

Finger Strength Exercises

Guitar

BanjoBenClark.com

Index Middle Repeat

1
E
B
G
D
A
E

Index/Middle Shift

5 6 7 8

Index/Ring Shift

9 10 11 12

Index/Pinky Shift

13 14 15 16

Middle/Pinky Shift

17 18 19 20

Ring/Pinky Shift

21 22 23