

# **Hand Mechanics Workshop # 3**

## **Practice Routine**

### **Week 1 - All Exercises Done Daily**

- **Finger Pilates**
- **Box Fingers**
- **Chromatic Exercise**
  - Choose rock or classical position
- **LH Finger Combos**
  - 1 different pattern/day
  - Begin on 9<sup>th</sup> fret
  - Progress down to 1<sup>st</sup> fret
  - Keep track of maximum BPM for each pattern
- **Octave Exercise**
- **Wes Montgomery - Tequila**
  - Learn over the course of the whole week

## **Week 2**

- **Finger Pilates**
- **Box Fingers**
- **Chromatic Exercise**
  - Choose rock or classical position
- **LH Finger Combos**
  - 1 different pattern/day
  - Begin on 9<sup>th</sup> fret
  - Progress down to 1<sup>st</sup> fret
  - Keep track of maximum BPM for each pattern
- **Octave Exercise**
- **Wes Montgomery - Road Song**
  - Learn over the course of the whole week

### **Week 3**

- **Finger Pilates**
- **Box Fingers**
- **Chromatic Exercise**
  - Choose rock or classical position
- **LH Finger Combos**
  - 1 different pattern/day
  - Begin on 9<sup>th</sup> fret
  - Progress down to 1<sup>st</sup> fret
  - Keep track of maximum BPM for each pattern
- **Octave Exercise**
- **Wes Montgomery - California Dreamin'**
  - Learn over the course of the whole week

## Week 4

- **Finger Pilates**
- **Box Fingers**
- **Chromatic Exercise**
  - Choose rock or classical position
- **LH Finger Combos**
  - 1 different pattern/day
  - Begin on 9<sup>th</sup> fret
  - Progress down to 1<sup>st</sup> fret
  - Keep track of maximum BPM for each pattern
- **Octave Exercise**
- **Applying Octaves**
  - Take any lick/solo you're familiar with and learn to play it using octave shapes.