

# Acoustic Guitar Finger Exercises

## Right Hand Exercise 1

- Pluck each open string four times alternating fingers:  
*index - middle – index – middle*
- Start with the first string (highest pitch but closest to the floor) and then shift to the next string and so on going through all six strings.
- The forearm should pivot at the elbow to keep the correct hand position as you go to the “notch” for each string.
- Although not using the thumb on this exercise practice keeping it separated from the fingers: a separate plucking space will be needed when using the thumb.

## Left Hand Exercise 1

- As above, you will pluck each string four times alternating fingers beginning with the first string and progressing sequentially through the lower (pitch) strings.
- Position the left hand so that the palm is parallel to the fretboard (don’t “lean” the hand toward the peghead. As the right hand plucks four times on each string the left hand fingers will press down sequentially from the first to the fourth frets.

RH	<i>index</i>	<i>middle</i>	<i>index</i>	<i>middle</i>
LH	<i>first fret</i>	<i>second fret</i>	<i>third fret</i>	<i>fourth fret</i>

- Work to keep the left hand fingers evenly spaced and close to the fret wire to minimize the effort required to press down the strings.

## Right Hand Exercise 2

- This is essentially the same as the first exercise but instead of plucking with the fingers you will use a pick in a down up down up motion.
- The pick should be gripped between the thumb and the first finger of the right hand. The thumb should overlap the index finger at a right angle sort of making a “plus” sign. The tip of the index finger should be near the tip of the pick.

## Left Hand Exercise 2

- This is essentially the same as the first left hand exercise but instead of plucking with the fingers you will use a pick in a down up down up motion.

RH	<i>down ▼</i>	<i>up ▲</i>	<i>down ▼</i>	<i>up ▲</i>
LH	<i>first fret</i>	<i>second fret</i>	<i>third fret</i>	<i>fourth fret</i>