

Left hand finger exercises

These exercises build both finger strength and finger independence. If you apply the exercises to the notation, you will also learn to slide into various positions using the index finger and the pinky to lead your hand position.

24 Finger combinations

There are 24 possible finger combinations for exercising your left hand (see chart below (index finger=1, middle =2, ring=3 and pinky=4)).

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

Try one of the combinations every day for a week and then move on to the next one.

See exercises below for application

Exercise 1.

Using first finger combination (1 2 3 4)

Exercise 2

Using first finger combination forward then reversed (1 2 3 4 then 4 3 2 1 on the way back).

Exercise 3

Using first finger combination

Two guitar tablature systems for Exercise 3. The first system shows frets 1-5 on strings T, A, B. The second system shows frets 3-7 on strings T, A, B. Each system has four measures with fingerings indicated above the notes.

follow this exercise up to the 12th fret and the play it descening back to the first fret as well.

Here's another tricky left hand exercise: Spider Fingers

Always use fingers in the 1 3 2 4 order for this exercise.
See the notation below for finger placement and application.

Spider Fingers

Use only the correct finger per note.

Guitar tablature for Spider Fingers exercise on strings T, A, B. Notes are at frets 1, 3, 2, 4, 3, 1, 4, 2 with fingerings 1st, 3rd, 2nd, 4th, 3rd, 1st, 4th, 2nd.

You can then move up one fret and continue the exercise in the same way continue up to the 12th fret

Guitar tablature for Spider Fingers exercise on strings T, A, B. Notes are at frets 2, 4, 3, 5, 4, 2, 5, 3 with fingerings 1st, 3rd, 2nd, 4th, 3rd, 1st, 4th, 2nd.

You can also move across the strings instead of advancing up the fingerboard (use the same fingering as before)

Three guitar tablature systems for Spider Fingers exercise across strings T, A, B. Notes are at frets 1, 3, 2, 4, 3, 1, 4, 2 on each string with fingerings 1st, 3rd, 2nd, 4th, 3rd, 1st, 4th, 2nd.