

WARM-UPS



WARM-UP #1

In this first warm-up exercise play all notes on the E and A string with your thumb. Play all notes on the D string with your index finger, on the G string with your middle finger, on the B string with your ring finger and all notes on the high E string with your little finger.

Tips:

- Play this exercise with a metronome
- Rest your thumb on the A string when using the other fingers
- Make sure to keep the fingers of your left hand on the frets after playing the note
- When finished play the exercise in reverse
- When playing in reverse keep all fingers of your left hand fretted and release one after another

P = Pulgar = Thumb
I = Indice = Index Finger
M = Medio = Middle Finger
A = Anular = Ring Finger
C = Chico = Little Finger



Warm-Up Exercise

Tobias Rauscher

Standard tuning

$\text{♩} = 120$

S-Gt

1 *p p p p* 2 *p p p p* 3 *p p p p* 4 *p p p p*

5 6 7 8 5 6 7 8 5 6 7 8 5 6 7 8

Rest your thumb on the "A string"

5 *i i i i* 6 *i i i i* 7 *m m m m* 8 *m m m m*

5 6 7 8 5 6 7 8 5 6 7 8 5 6 7 8

9 *a a a a* 10 *a a a a* 11 *c c c c* 12 *c c c c*

5 6 7 8 5 6 7 8 5 6 7 8 5 6 7 8

Warm-Up Exercise (Reverse)

Tobias Rauscher

Standard tuning

$\text{♩} = 120$

S-Gt

1 *c c c c* 2 *c c c c* 3 *a a a a* 4 *a a a a*

8 7 6 5 8 7 6 5 8 7 6 5 8 7 6 5

5 *m m m m* 6 *m m m m* 7 *i i i i* 8 *i i i i*

8 7 6 5 8 7 6 5 8 7 6 5 8 7 6 5

9 *p p p p* 10 *p p p p* 11 *p p p p* 12 *p p p p*

8 7 6 5 8 7 6 5 8 7 6 5 8 7 6 5

WARM-UP #2

In this second warm-up exercise make sure to rest your thumb on the neck and only focus on playing with the remaining fingers. Use always the same finger on both hands at the same time. So if you fret a note with the middle finger of your left hand, pick the string with the middle finger of your right hand. If you fret a note with the ring finger of your left hand, pick the string with the ring finger of your right hand and so on.

This exercise trains all 10 fingers and helps especially your right hand to get used to be able to pick all strings.

Tips:

- Play this exercise with a metronome
- You can wrap a piece of cloth around your nut or the first frets to mute the open strings in order to reduce unwanted sounds
- Make sure to keep the fingers of your left hand on the frets after playing the note
- When finished play the exercise in reverse
- When playing in reverse keep all fingers of your left hand fretted and release one after another

Warm-Up Exercise II

Tobias Rauscher

Standard tuning

$\text{♩} = 120$

Rest your thumb on the neck approximately above the 20th fret

i m a c i m a c i m a c i m a c

1 2 3 4

S-Gt

4/4

5 6 7 8 5 6 7 8 5 6 7 8 5 6 7 8

5 *i m a c* 6 *i m a c* 7 *i m a c* 8 *i m a c*

5 6 7 8 5 6 7 8 5 6 7 8 5 6 7 8

9 *i m a c* 10 *i m a c* 11 *i m a c* 12 *i m a c*

5 6 7 8 5 6 7 8 5 6 7 8 5 6 7 8

Warm-Up Exercise II (Reverse)

Tobias Rauscher

Standard tuning

$\text{♩} = 120$

i m a c i m a c i m a c i m a c

1 2 3 4

S-Gt

4/4

8 7 6 5 8 7 6 5 8 7 6 5 8 7 6 5

5 *i m a c* 6 *i m a c* 7 *i m a c* 8 *i m a c*

8 7 6 5 8 7 6 5 8 7 6 5 8 7 6 5

9 *i m a c* 10 *i m a c* 11 *i m a c* 12 *i m a c*

8 7 6 5 8 7 6 5 8 7 6 5 8 7 6 5