

Hand Mechanics Workshop #6

Practice Routine

Week 1:

- Individual Finger Extensions
- Hand Explosion
- Create 2-3 Of Your Own Non-Guitar Exercises
- Fast Release - 1/8th notes only - Chromatic & Pentatonic Scales
- Quick Slurs Starting On Fret 9 - Work to Fret 7
- Staccato Chords - 40-55BPM only

Week 2:

- Hand Pilates
- Middle Knuckle Bend - Focus on Retreat
- Individual Finger Extensions
- Hand Explosion
- Practice Your Own Exercises
- Fast Release - 1/8th and 1/16th notes - Chromatic & Pentatonic Scales
- Quick Slurs Starting On Fret 9 - Work to Fret 5
- Staccato Chords - 50-65 BPM only
- The Flick - 40 BPM
- All Downs - 50 BPM

Week 3:

- Hand Pilates
- Middle Knuckle Bend - Focus on Retreat
- Individual Finger Extensions
- Hand Explosion
- Practice Your Own Exercises
- Fast Release - 1/8th and 1/16th notes - Any Scale 60 BPM
- Quick Slurs Starting On Fret 9 - Work to Fret 3
- Staccato Chords - 75-90 BPM only
- The Flick - 55-65 BPM
- All Downs - 60 BPM
- Pick Shift Combo - 2 finger combos only

Week 4:

- Hand Pilates
- Middle Knuckle Bend - Focus on Retreat
- Individual Finger Extensions
- Hand Explosion
- Practice Your Own Exercises
- Fast Release - 1/8th and 1/16th notes - Any Scale 75-120 BPM
- Quick Slurs Starting On Fret 9 - Work to Fret 1
- Staccato Chords - 100-130 BPM only
- The Flick - 75-90 BPM
- All Downs - 75 BPM
- Pick Shift Combo - All Fingers