

# 5 Minute Guitar Routine (what to practice)

## Exercise 1: Am Descending Pattern

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Standard tuning

### EXERCISE 1

5 8 7 5 | 3 7 5 3 | 1 5 3 1

0 | 10 13 12 10 | 8 12 10 8

7 10 8 7 | 5

# EXERCISE 2

## E (open) Major Scale

Standard tuning

♩ = 120

The first three measures of the E (open) Major Scale are shown in 4/4 time. The first measure (labeled '1') contains the notes E2 (open), E3 (open), E3 (2), F#3 (2), and E3 (open). The second measure (labeled '2') contains the notes E3 (open), F#3 (4), F#3 (4), G#3 (4), and E3 (open). The third measure (labeled '3') contains the notes E3 (open), F#3 (4), F#3 (4), G#3 (4), and E3 (open). The tablature below shows the fretting for each note: Measure 1: 0, 2, 4, 0; Measure 2: 2, 4, 1, 2; Measure 3: 4, 1, 2, 4.

The final two notes of the E (open) Major Scale are shown in 4/4 time. The fourth measure (labeled '4') contains the notes F#3 (4), F#3 (4), G#3 (4), and E3 (open). The tablature below shows the fretting for each note: 2, 4, 0.

# EXERCISE 3

## G Major Scale

Standard tuning

♩ = 120

The first part of the exercise consists of three measures of music in 4/4 time. The first measure contains four quarter notes: G2, G3, G4, and A4. The second measure contains four quarter notes: B4, C5, D5, and E5. The third measure contains four quarter notes: F#5, G5, A5, and B5. Above the notes are fingerings: 1 for G2, 2 for B4, and 3 for G5. Below the notes are guitar tablature numbers: 3 and 5 for G2 and G3, 2 and 3 for G4 and A4, 5, 2, 4, and 5 for B4, C5, D5, and E5, and 2, 4, 5, and 3 for F#5, G5, A5, and B5.

The second part of the exercise consists of two measures of music. The first measure contains a quarter note G5, a quarter note A5, a quarter note B5, and a whole note G5. The second measure contains a whole rest. Above the notes are fingerings: 4 for G5, 2 for A5, and 3 for B5. Below the notes are guitar tablature numbers: 5, 2, and 3 for G5, A5, and B5.

# EXERCISE 4

## A Major Scale

Standard tuning

♩ = 120

Musical notation for the first part of the A major scale exercise. The top staff is in treble clef, 4/4 time, with a key signature of one sharp (F#). The scale is written in eighth notes. The first measure contains notes A2 (finger 1), B2 (finger 2), C#3 (finger 3), and D3 (finger 4). The second measure contains notes E3 (finger 2), F#3 (finger 4), G#3 (finger 3), and A3 (finger 2). The third measure contains notes B3 (finger 3), C#4 (finger 4), D4 (finger 2), and E4 (finger 1). The bottom staff is a guitar tablature with six lines. The first measure has fret numbers 5, 7, 4, and 5. The second measure has fret numbers 7, 4, 6, and 7. The third measure has fret numbers 4, 6, 7, and 5.

Musical notation for the second part of the A major scale exercise. The top staff is in treble clef, 4/4 time, with a key signature of one sharp (F#). The scale is written in eighth notes. The first measure contains notes F#4 (finger 4), G#4 (finger 3), and A4 (finger 2). The second measure contains notes B4 (finger 1), C#5 (finger 4), and D5 (finger 3). The bottom staff is a guitar tablature with six lines. The first measure has fret numbers 7, 4, and 5.

# EXERCISE 5

Standard tuning

♩ = 120

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The musical score consists of two staves. The top staff is a treble clef with a 4/4 time signature. It contains two measures of music. The first measure starts with a first finger (1) on the first string, followed by a quarter note on the second string (finger 2), an eighth note on the third string (finger 3), and a quarter note on the second string (finger 2). The second measure starts with a second finger (2) on the first string, followed by a quarter note on the second string (finger 2), an eighth note on the third string (finger 3), and a quarter note on the second string (finger 2). The bottom staff is a guitar tablature with six lines. The first line is labeled 'T', the second 'A', and the third 'B'. The first measure has fret numbers 2, 3, 2, 3 on the strings from top to bottom. The second measure has fret numbers 0, 2, 0, 2, 3 on the strings from top to bottom.