

# Hand Mechanics Workshop #24

## Fretboard Workout

Max Rich

Standard tuning

♩ = 120

### 4 Fret Fingering Combos

s. guit.

This section contains 24 measures of musical notation, organized into six groups of four measures each. Each group is numbered 1 through 6. The notation is in 4/4 time and standard tuning. Each measure is accompanied by a guitar tablature (TAB) line below it, showing the fret numbers for each string. The notes in the music are: 1) G4, A4, B4, C5; 2) G4, A4, B4, C5; 3) G4, A4, B4, C5; 4) G4, A4, B4, C5; 5) G4, A4, B4, C5; 6) G4, A4, B4, C5; 7) A4, B4, C5, D5; 8) A4, B4, C5, D5; 9) A4, B4, C5, D5; 10) A4, B4, C5, D5; 11) A4, B4, C5, D5; 12) A4, B4, C5, D5; 13) B4, C5, D5, E5; 14) B4, C5, D5, E5; 15) B4, C5, D5, E5; 16) B4, C5, D5, E5; 17) B4, C5, D5, E5; 18) B4, C5, D5, E5; 19) C5, D5, E5, F5; 20) C5, D5, E5, F5; 21) C5, D5, E5, F5; 22) C5, D5, E5, F5; 23) C5, D5, E5, F5; 24) C5, D5, E5, F5.

### Finger Independence

All fingers remain fretted on frets 5, 6, 7, 8.  
When one finger plays as notated, the remaining fingers stay fretted.

This section contains 8 measures of musical notation, organized into two groups of four measures each. The notation is in 4/4 time and standard tuning. Each measure is accompanied by a guitar tablature (TAB) line below it, showing the fret numbers for each string. The notes in the music are: 25) G4, A4, B4, C5; 26) G4, A4, B4, C5; 27) G4, A4, B4, C5; 28) G4, A4, B4, C5; 29) G4, A4, B4, C5; 30) G4, A4, B4, C5; 31) G4, A4, B4, C5; 32) G4, A4, B4, C5.

Opposing Motion - Fingers follow same rules as previous exercise

Musical notation for exercise 33-38. The top staff shows a treble clef with a key signature of one sharp (F#). The music consists of eighth notes in a descending and ascending pattern. The bottom staff shows guitar tablature with fret numbers 6, 5, 6, 5, 6, 5, 6, 5, 7, 5, 7, 5, 7, 5, 8, 5, 8, 5, 8, 5, 8, 5.

Musical notation for exercise 39-44. The top staff shows a treble clef with a key signature of one sharp (F#). The music consists of eighth notes in a descending and ascending pattern. The bottom staff shows guitar tablature with fret numbers 7, 6, 7, 6, 7, 6, 7, 6, 8, 6, 8, 6, 8, 6, 8, 7, 8, 7, 8, 7, 8, 7, 8, 7.

Octaves - Each finger stays on a single fret (ex. 1st finger stays on 1st fret)

Musical notation for exercise 45-48. The top staff shows a treble clef with a key signature of one sharp (F#). The music consists of eighth notes in an ascending and descending pattern. The bottom staff shows guitar tablature with fret numbers 2, 3, 4, 0, 1, 2, 3, 4, 0, 1, 2, 3, 4, 0, 1, 2, 3, 4, 0.

Musical notation for exercise 49-53. The top staff shows a treble clef with a key signature of one sharp (F#). The music consists of eighth notes in a descending and ascending pattern. The bottom staff shows guitar tablature with fret numbers 4, 4, 3, 2, 1, 0, 4, 3, 2, 1, 4, 3, 2, 1, 0, 4, 3, 2, 1, 0.

Stretching/Reach

Allow all notes to ring, while only moving one finger at a time.

Musical notation for exercise 54-57. The top staff shows a treble clef with a key signature of one sharp (F#). The music consists of quarter notes in an ascending and descending pattern. The bottom staff shows guitar tablature with fret numbers 12, 13, 14, 15, 11, 13, 14, 15, 11, 12, 14, 15, 10, 12, 14, 16.

Musical notation for exercise 58-61. The top staff shows a treble clef with a key signature of one sharp (F#). The music consists of quarter notes in an ascending and descending pattern. The bottom staff shows guitar tablature with fret numbers 10, 11, 12, 13, 9, 11, 12, 13, 9, 10, 12, 13, 8, 10, 12, 14.

62 63 64 65

66 67 68 69

70 71 72 73

74 75 76 77

**Slurs**

78 79

80 81

Chromatic Slurs - Only pluck first note, all other notes including string changes are done using slurs.

**Shifting**

1 4 1 4 1 4 1 4 continue fingering

98 99 100 101

T  
A  
B

1 2 3 4 1 2 3 4 continue fingering

102 103 104 105

T  
A  
B

Repeat using all 4 Finger Combos from Exercise 1

106 107 108 109

T  
A  
B