

Left Hand Stretching and Coordination Exercises

Many chord shapes and phrasings require your fingers to cover a wide expanse of frets. Having your fingers properly stretched will make just about everything easier to play.

Exercise 1.

Starting on the 9th fret or so. Play a note with your first finger and hold it in place while you play a note 3 frets up with your 3rd finger then play a note a half step higher with your 4th finger. Repeat this pattern for each string moving from the 1st to 6th string. As you move that direction it will become more difficult. Then drop down to 8th position and repeat. Continue to move down the neck until you reach a spot that you can no longer play. Reach up with the right hand and stretch your fingers onto the proper frets and hold for a while. Don't hurt yourself though. Remember you must leave your fingers down as you play or it is not a stretching exercise.

Hold notes as you play.

Exercise 2.

Just like in exercise 1 we are going to move a series of fingerings across the strings and then down the neck. This exercise consists of four parts. You may strum or pick the chord shapes.

Part 1

Part 2

Part 3

Part 4