

The Horizontal exercises (walking across the strings)

In order to get the most out of these exercises you must place the next finger to be played before lifting the last one played. Having a finger down at all times serves as a guide for the placing the next finger.

1

6	6	7	7	8	8	7	7	
7	7	8	8	9	9	8	8	REPEAT
6	6	7	7	8	8	7	7	
7		8		9		8		

As with the vertical exercises the Index finger always plays the 6th fret, Middle the 7th, etc. Don't use any barres in this exercise but do maintain position of the finger that is used on either side of the 4th string turnaround (ie: the Index finger at the 6th fret of the 3rd string)

If the action of your instrument makes this exercise too hard, put a capo on the fourth or fifth fret to lower it some. This exercise was designed for guitar which has a shorter scale than banjo, so if there is too much strain on your left hand fingers, feel free to move the entire exercise up the neck couple frets. I set it here to avoid using double digit frets (like 10 and 11).

I think by now you have a good idea how these exercises work, so I'm only going to describe the rest. You can write them out yourself, and you can also make up your own variants

- 2** Use Index & Ring up and down the strings, followed by Middle & Pinky up and down, and repeat from the beginning.
- 3** Do the same exercise with Index & Pinky, followed by Middle & Pinky, followed by Ring & Pinky

These exercises are exhausting for your hand muscles. It is very important that you do not over-do them. A little bit a day, until you have that Charles Acme Pinky of Iron from the back cover of Creepy Oozey Disgusting Man Comics & Stories.