

Essential Hand Stretches For Better Chords and Tone

Finger Guide: I = Index M = Middle R = Ring P = Pinky

Drue James - LGIL - All 4 Exercises

Standard tuning

♩ = 80

THE SPIDER

I M R P I M R P

sguit.

1 2 3 4 1 2 3 4

1 2 3 4 1 2 3 4

Continue with same fingers

P R M I P R M I

1 2 3 4 1 2 3 4

5 4 3 2 5 4 3 2

Continue with same fingers

CONTINUE UP TO FRET 12

5 4 3 2 5 4 3 2

5 4 3 2 5 4 3 2

DIAGONOL SPIDER

I M R P P R M I

Continue with same fingers

1 2 3 4 1 2 3 4

1 2 3 4 5 4 3 2

5 4 3 2 5 4 3 2

CONTIUNE UP TO FRET 12

3 4 5 6 3 4 5 6

3 4 5 6 7 6 5 4

7 6 5 4 7 6 5 4

SPIDER FINGER STRETCH

13 14 15

I M I M M R M R R P R P

TAB

7 8 7 9 8 9 8 10 | 9 10 9 11 7 8 7 9 | 8 9 8 10 9 10 9 11

Continue with same fingers on all remaining strings

16 17 18

TAB

7 8 7 9 8 9 8 10 | 9 10 9 11 7 8 7 9 | 8 9 8 10 9 10 9 11

CONTINUE DOWN TO FRET 1

19 20 21

TAB

7 8 7 9 8 9 8 10 | 9 10 9 11 7 8 7 9 | 8 9 8 10 9 10 9 11

SPIDER STRUM - Use I M R P as chord stacks

22 23

TAB

4 1 4 1 | 4 1 4 1 | 4 1 4 1 | 4 1 4 1

CONTINUE UP TO FRET 12

24 25 26

TAB

5 2 5 2 | 5 2 5 2 | 5 2 5 2 | 5 2 5 2