

Extreme Guitar Workout Recap

Filadelfo Castro

	ASCENDING		DESCENDING	
A	1	2	2	1
B	1	3	3	1
C	1	4	4	1
D	2	3	3	2
E	2	4	4	2
F	3	4	4	3

	ASCENDING			DESCENDING		
A	1	2	3	3	2	1
B	1	3	2	2	3	1
C	2	1	3	3	1	2
D	1	2	4	4	2	1
E	1	4	2	2	4	1
F	2	1	4	4	1	2
G	1	3	4	4	3	1
H	1	4	3	3	4	1
I	3	1	4	4	1	3

	ASCENDING				DESCENDING			
A	1	2	3	4	4	3	2	1
B	1	2	4	3	3	4	2	1
C	1	3	4	2	2	4	3	1
D	1	3	2	4	4	2	3	1
E	1	4	3	2	2	3	4	1
F	1	4	2	3	3	2	4	1
G	2	1	3	4	4	3	1	2
H	2	1	4	3	3	4	1	2
I	2	3	1	4	4	1	3	2
L	2	4	1	3	3	1	4	2
M	3	2	1	4	4	1	2	3
N	3	1	2	4	4	2	1	3