

Left & Right Hand Guitar Warm-Ups

A practice routine for Left Hand (LH) and Right Hand (RH) including a few ideas borrowed Maestro Giuliani's Studies

Note for the musician: If you are looking at this sheet and it's confusing.... don't panic!

Take a breath and go through the exercises slowly from the beginning over days and/or weeks. You'll likely find that you have played musical material that is similar to some of the things found here. I hope the workout will help to focus your practice efforts on both hands, all while training the ear in one of the most common keys for popular song/folk guitar. Feel free to check out nicholasrussell.ca for more musical content.

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Standard tuning LEFT HAND EXERCISES

♩ = 60 G Major Scale Ascending & Descending - Second Position (LH finger 1 placed on 2nd fret)

1.

G Major 7 Arpeggio - Let's skip some notes!

2.

RIGHT HAND EXERCISES Using the G major and E minor chord. Thumb always plays bass note.

3.

Let's split up those notes!

4.

Let's change them around!

5.

Let's make music using chord inversions!

6.

root 1st inv. 2nd inv. root 2nd inv. root. 1st inv. 2nd inv. 1st inv. 2nd inv. root 1st. root
G Major C Major D Major G Major