



Finger Exercises For Guitar [PDF]



Good guitar finger exercises will help you to improve the strength of your fingers and develop different areas of muscle memory.

Practice these exercises a minimum of 5 – 10 minutes a day and you will build a great finger dexterity.

Besides, all the exercises are based on the alternate picking technique, so you will learn to master this important resource as well.

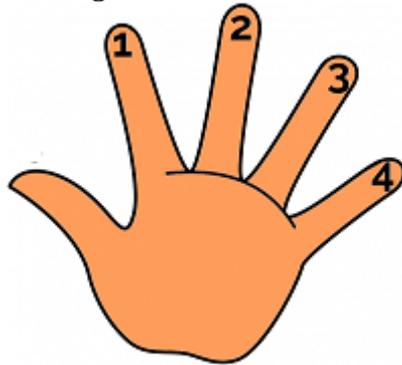
Before you see the exercise, remember the numbers with which we represent the fingers of our left hand in the fretboard diagram.

1: Índice.

2: Corazón.

3: Anular.

4: Pulgar.



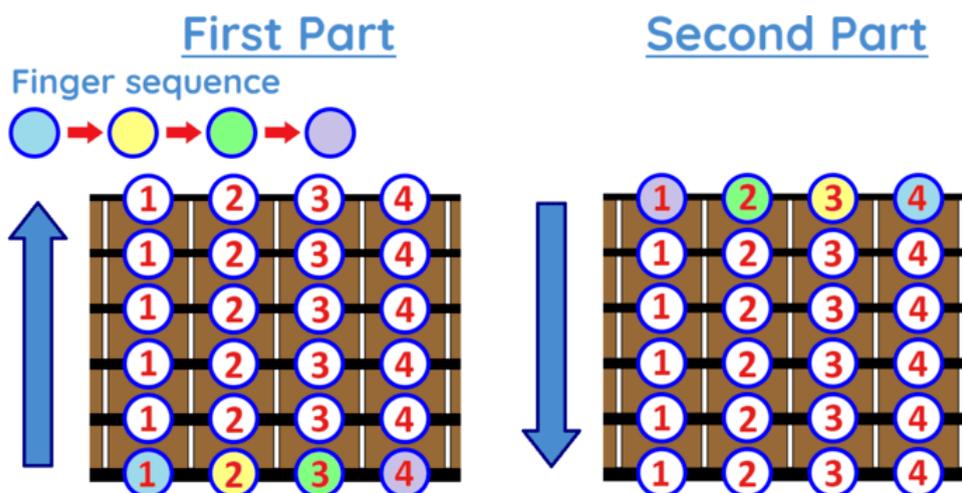
Note: you have more information [on this link](#) and on miguitarraelectrica.com.

Number 1: the classic 1234 exercise

This is the easiest exercise and the one you will see in all forums and webpages as the **first finger guitar exercise to practice**. It is really nothing more than an exercise in which you go through the chromatic scale using the alternate picking technique.

The sequence is as follows:

1. Start out by putting your index finger on the 6th string of the 1st fret with a downstroke.
2. Place the middle finger on the 2nd fret of the 6th string and do an up stroke.
3. Use your ring finger on the 3rd fret of the 6th string with a downstroke.
4. Place the little finger on the 4th fret of the 6th string and do an up stroke.



On the other hand, the numbers in red shows the fingers to use on each fret:

1. Index: your first finger.
2. Middle: your second finger.
3. Ring: your third finger.
4. Pinky: your fourth finger.

As you can see, when you have finished with the sixth string, you repeat the exercise but on the fifth string and so on until you reach the first string (image on the left).

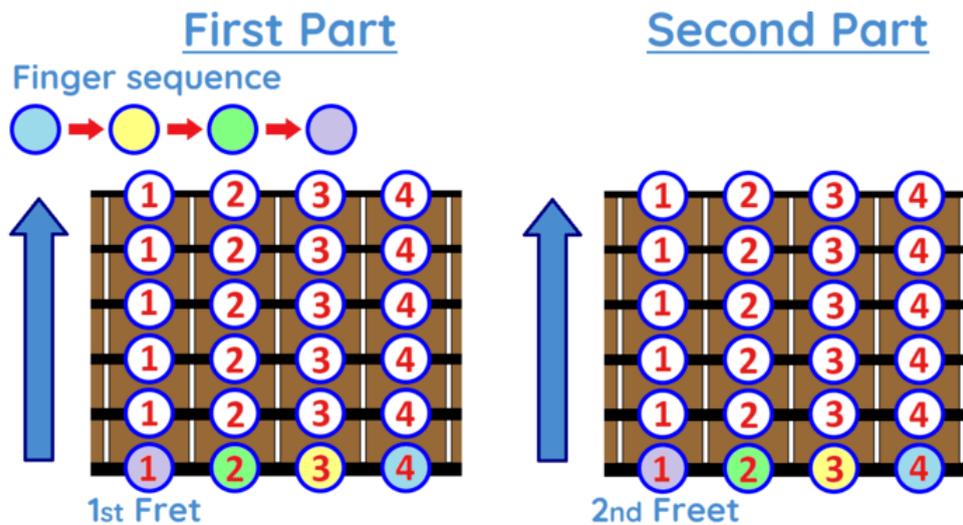


Number 2: pinky exercise

This exercise is similar to the previous one but now we start with the little finger to exercise it well. I really like this one because it is a **very good pinky finger exercise for guitar**.

The sequence is as follows:

1. Start out by putting your pinky finger on the 4th fret of the 6th string with a downstroke.
2. Place the ring finger on the 3rd fret of the 6th string and do an up stroke.
3. Place the middle finger on the 2nd fret of the 6th string and do a down stroke.
4. Place the index finger on the 1st fret of the 6th string and do an up stroke.



Once you have finished, go down to the fifth string and repeat the sequence. Play this pattern across all six strings until you reach the first string (image on the left). And when you hit the high E-string go back again to the sixth string but now you move your left hand one fret to the right to repeat the exercise on the frets 5 - 4 - 3 - 2 (image on the right).

This way you will gradually move across the fretboard of the guitar. You can do this exercise up to any fret you want, but my recommendation is that you practice it at least until you reach the 12th fret.

The tablature of the exercise in this case would be as follows:

```

e |-----4-3-2-1-----|
B |-----4-3-2-1-----|
G |-----4-3-2-1-----|
D |-----4-3-2-1-----|
A |-----4-3-2-1-----|
E |4-3-2-1-----|

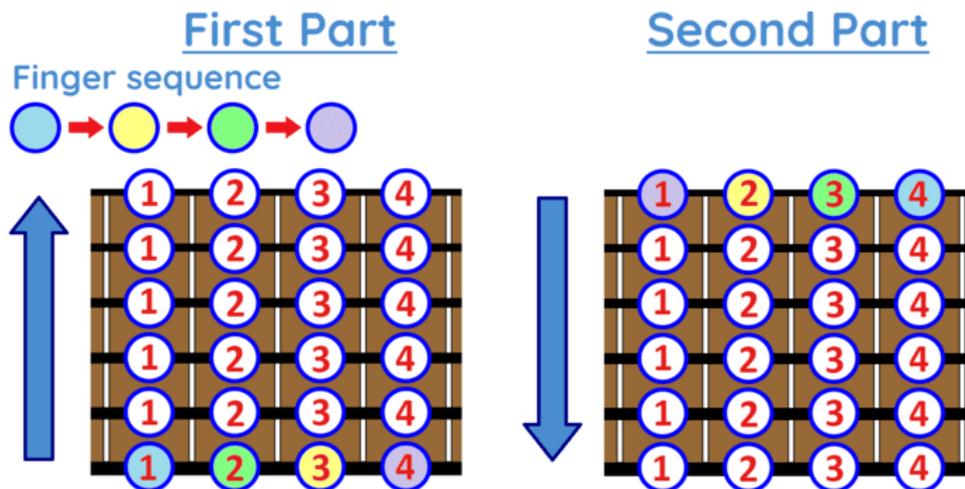
e |-----5-4-3-2-----|
B |-----5-4-3-2-----|
G |-----5-4-3-2-----|
D |-----5-4-3-2-----|
A |-----5-4-3-2-----|
E |5-4-3-2-----|
  
```

Number 3: finger independence exercise

The third exercise is similar to the first one but with alternation to improve your finger independence. This practice is in my opinion the most complete and **it is actually the one I practice the most.**

Basically what you are going to do is:

1. Start out by putting your index finger on the 1st fret of the 6th string with a downstroke.
2. Place your ring finger on the 3rd fret of the 6th string and do an up stroke.
3. Place the middle finger on the 2nd fret of the 6th string and do a down stroke.
4. Place the little finger on the 4th fret of the 6th string and do an up stroke.



When you have finished, repeat the exercise but on the fifth string, the the fourth and so on work your way down until you reach the high E-string (image on the left). And, when you get to the the first string, do the exercise but in reverse, that is, start from the first string to the sixth and on each string you begin at the 4th fret and end at the first fret (image on the right).

The tablature of this dexterity and independence exercise is as follows:

```

e |-----1-3-2-4-----|
B |-----1-3-2-4-----|
G |-----1-3-2-4-----|
D |-----1-3-2-4-----|
A |-----1-3-2-4-----|
E |1-3-2-4-----|

e |4-2-3-1-----|
B |-----4-2-3-1-----|
G |-----4-2-3-1-----|
D |-----4-2-3-1-----|
A |-----4-2-3-1-----|
E |-----4-2-3-1-----|
  
```

When you have played from top to bottom and from bottom to top the first 4 frets, move your left hand to the right to repeat the exercise but with the following sequence of frets: 2 – 4 – 3 – 5. This way you will move across the neck until you reach the 12th fret.

Number 4: mastering the high E string

In this exercise **we are going to focus exclusively on the first string** because sometimes it is difficult to reach it (and much more if it is with the little finger).

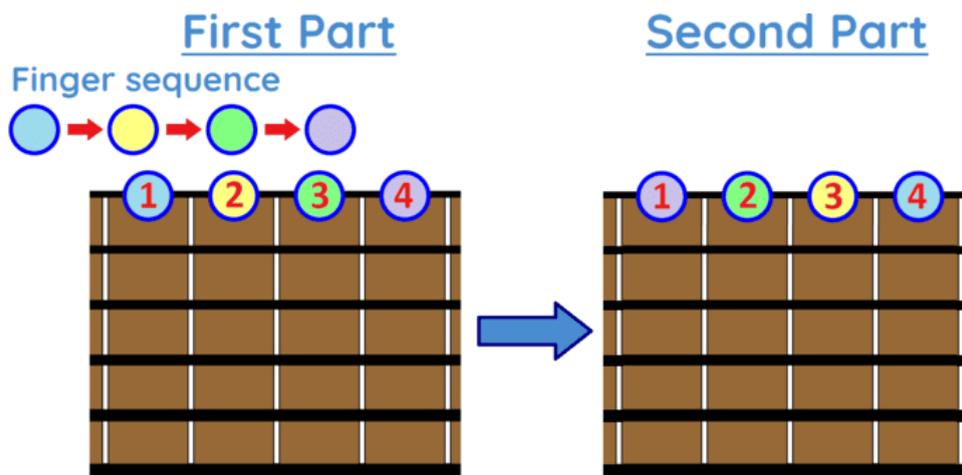
The sequence is as follows:

1. Start out by putting your index finger on the 1st fret of the first string with a downstroke.
2. Place the middle finger on the 2nd fret of the first string and do an up stroke.
3. Play the 3rd fret with your ring finger and do a down stroke.
4. Place the little finger on the 4th fret of the first string and do an up stroke.

And now we repeat the sequence but in reverse (image on the right):

1. Place the little finger on the 4th fret of the first string and do a down stroke.
2. Place the ring finger on the 3rd fret of the first string and do an up stroke.
3. Place the middle finger on the 2nd fret of the first string and do a down stroke.
4. Place the index finger on the 1st fret of the first string and do an up stroke.

These 4 steps would correspond to the left side of the image below.



Once you have finished the sequence, move your left hand one fret to the right and repeat the exercise on frets 2 – 3 – 4 – 5. Little by little you will move across the fretboard until you reach the 12th fret.

```
e | -1-2-3-4-4-3-2-1---2-3-4-5-5-4-3-2---3-4-5-6-6-5-4-3- |
B | ----- |
G | ----- |
D | ----- |
A | ----- |
E | ----- |

e | -4-5-6-7-7-6-5-4---5-6-7-8-8-7-6-5---6-7-8-9-9-8-7-6- |
B | ----- |
G | ----- |
D | ----- |
A | ----- |
E | ----- |
```

Although the TAB that I show you only goes up to the 9th fret, the idea is that you go little by little through the whole fretboard of the guitar, at least until you reach the 12th fret.