

ONE-STRING FINGER EXERCISES

Do exercises using ALL four finger patterns and ALL four strings!

1. 0-1 (4X), 1-2 (4X), 2-3 (4X), 3-4 (4X), 4-3 (4X), 3-2 (4X), 2-1 (4X), 0
2. 0-1 (4X), 0-2 (4X), 0-3 (4X), 0-4 (4X), 0-3 (4X), 0-2 (4X), 0-1 (4X), 0
3. 0 1 2 3 4 3 2 1 0
4. 0 1 0 2 0 3 0 4 0 3 0 2 0 1 0
5. 0 1 2 0 1 2 3 1 2 3 4 2 1 2 3 1 0 1 2 0
6. 0 1 2 1 2 3 2 3 4 3 2 1 2 1 0
7. 0 1 0 1 2 0 1 2 3 0 1 2 3 4 0
8. 0 1 0 1 2 1 0 1 2 3 2 1 0 1 2 3 4 3 2 1 0
9. 0 1 2 1 3 1 4 1 3 1 2 1 0
10. 0 2 4 2 0 1 3 1 0 2 4 2 0
11. 0 2 1 0 1 3 2 1 2 4 3 2 1 3 2 1 0
12. 0 2 1 3 2 4 3 1 2 0
13. 0 2 1 2 3 2 4 2 3 2 1 2 0
14. 0 3 1 3 2 3 4 3 2 3 1 3 0
15. 0 4 1 4 2 4 3 4 2 4 1 4 0