

Spider Exercises

Hand coordination, finger independence and alternate-picking control

Start at 70 bpm or slower. Shift up one fret per repeat, then return down the neck.

Keep both hands relaxed, use small movements, and stop if you feel pain.

♩ = 70

Part 1
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S-Gt

1 2 3 4 5 6

7 8 9 10 11 12

Part 2

13 14 15 16 17

Part 3
□ ▽ □ ▽ □ ▽ □ ▽

18 19 20 21 22

Part 4
□ ▽ □ ▽ □ ▽ □ ▽

The image displays four parts of a guitar exercise, each on a six-string staff. Part 1 (measures 1-6) starts on the 4th fret and features a sequence of square and inverted triangle symbols above the staff, indicating alternate picking. Part 2 (measures 7-12) continues the exercise, shifting up one fret per measure. Part 3 (measures 13-17) includes a similar symbol sequence. Part 4 (measures 18-22) concludes the exercise, also shifting up one fret per measure. Each measure contains a series of notes with fingerings (1-4) and a downward arrow indicating the pick direction. The strings are labeled T (Treble), A (Acoustic), and B (Bass) on the left of each staff.