

4-/ 5-/ 6-String Fitness

Talking Technique 52

Ariane Cap

Four String Five String Six String

8 3 2 5 5 4

3 3 2 5 5 4

3 3 2 5 5 4 2

Various string crossing exercises. Stay between the 2nd and 5th frets.

Arpeggios

4

Fourstring

TAB 3-3 2-2-5-5 5-5 4-4 5-5 5-5-2-2 3-3

Fivestring

TAB 3-3 3-3 2-2-5-5 5-5 4-4 5-5 5-5-2-2 3-3

Sixstring

TAB 3-3 3-3 2-2-5-5 5-5 4-4 2-2 4-4 5-5 5-5-2-2 3-3

**T
A
B**

**T
A
B**

**T
A
B**

**T
A
B**

**T
A
B**

**T
A
B**

8

T
A
B

5-5 5-5 5-5 5-5 5-5-5-5-5-5 4-4 5-5 4-4 5-5-5-5-5-5 5-5 5-5 2-2 5-5 3-3

T
A
B

5-5 5-5 5-5 5-5 5-5-5-5-5-5 4-4 5-5 4-4 5-5-5-5-5-5 5-5 5-5 2-2 5-5 3-3 5-5 3-3

T
A
B

5-5 5-5 5-5 2-2 5-5 5-5-5-5-5-5 4-4 5-5 5-5 4-4 5-5-5-5-5-5 5-5 5-5 2-2 5-5 3-3 5-5 3-3