

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

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



Musical notation for the Basic Spider Walk exercise, consisting of 8 measures. The notation includes a treble clef, a key signature of one sharp (F#), and a 4/4 time signature. The exercise is divided into two parts: measures 1-3 and 4-6. Measures 7 and 8 are marked with a rest symbol and the text "Rest, Massage & Stretch Your Hands".

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



Musical notation for the Caterpillar Climbs exercise, consisting of 18 measures. The notation includes a treble clef, a key signature of one sharp (F#), and a 4/4 time signature. The exercise is divided into two parts: measures 9-13 and 14-18. Measures 19 and 20 are marked with a rest symbol and the text "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.



Musical notation for the Major Scale in 3rds exercise, consisting of 8 measures. The notation includes a treble clef, a key signature of one sharp (F#), and a 4/4 time signature. The exercise is divided into two parts: measures 20-23 and 24-28. Measures 29 and 30 are marked with a rest symbol and the text "Rest, Massage & Stretch Your Hands".

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.