

How To Avoid Injury With A Quick Daily Routine

Dan Thorpe

Standard tuning

$\text{J} = 120$

"I-4" Exercise

Uses only the INDEX and PINKIE

Uses only the INDEX and PINKIE

s.g...

TAB

5 8 5 8 5 8 | 5 8 5 8 5 8 | 5 8 5 8 5 8 | 5 8 5 8 5 8 | 5 8 5 8 5 8 | 5 8 5 8 5 8 |

The "2-3" Exercise

Uses only the MIDDLE and RING

The minor pentatonic scale (in the key of A)

The Major Scale (in the key of A)

A musical score for guitar. The top part shows a treble clef, a key signature of two sharps, and a 4/4 time signature. The bottom part is a tablature for a six-string guitar, showing the strings from top (T) to bottom (B). The tablature includes vertical bar lines and numerical patterns indicating fingerings: 5-7, 4-5-7, 4-6-7, 4-6-7, 5-7, 4-5, 5-4, 7-5, 7-6-4, 7, 6-4, 7-5-4, and 7-5.