

Guitar Gym

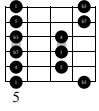
Pentatonic Alternate Picking Workout #1

Music by Jon Bjork

Standard tuning

♩ = 80

Minor Pentatonic Shape #1



Single Shape Workout

od. guit.

1

3/4

TAB

1 4 1 3 1 3 1 3 1 4 1 4 2 5 2 5 2 4 2 4 2 4 2 5 2

Continue on until you reach the end of your fretboard.

3

TAB

3 6 3 5 3 5 3 5 3 6 3 6 4 7 4 7 4 6 4 6 4 6 4 7 4

Restart the exercise and go back the same way but starting with an upstroke.

5

TAB

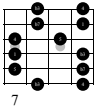
19 22 19 21 19 21 19 21 19 22 19 22 6 21 18 21 18 20 18 20 18 20 18 21 18

7

TAB

17 20 17 19 17 19 17 19 17 20 17 20 8 19 16 19 16 18 16 18 16 18 16 19 16

Shape #2



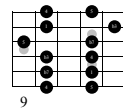
Do the same with the remaining 4 shapes.

9

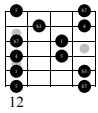
TAB

8 10 7 10 7 10 7 9 8 10 8 10 10 10 12 10 12 10 12 9 12 10 13 10 12

Shape #3



Shape #4

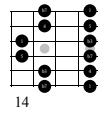


11 V V V V V V V V V V

TAB

12 15 12 15 12 14 12 14 13 15 12 15 12 15 12 15 12 15 12 15 12 15

Shape #5

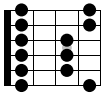


14 V V V V V V V V V V

TAB

15 17 15 17 14 17 14 17 15 17 15 17 15 17 15 17 15 17 15 17 15 17

Shape #1



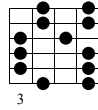
Two Shape Workouts: Shape 1 and 2.

13 V V V V V V V V V V

TAB

1 4 1 3 1 3 1 3 1 4 1 4 6 4 6 4 5 3 6 3 6 3 6 4

Shape #2



Shift up in half-steps every two reps.

14 V V V V V V V V V V

TAB

6 4 6 4 5 3 6 3 6 3 6 4

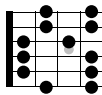
Restart and move down in half-steps every two reps. Now starting with an upstroke.

15 V V V V V V V V V V

TAB

17 20 17 19 17 19 17 20 17 20 22 20 22 20 21 19 22 19 22 19 22 20

Shape #2



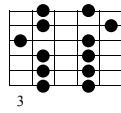
Shape 2 and 3 - Repeat the same thing.

17 V V V V V V V V V V

TAB

2 4 1 4 1 4 1 3 2 4 2 4 6 4 7 4 6 3 6 4 6 4 6 4

Shape #3

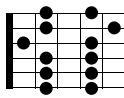


18 V V V V V V V V V V

TAB

6 4 7 4 6 3 6 4 6 4 6 4

Shape #3



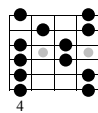
Shape 3 and 4

19 V V V V V V V V V V

TAB

2 4 2 4 2 4 1 4 2 5 2 4 7 4 7 5 6 4 6 4 7 4 7 4

Shape #4

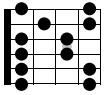


20 V V V V V V V V V V

TAB

7 4 7 5 6 4 6 4 7 4 7 4

Shape #4



Shape 4 and 5

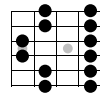
21

TAB

1 4 1 4 1 3 1 3 2 4 1 4

6 4 6 4 6 3 6 3 6 4 6 4

Shape #5



3

22

TAB

6 4 6 4 6 3 6 3 6 4 6 4

Shape #5



2

Shape 5 and 1

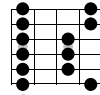
23

TAB

3 5 3 5 2 5 2 5 3 5 3 5

8 5 8 5 7 5 7 5 7 5 8 5

Shape #1



5

24

TAB

8 5 8 5 7 5 7 5 7 5 8 5