

WARM-UP — CHROMATIC RUN ON THE LOW E STRING

Level 1 Blues

One finger per fret, 1-2-3-4, on the low E string alone, back and forth. It's the barest warm-up there is: no musical note, no chord, just the four fretting fingers learning to move independently of each other. Done two minutes before playing, it wakes up circulation in the fingers and clearly cuts down wrong notes in the first minutes. It's not an exercise to nail: it's a routine to repeat, like scales for a pianist.

TIPS

No tempo at first: every note must sound full and clean, no buzz, before you even think about evenness.
Keep the non-playing fingers hovering just above the strings, close to the fretboard, not up in the air: that's where speed comes from later.
Bump the metronome by 5 BPM only when a full pass goes clean three times in a row.

TABLATURE

e																
B																
G																
D																
A																
E	1	2	3	4	4	3	2	1	1	2	3	4	4	3	2	1