

# Fretboard Hand Exercises for Guitar

Standard tuning

♩ = 120

## Ex 1 - Fingers 1 and 4

N-Gt

*mf*

TAB

9	12	9	12	9	12	9	12	9	12	9

*mf*

TAB

8	11	8	11	8	11	8	11	8	11	8

Etc...

## Ex 2 - Fingers 1 and 3

*mf*

TAB

9	11	9	11	9	11	9	11	9	11	9

*mf*

TAB

8	10	8	10	8	10	8	10	8	10	8

Etc...

**Ex 3 - Fingers 2 and 4**

*mf*

TAB

TAB

**Ex 4 - Fingers 1, 2, 3 and 4**

*mf*

TAB

TAB

TAB



First system of musical notation. The top staff is a treble clef with a key signature of one sharp (F#). The bottom staff is labeled 'TAB' and contains fret numbers for the guitar. The notation is as follows:

4	3	5	4	2	5	4	2	5	4	2	5	4	2	5	4
---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---

Second system of musical notation. The top staff is a treble clef with a key signature of one sharp (F#). The bottom staff is labeled 'TAB' and contains fret numbers for the guitar. The notation is as follows:

2	5	4	2	5	4	2	5	3	2	5	3	2	5	3	2
---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---

Third system of musical notation. The top staff is a treble clef with a key signature of one sharp (F#). The bottom staff is labeled 'TAB' and contains fret numbers for the guitar. The notation is as follows:

5	3	2	5	3	2	3	2	3	5	2	3	5	2	3	5
---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---

etc