Improve your Finger Strength

Alexander Harnisch

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Version 001

About this Book

This training manual covers a list of powerfull finger-strengthening or stretching exercises played with a pick or your fingers?

You should practise these exercises slowly and accurately before speeding up.

Most of the exercises can and should also be played on different fret positions.

Feel free using your own fingerings.

This book is equally suitable for beginners and advanced players.

About the Author

The Singer and Songwriter Alexander Harnisch alias John Scrivo, born in São Paulo, Brazil, enjoyed the feeling of Bossa Nova and the soccer euphoria at the beach of the Copacabana as a child.

For family reasons he grew up with two mother languages, Portuguese and English. After he had been given an electric guitar, he doggedly practiced the solos of his favourite Band "The Fab Four" - The Beatles. An interesting musical mixture was born now.

As his Austrian stepfather was a connoisseur of the Jazz Music, he heard the jazz tunes constantly at home. He was fascinated by the Big Bands, the Vocal Groups and last not least by Gypsy Jazz.

His guitar heroes like Django Reinhardt, Baden Powell, Yamandu Costa and many others became a part of his instrumental life as a guitar player.

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Exercise 01

Exercise 02

Exercise 03

Exercise 04

Exercise 05

1
TAB
1 2 1 2 1 2 1 2
2
TAB
1 2 1 2 3 2 3 2
3
TAB
3 2 3 2 3 2 3 2
4
TAB
3 4 3 4 3 4 3 4
5
TAB
3 4 3 4 5 4 5 4
6
TAB
5 4 5 4 5 4 5 4

Exercise 06

Exercise 07

Exercise 08

Exercise 09

Exercise 10

Exercise 11

Exercise 12

E6add9
1
2
T
A
B
7 6 7 6 5 6 9 8 9 9 8 9 9 8 9
7
7
6
6
7

C♯dim7
3
4
T
A
B
7 6 7 6 5 6 7 6 7 5 4 5 9 8 9
12
11
12
11

E6add9
5
6
T
A
B
9 8 9 8 7 8 11 10 11 10 9 10 9 7 6
7
7
6
6
7

Exercise 13

Exercise 14

Exercise 15

Exercise 16

Exercise 17

Exercise 18

1
T
A
B
6 7 7 5 6 7 8 7
2
6 7 9 7 8 9 9 7
Em11
A7add13
3
4
9 10 5 7 7 5 7 7 6 5 0 (7) (6) (5) (0)

Exercise 19

1
T
A
B
9 10 11 9 12 11 9 12 10 14 13 12
2
G♯m7(♭5)
E9
3
10 12 11 12 14 13 12
12 11 12 11
7 7 6 7

Exercise 20

Exercise 21

Exercise 22

1
T
A
B
12 11 10 13 12 12 10 13 10 9 8 11 10 10 8 11
2
8 7 6 9 8 8 6 9 6 5 4 7 6 6 4 7
3
9 8 6 9 9 8 7 10 7 6 4 7 7 6 5 8
4
5 4 2 5 5 4 3 6 3 2 0 3 3 2 1 4

Exercise 23

Bdim7
Am7
Am6
Gmaj7
F♯dim7
Em7
Edim7
Dmaj7
D6
E/G♯
Em/G
D/F♯
Dm/F
Amaj7
F/A
Gmaj7
T
A
B

Exercise 24

Exercise 25

Em11
Em11
Dmaj9
Dm11
Dm11
Cmaj9
Cm11
Cm11
B♭maj9
B♭m11
B♭m11
A♭maj9

Exercise 26

Fmaj7/D
xxo
8
1
0 10 10 8 12 8 10 10
Cmaj7/A
xox
3
2
0 5 5 3 7 3 5 5
C7/G
xx
3
3
3 3 5 3 6 3 5 5
4
7 8 7 10 10 10 8 13

Exercise 27

Cmaj7/B
Am
Am7
Am6
B♭maj7/A
Gm
Gm7
Gm6
A♭maj7/G
Fm
Fm7
Fm6
Cmaj7
T
A
B

Exercise 28

Gmaj7(♭5)
B♭maj7(♭5)
D♭maj7(♭5)
Emaj7(♭5)
Bmaj9
Bmaj7
Amaj9
Amaj7
Gmaj9
Gmaj7
F♯maj7
T
A
B

Exercise 29

Exercise 30

Exercise 31

Exercise 32

Exercise 33

Exercise 34

Exercise 35

Exercise 36

Exercise 37

Other Books by the Author

You can purchace these eBooks (PDF) from my website

www.john-scrivo.de/books.htm