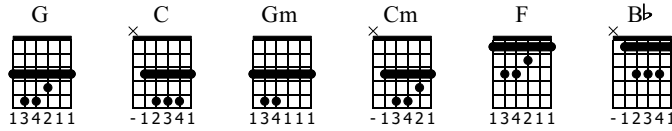


# Barre Chord Strength Building Exercises



Standard tuning

♩ = 60

Play this slowly to a metronome and then move the whole exercise up one fret until you get to fret 10

EXERCISE 1

G C

mf

TAB

Now do the same but using the minor barre chords. Remember to move up one fret each time.

EXERCISE 2

Gm Cm

TAB

Undoubtedly, one of the hardest barre chords to sustain for a beginner. Play this for as long as you can bear then move onto the next line...

F

TAB

This will feel like a good release at first, but it will soon start to burn as well. Keep this going as long as you can. Do this exercise for 2-3 minutes every day.

Bb

TAB