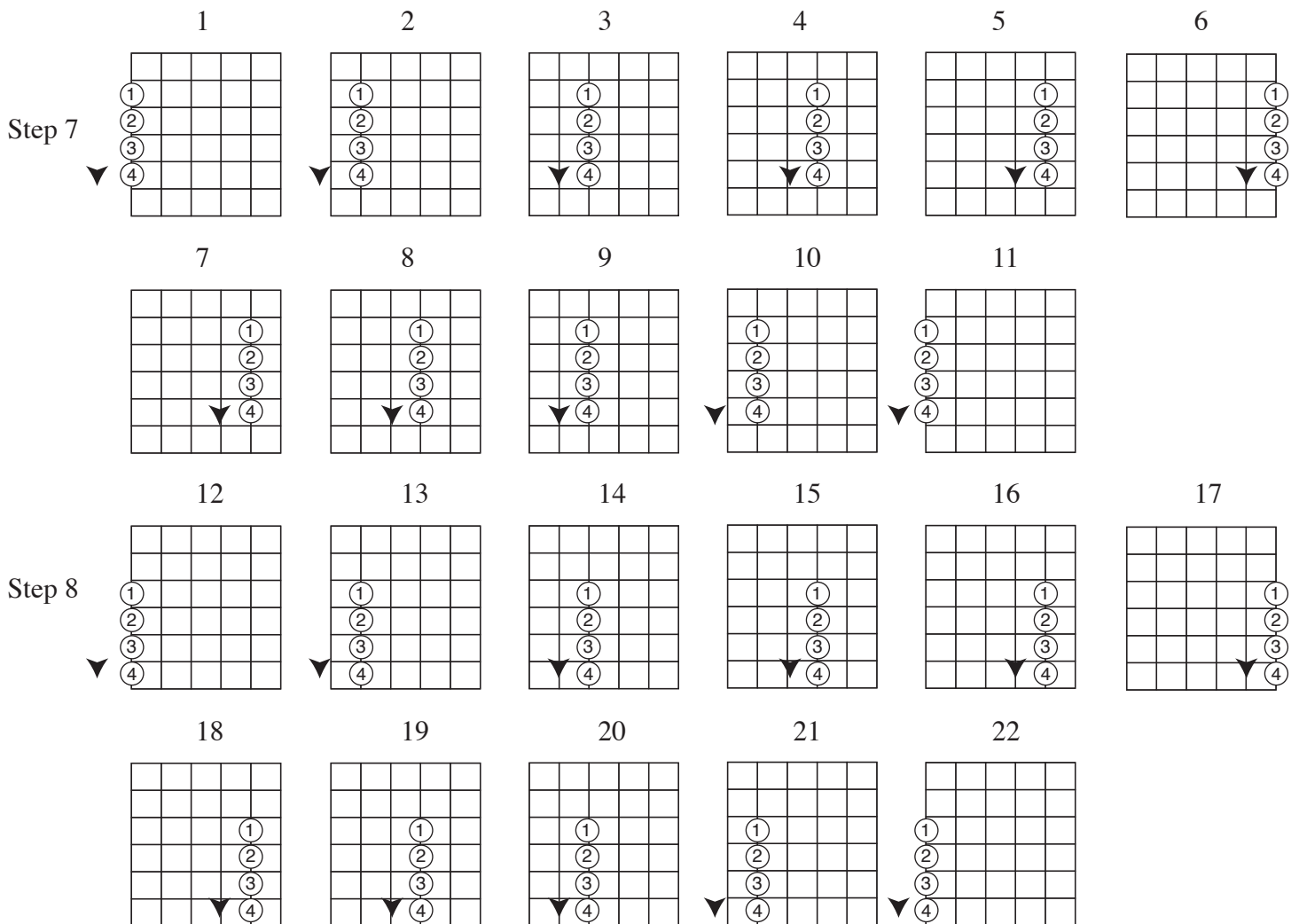


# STRENGTH EXERCISE

**REVIEW** these TIPS as needed before beginning EACH SESSION.

1. Apply **strong pressure** at all times.
2. **Slow, steady tempo** (heartbeat speed) is optimum.
3. **Consistent volume and attack** desirable.
4. **Focus on left hand technique.**
5. Keep **FINGERS DOWN "AT ALL TIMES"**.
6. Begin at 5th or 7th fret.
7. Play **1, 2, 3, 4 "up" each string**, keeping tempo going, **across the neck and back**.  
(numbers refer to fingers AND frets)  
(play "up" each string even when playing "back" from high strings to low)
8. **Repeat** exercise beginning **1 fret higher**.
9. Continue moving up the neck until hand begins to hurt.
10. **Minimum of 5 times, maximum of 5 minutes.**



ETC.