

Guitar Gym - Mechanical Workouts

Legato & Alternate Picking Chops Builder - 1-Note-Per-String

Music by Jon Bjork

Standard tuning

$\text{♩} = 60$

All Hammers: Ascending
Frets represent fingers. Make sure to change positions daily.

od guit.

The tablature consists of 16 measures, each spanning two lines of a six-string guitar. Measures 1-6 are ascending exercises, and measures 7-16 are descending exercises. Each measure contains six notes, one on each string, with fingerings indicated by numbers 1-4. Hammer-ons are indicated by a ^ symbol. Measure 8 includes the instruction 'Continue On All Remaining String Groups.' The exercises are designed to be played in standard tuning at a tempo of 60 beats per minute.

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16

TAB

Continue On All Remaining String Groups.

All Hammers: Descending

Alternate Picking: Ascending

17 18

TAB

1 2 3 1 2 3 1 2 3 1 2 3 1 2 3 1 2 3

19 20

TAB

1 2 4 1 2 4 1 2 4 1 2 4 1 2 4 1 2 4

21 22

TAB

1 3 4 1 3 4 1 3 4 1 3 4 1 3 4 1 3 4

Continue on all string groups like the previous exercise.

23 24

TAB

2 3 4 2 3 4 2 3 4 2 3 4 2 3 4 2 3 4

Alternate Picking: Descending

25 26

TAB

3 2 1 3 2 1 3 2 1 3 2 1 3 2 1 3 2 1

27 28

TAB

4 2 1 4 2 1 4 2 1 4 2 1 4 2 1 4 2 1

29 30

TAB

4 3 1 4 3 1 4 3 1 4 3 1 4 3 1 4 3 1

31 32

TAB

4 3 2 4 3 2 4 3 2 4 3 2 4 3 2 4 3 2