

Major Chords Day 5 Workout

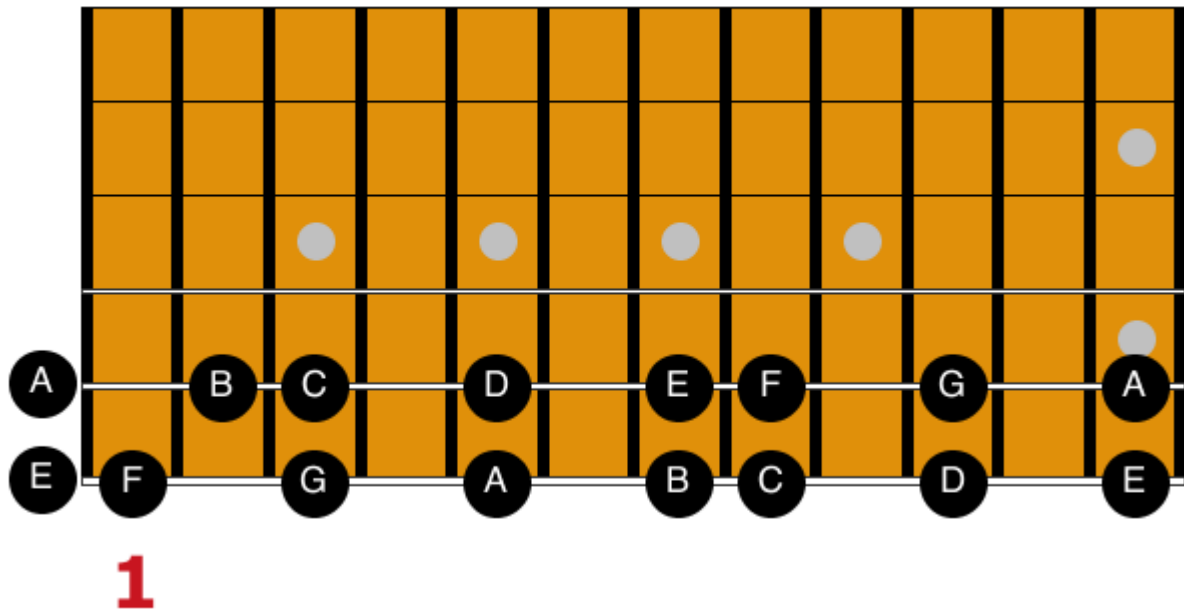
It's time for the next major barre chord workout in this chapter, where you focus on different chords, keys, and progressions.

Start by reviewing the notes on the lower two strings of the guitar and the 6th and 5th string major barre chord shapes.

From there, dive into the three exercises and creative challenge below.

To begin, here's a quick review of the notes on the lower two strings.

Have fun in today's workout!



Chord Shapes

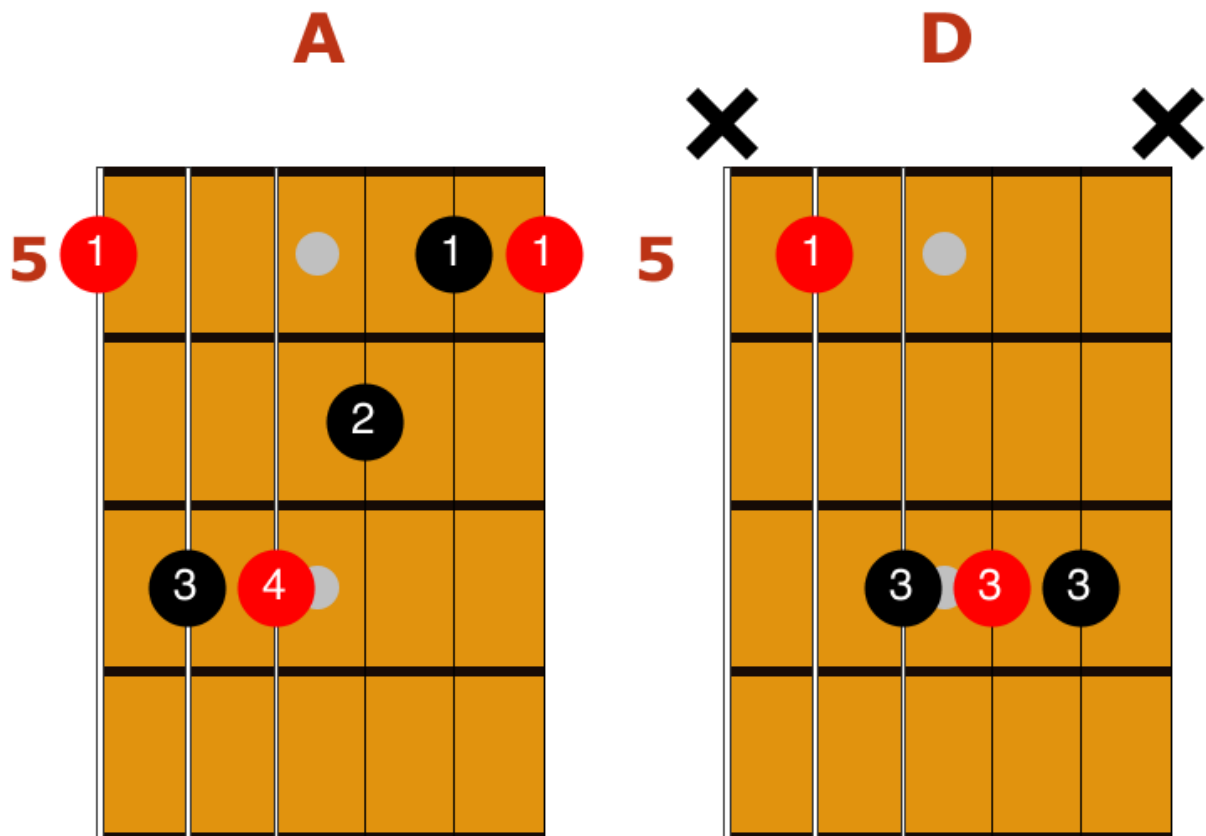
Here are the major barre chord shapes from the 6th and 5th strings as a refresher for today's workout.

Remember, the red circles are the root notes, they tell you the name of the barre chord when you transpose it to other root notes.

For example, if you play the 6th string shape on the 8th fret it's a C chord.

As well, the numbers inside the circles are the fingers you use to play those notes.

Have fun reviewing these shapes and taking them to the exercises below in today's workout.



Exercise 1

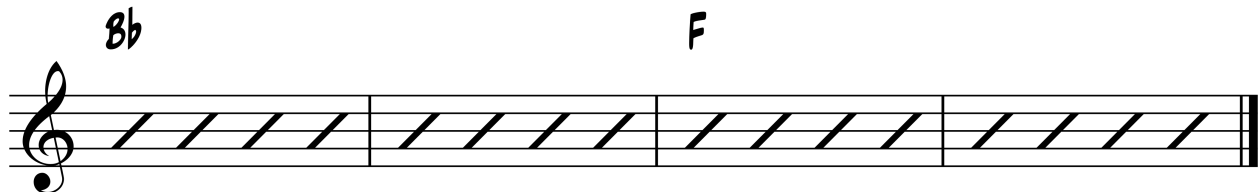
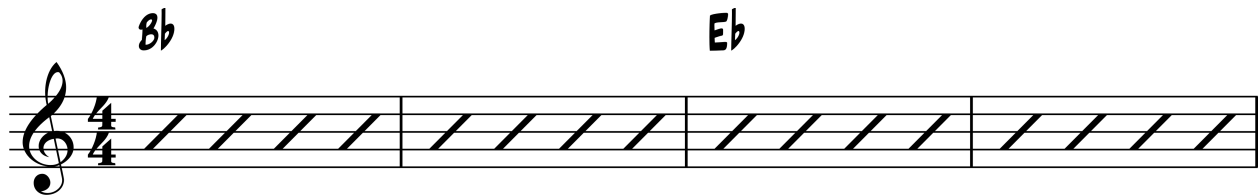
To begin today's workout, you play two measures per chord as you ease into your practice session.

Because these chords are longer, they last two full measures, put on the backing track and dive in, see how you do on the spot.

If you can do that no problem, great move on to the next exercise.

If the backing track gives you trouble, all good. Grab your metronome and work at slower tempos until you're ready to try the backing track again.

Have fun with this exercise as you get today's barre chord workout started off on the right foot.



Exercise 2

With this second exercise you start to play one barre chord per measure in a few places during this progression.

Start on your own and work on switching smoothly between each chord.

Then, bring in a metronome as you build up to playing over the backing track.

If you find this exercise tough today, not a problem.

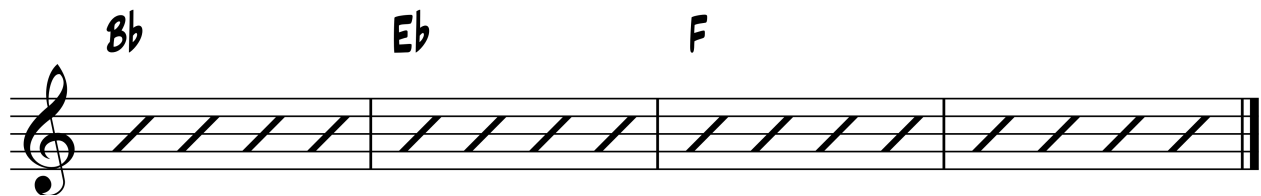
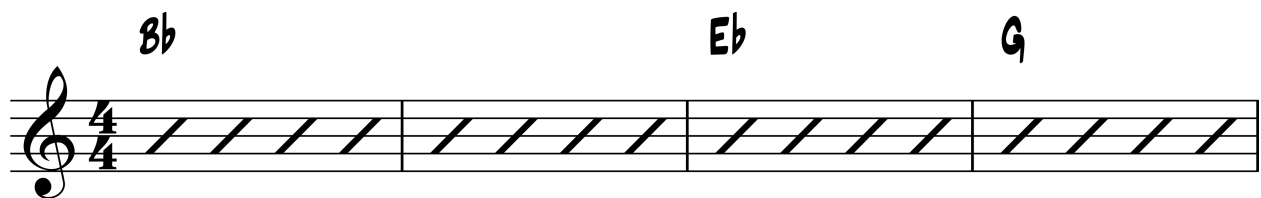
Just play one strum per chord to start, then add in other rhythms when ready.

If you dive into complicated strumming patterns too soon it can cause the exercise to stall.

Pulling back and removing strumming patterns allows you to focus on the chord shapes and changes, building a stronger foundation in the process.

From there you can add strumming back into the exercise with more confidence.

Have fun with this exercise!



Exercise 3

In today's final exercise, you work on one chord per measure as you test your barre chord skill set.

Start playing each chord just one strum per bar on your own, then add in a metronome when ready.

From there, mix in new rhythms and picking patterns before taking it to the backing track.

Once you get it over the backing track, use your ears to react to the band with your strumming patterns, picking patterns, and dynamics.

Have fun digging into these chords in your workout today.

Musical notation for the first row of chords. It consists of a single treble clef staff in 4/4 time. The staff is divided into four measures, each containing a single strum indicated by a diagonal slash. Above the staff, the chord names B \flat , D, E \flat , and G are written above their respective measures.

Musical notation for the second row of chords. It consists of a single treble clef staff in 4/4 time. The staff is divided into four measures, each containing a single strum indicated by a diagonal slash. Above the staff, the chord names B \flat , E \flat , F, and A are written above their respective measures.

Creative Challenge

You're now ready for the creative challenge in today's workout, where you play a 16-bar progression using the two major barre chord shapes.

You can work this challenge in a number of different ways, and here are some of my favorites to get you started.

- Play every chord from the 6th string root.
- Play every chord from the 5th string root.
- Play the first chord on the 6th string, alternate from there.
- Play the first chord on the 5th string, alternate from there.
- Use different rhythms and picking patterns.
- Focus on dynamics, playing with louds and softs with each chord.
- Leave space and let the song breathe here and there.

After you work the study with these variations, come up with your own combination of chord shapes, rhythm, picking patterns, etc. in your workout.

Have fun as you dig into this creative challenge to finish today's barre chord workout.

A D A D

Musical staff with treble clef, 4/4 time signature, and four measures of rhythmic notation (diagonal lines). Chord labels A, D, A, D are positioned above the first, second, third, and fourth measures respectively.

A D E

Musical staff with treble clef and four measures of rhythmic notation (diagonal lines). Chord labels A, D, E are positioned above the first, second, and third measures respectively.

A D E F#

Musical staff with treble clef and four measures of rhythmic notation (diagonal lines). Chord labels A, D, E, F# are positioned above the first, second, third, and fourth measures respectively.

E D A E

Musical staff with treble clef and four measures of rhythmic notation (diagonal lines). Chord labels E, D, A, E are positioned above the first, second, third, and fourth measures respectively. The staff ends with a double bar line.