

## GUITAR WARM-UPS

### First Position Dexterity

3 times on each string      0      1      2      3      4      3      2      1

Fifth Position Dexterity – twice on a string then move immediately to next string  
can be done on any fret – start from 1<sup>st</sup> and/or 6<sup>th</sup> string

1	2	3	4	2	1	3	4
1	2	4	3	2	1	4	3
1	3	2	4	2	3	1	4
1	3	4	2	2	3	4	1
1	4	2	3	2	4	1	3
1	4	3	2	2	4	3	1
3	1	2	4	4	1	2	3
3	1	4	2	4	1	3	2
3	2	1	4	4	2	1	3
3	2	4	1	4	2	3	1
3	4	1	2	4	3	1	2
3	4	2	1	4	3	2	1

### Chord Progressions:

<u>I</u>	<u>IV</u>	<u>V7</u>	<u>I</u>
D	G	A7	D
G	C	D7	G
A	D	E7	A
C	F	G7	C
E	A	B7	E

<u>i</u>	<u>iv</u>	<u>V7</u>	<u>i</u>
Am	Dm	E7	Am
Em	Am	B7	Em

#### Miscellaneous

Am	Dm7	E7	Am
Am7	Dm7	Em7	Am7
G	Em	A7	D

<u>I</u>	<u>vi</u>	<u>ii</u>	<u>V7</u>	<u>I</u>
G	Em	Am	D7	G
C	Am	Dm	G7	C

#### STRUMS (see Guitar Strums sheet):

- Basic Strum No.2
- Syncopated Strum
- Bass Chord Strum
- Rock Mute Strum
- Blues Strum
- Rock Ballad Strum
- Root/5<sup>th</sup> Strum
- Latin Strum
- Double Bass/Chord Strum