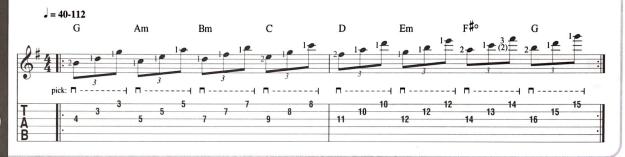
Exercise: #5 CD2 • Tracks: 9–16

Technique: Sweep Picking

Genre: Metal

**Music Description:** This two-bar sweep-picking workout features diatonic triads in the key of G played exclusively in triplet rhythms on the top three strings.

**Tip:** To keep the notes of each chord from ringing together (you want them to sound separately), release some—or all—of the pressure from the finger fretting the note(s) once each note has sounded.



S A

Exercise: #6

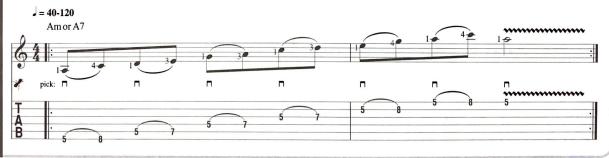
CD2 • Tracks: 1-8

Technique: Legato

Genre: Rock/Blues

Music Description: This straightforward lick uses hammer-ons to connect the note pairs on each string as it ascends the A minor pentatonic scale.

**Tip:** As you hammer on to the second note of each string, simultaneously shift your index finger to the first note of the higher, neighboring string.



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Exercise: #7

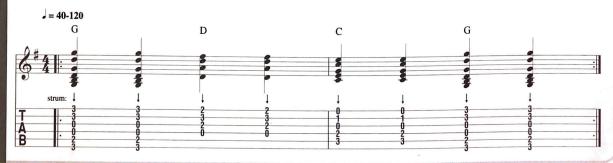
CD2 • Tracks: 1-8

Technique: Rhythm

Genre: Rock

**Music Description:** The chord fragments used in Thursday's arpeggio exercise (#4) are played here as full chords, in quarter-note rhythms.

**Tip:** Keep your ring finger planted on the third fret of the second string as you change from G to D. Also, use down-strums throughout.



1:07