### **Swift Guitar Lessons**

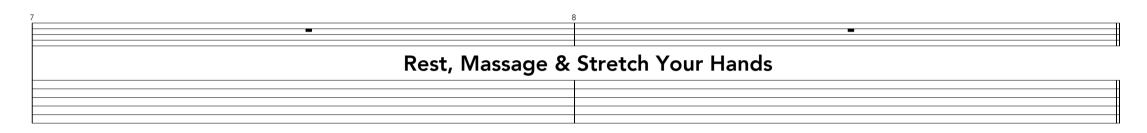


### Two Minute Guitar Warmup Exercises for Speed, Dexterity, & Accuracy

Basic Spider Walk - Excellent for developing alternate picking accuracy and finger dexterity.







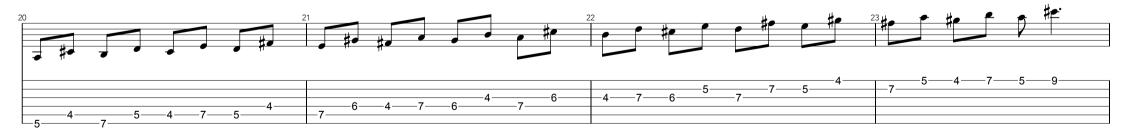
Caterpillar Climbs - Also very good for dexterity & accuracy, but also helps to develop lateral coordination.





## Rest, Massage & Stretch Your Hands

Major Scale in 3rds - Promotes dexterity & coordination, but also teaches players how to imply each chord in a major key melodically.

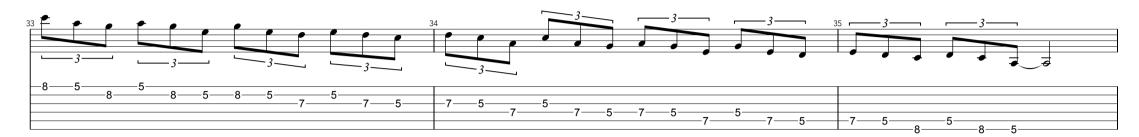




# Rest, Massage & Stretch Your Hands

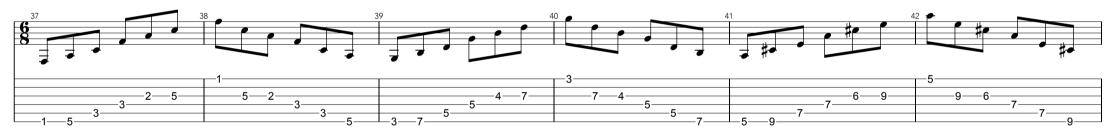
Minor Pentatonic Triplet Pattern - An excellent speed exercise, this is a common pattern performed in many rock guitar solos.

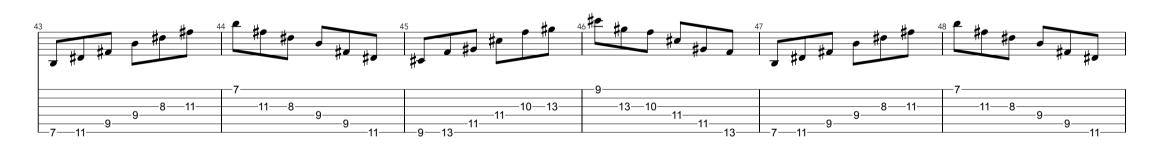


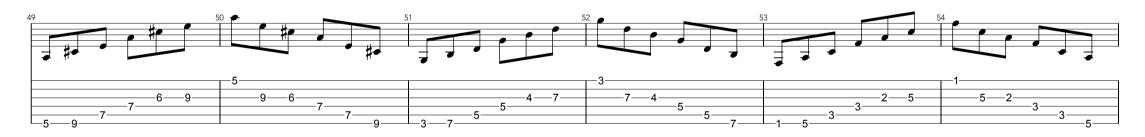


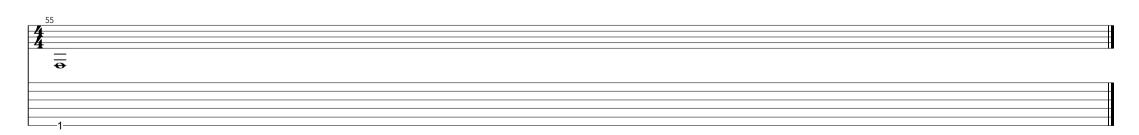
### Rest, Massage & Stretch Your Hands

Major Arpeggios - Promotes accuracy, stretches the fingers, and is an essential element for soloing over major chords.









#### **Quick Tip:**

Before and after a good warmup, I recommend massaging the hands under hot water. This helps to relax the muscle, alleviate tension, and increase blood flow to the hand.