

... and so on and so forth. Hopefully you can see now the somewhat arbitrary design of these exercises. There is no real musical basis for any of these patterns, they are merely intended to increase the strength and speed of your fingers, and develop the muscle memory by mimicking scale patterns.

Here are a few slightly more advanced patterns to experiment with:

1			4
1			4
1			4
1			4
1			4
1			4

1		3	4
1		3	4
1		3	4
1		3	4
1		3	4
1		3	4

				ETC	
		1	2	3	4
		1	2	3	4
1	2	3	4		



That last one may be a bit misleading; keep in mind, in these diagrams the numbers represent each of your fingers, NOT like normal tablature. The tab notation would look like this:

Over time, you may find you can create your own exercises similar to these. The sky is the limit really, and it's good to mix things up throughout your practice routines. The more different ways you can work your fingers and develop dexterity, the stronger and more versatile of a player you will become. Again, it is highly recommended to practice these in tempo with a metronome. It will be easier to track your progress and make gradual, calculated increases in speed.

Here is one final example of how to mix-up these patterns. This progression can be applied to any of the patterns from the beginning of this lesson.