

Speed Exercises

Standard tuning

♩ = 120

Start at low tempo (90) and speed up to (240)

E-G

T
A
B

0 1 3 0 3 5 0 5 7 0 7 8 0 8 10 0 10 12

Play it at least 30min a day with different scales

2

0 2 3 0 3 5 0 5 7 0 7 8 0 8 10 0 10 12

0 2 3 0 3 5 0 5 7 0 7 9 0 9 10 0 10 12

4

0 2 4 0 4 5 0 5 7 0 7 9 0 9 10 0 10 12

0 1 3 0 3 5 0 5 6 0 6 8 0 8 10 0 10 12

6

0 1 3 0 3 5 0 5 7 0 7 8 0 8 10 0 10 12

The same pattern but starting from E1

8

0-1-3-0-3-5-0-5-7-0-7-8-0-8-10-0-10-12

0-1-3-0-3-5-0-5-6-0-6-8-0-8-10-0-10-12

10

0-2-4-0-4-5-0-5-7-0-7-9-0-9-10-0-10-12

0-2-3-0-3-5-0-5-7-0-7-9-0-9-10-0-10-12

12

0-2-3-0-3-5-0-5-7-0-7-8-0-8-10-0-10-12

0-1-3-0-3-5-0-5-7-0-7-8-0-8-10-0-10-12

The same pattern reversed

14

12-10-0-10-8-0-8-7-0-7-5-0-5-3-0-3-1-0

16

12-10-0-10-8-0-8-7-0-7-5-0-5-3-0-3-2-0

12-10-0-10-9-0-9-7-0-7-5-0-5-3-0-3-2-0

18

12 10 0 10 9 0 9 7 0 7 5 0 5 4 0 4 2 0 | 12 10 0 10 8 0 8 6 0 6 5 0 5 3 0 3 1 0

20

12 10 0 10 8 0 8 7 0 7 5 0 5 3 0 3 1 0 | 7 7 7 -

Again same pattern from E1 reversed

22

12 10 0 10 8 0 8 7 0 7 5 0 5 3 0 3 1 0 | 12 10 0 10 8 0 8 6 0 6 5 0 5 3 0 3 1 0

24

12 10 0 10 9 0 9 7 0 7 5 0 5 4 0 4 2 0 | 12 10 0 10 9 0 9 7 0 7 5 0 5 3 0 3 2 0

26

12 10 0 10 8 0 8 7 0 7 5 0 5 3 0 3 2 0 | 12 10 0 10 8 0 8 7 0 7 5 0 5 3 0 3 1 0

You can tap notes instead of playing '0'

28

1 3 5 7 8 10 12 15

30

2 3 5 7 8 10 12 15

32

2 4 5 7 9 10 12 15

33

1 3 5 6 8 10 12 15

35

1 3 5 7 8 10 12 15

37

T T T T T T T T T T T

1 3 15 3 5 15 5 6 15 6 8 15 8 10 15 10 12 15

2 4 16 4 5 16 5 7 16 7 9 16 9 10 16 10 12 16

39

T T T T T T T T T T T

2 3 15 3 5 15 5 7 15 7 9 15 9 10 15 10 12 15

2 3 15 3 5 15 5 7 15 7 8 15 8 10 15 10 12 15

41

T T T T T T

1 3 15 3 5 15 5 7 15 7 8 15 8 10 15 10 12 15

7 7 7

43

T T T T T T T T T T T

12 10 15 10 8 15 8 7 15 7 5 15 5 3 15 3 1 15

12 10 15 10 8 15 8 7 15 7 5 15 5 3 15 3 2 15

45

T T T T T T T T T T T

12 10 15 10 9 15 9 7 15 7 5 15 5 3 15 3 2 15

12 10 16 10 9 16 9 7 16 7 5 16 5 4 16 4 2 16

47

T T T T T T T T T T T T

12-10-15-10-8-15-8-6-15-6-5-15-5-3-15-3-1-15

49

T T T T T T T T T T

12-10-15-10-8-15-8-7-15-7-5-15-5-3-15-3-1-15

51

T T T T T T T T T T T T

12-10-15-10-8-15-8-6-15-6-5-15-5-3-15-3-1-15 12-10-16-10-9-16-9-7-16-7-5-16-5-4-16-4-2-16

53

T T T T T T T T T T T T

12-10-15-10-9-15-9-7-15-7-5-15-5-3-15-3-2-15 12-10-15-10-8-15-8-7-15-7-5-15-5-3-15-3-2-15

55

T T T T T T T

12-10-15-10-8-15-8-7-15-7-5-15-5-3-15-3-1-15

Try playing 2, 3 and 4 notes a time

ect...

57

0-0-1-1-3-3-0-0-3-3-5-5-0-0-5-5-7-7

15-13-12-15-13-12

60

17-15-13-17-15-13

19-17-15-18-17-15

17-15-13-17-15-13

15-13-12-15-13-12

13-12-10-13-12-10

65

12-10-8-12-10-8

10-8-7-10-8-6

8-6-5-8-7-5

7-5-3-6-5-3

5-3-1-5-3-1

And the same pattern on other strings

70

7 - 7