

## **Week 1:**

- **Big Knuckle Flexion - no guitar:**
  - 5-10 minutes daily.
- **Middle Knuckle Flexion - no guitar:**
  - 5-10 minutes daily
- **Individual Box Finger - no guitar:**
  - 5 minutes daily
- **Finger Independence 1:**
  - Full exercise daily
- **String Pressure:**
  - Daily
  - 4 notes/fingers per string
  - Focus on minimal pressure
  - Not in time
- **Passive Release Drill:**
  - Daily
  - Not in time
  - Focus on relaxing & using no energy

## **Week 2:**

- **Big Knuckle Flexion - no guitar:**
  - 5-10 minutes daily.
- **Middle Knuckle Flexion - no guitar:**
  - 5-10 minutes daily
- **Individual Box Finger - no guitar:**
  - 5 minutes daily
- **Toothpick Exercise - no guitar:**
  - 5 minutes daily
  - Practice on each finger
  - Only go as far as possible without other fingers moving
- **String Pressure:**
  - Daily
  - 6 notes per string
  - Ascending & Descending
  - Focus on minimal pressure
  - Not in time
- **Passive Release Drill:**
  - Daily
  - With Metronome, 50-60 BPM
  - Focus on relaxing & using no energy
- **Finger Independence 1:**
  - Full exercise daily

### **Week 3:**

- **Big Knuckle Flexion - no guitar:**
  - 5-10 minutes daily.
- **Middle Knuckle Flexion - no guitar:**
  - 5-10 minutes daily
- **Combo Box Finger - no guitar:**
  - 5 minutes daily
  - All fingers simultaneously
- **Opposing Motion - no guitar:**
  - Daily
  - With toothpick
  - Only go as far as possible without other fingers moving
- **Passive Release Drill:**
  - Daily
  - With Metronome, 50-60 BPM
  - Focus on relaxing & using no energy
- **String Pressure:**
  - 3x per week
  - Chromatic scale
  - With Metronome, 50 BPM
- **Finger Trading Exercise:**
  - Daily
  - All 6 strings
  - With Metronome, 60-80 BPM
- **Finger Independence 1:**
  - Full exercise daily
- **Finger Independence 2:**
  - Full exercise daily
  - Practice after completing Finger Independence Exercise 1

## **Week 4:**

- **Big Knuckle Twitch - no guitar:**
  - 5-10 minutes daily
- **Split Finger Exercise - no guitar:**
  - 10-15 minutes daily
- **Combo Box Finger - no guitar:**
  - 5 minutes daily
  - All fingers simultaneously
- **Opposing Motion - no guitar:**
  - Daily
  - With toothpick
  - Only go as far as possible without other fingers moving
- **Finger Trading Exercise:**
  - Daily
  - All 6 strings
  - With Metronome, 60-80 BPM
  - Focus on legato (making each note last as long as possible)
  - Dotted rhythm variation
- **Finger Independence 1:**
  - Full exercise daily
- **Finger Independence 2:**
  - Full exercise daily
  - Practice after completing Finger Independence Exercise 1
- **Outside/Inside Exercise:**
  - Daily
  - Full Exercise
  - Focus on slow, simultaneous movement