

Hand Mechanics Workshop

Practice Routine #2

Week 1:

- **Fast Twitch Explosion**
 - 5-10 min Daily
- **Finger Tap - Reverse Roll**
 - 5-10 min Daily
- **Finger Extension Hold**
 - 3 Sets of 2 minutes each - Daily
- **Increasing Reach**
 - Strings 1 & 2 only
 - Start between 7th-9th fret
 - 10 min Daily
- **Alternating Reach**
 - Strings 1, 2 & 3
 - 5th Fret
 - 5-10 min Daily
- **1-2 Exercises From Month #1**
 - Choose 1-2 of the hardest exercises from last month to add into the practice routine
 - Design a schedule that fits your problem areas for these exercises

Week 2

- **Fast Twitch Explosion**
 - 5-10 min Daily
- **Finger Tap - Reverse Roll**
 - 5-10 min Daily
 - Both Hands
- **Finger Extension Hold**
 - 3 Sets of 2 minutes each - Daily
- **Picking Flick**
 - 2 min Daily
- **Rasgueado**
 - 5-10 min Daily
- **Increasing Reach**
 - Strings 3 & 4 only
 - 7thfret
 - 10 min Daily
- **Alternating Reach**
 - Strings 1, 2 & 3
 - 3rd Fret
 - 5-10 min Daily
- **Ultimate Stretching Exercise**
 - Position 1 & 2 only
 - At least 10 min daily

Week 3

- **Finger Tap - Alternating**
 - 1-2-1-3-1-4-1-3-1-2
 - 5-10 min Daily
 - Both Hands
 - In time, preferably w/ metronome
- **Finger Extension Hold**
 - 3 Sets of 2 minutes each - Daily
- **Picking Flick (Optional)**
 - 2 min Daily
- **Rasgueado**
 - 5-10 min Daily
- **Increasing Reach**
 - Strings 5 & 6 only
 - 7th fret
 - 10 min Daily
- **Alternating Reach**
 - All Strings
 - 5th Fret
 - 3 Sets of All 6 Strings - w/metronome
- **Ultimate Stretching Exercise**
 - Find your limit
 - Focus on independent movement
 - 15 min Daily
- **Double Pentatonic Scale**
 - Start on 10th fret
 - 2 Full sets - must be clean - w/metronome

Week 4

- **Finger Tap - Alternating**
 - 1-2-1-3-1-4-1-3-1-2
 - 5-10 min Daily
 - Both Hands
 - In time w/ metronome
- **Finger Extension Hold**
 - 3 Sets of 2 minutes each - Daily
- **Picking Flick (Optional)**
 - 2 min Daily
- **Rasgueado**
 - 5-10 min Daily
- **Increasing Reach**
 - 5th Fret
 - 3 Full Sets - All 6 Strings w/metronome
- **Alternating Reach**
 - 5th Fret
 - 3 Sets - All 6 Strings w/metronome
- **Ultimate Stretching Exercise**
 - Find your limit...end goal is 0-2-4-6
 - Focus on independent movement
 - 15 min Daily
- **Double Pentatonic Scale**
 - Start on 10th fret, work down toward 1st fret
 - 2 Full sets - must be clean - w/metronome
- **Double Pentatonic Lick**
 - Play w/ metronome
 - Focus on legato/quality sound & LH attack