

Chapter 2 – Practice Day 1

In today's workout you focus on learning the notes on the 6th string of the guitar.

Make sure to use a timer and only play each exercise for the written time.

This ensures that you get a full workout in today and don't get stuck on one exercise at the expense of the others.

Lastly, if you get stuck on any exercise go back to the video lesson, review, then come back and work these exercises again in your studies.

Have fun digging into the 6th string of the guitar, learning those notes, and beginning your journey to fretboard mastery.

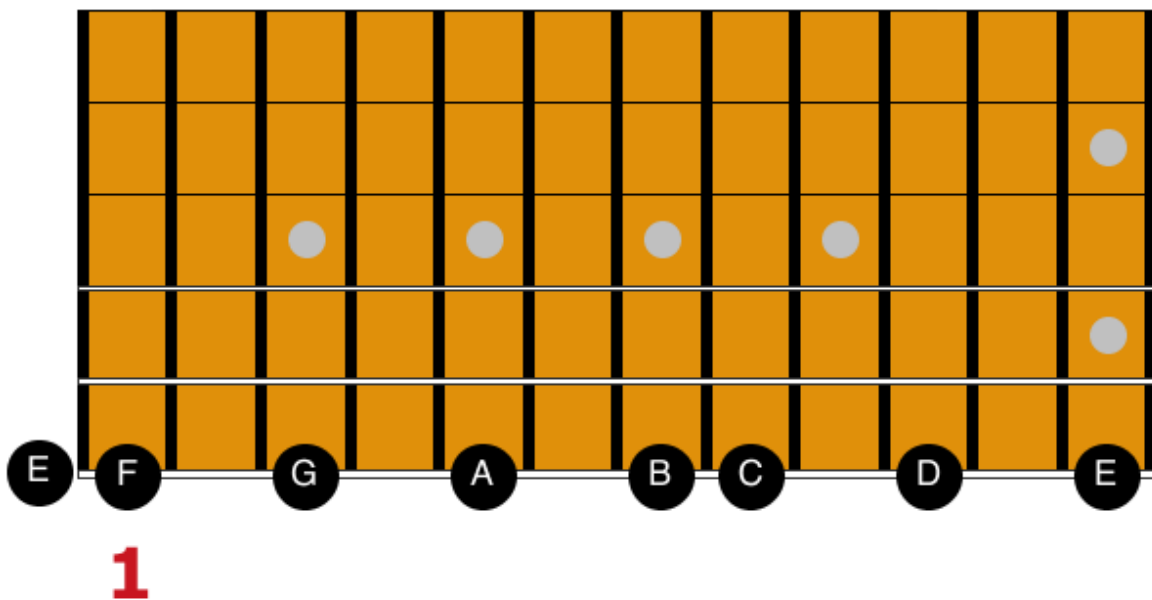
Exercise 1 – 5 Minutes

The first exercise today teaches you the C major scale on the 6th string.

Here are tips to work this exercise in the woodshed, and make sure to set a timer for 5 minutes so you don't overdo this part of your workout today.

- Play each note slowly and say the note out loud, sing along if it helps.
- Play from the 1st fret up and 12th fret back.
- Jump around and skip notes as you play the scale.
- If you get done early, improvise with these notes and say each out loud.

Now that you know how to practice this exercise, have fun with it!



Exercise 2 – 5 Minutes

The next exercise is the same as the first, but now you close your eyes, turn the page, or turn away from the notes listed above.

This is done to test your memory, so play the C major scale up and down, solo with it, jump around, say the notes out loud, all from memory.

Have fun exploring this scale as you solidify the white notes of the piano on the 6th string in your practicing today.

Exercise 3 – 5 Minutes

The final exercise today teaches you the Em pentatonic scale on the 6th string.

Here are tips to work this exercise in the woodshed, and make sure to set a timer for 5 minutes so you don't overdo this part of your workout today.

- Play each note slowly and say the note out loud, sing along if it helps.
- Play from the 1st fret up and 12th fret back.
- Play once while looking, close your eyes or look down and play again.
- Jump around the notes to test your memory.
- If you get done early, improvise with these notes and say each out loud.

Now that you know how to practice this exercise, have fun with it!

