

# **EXERCISE YOUR FINGERS**

## **Stretch and exercise the fingers of both hands on a daily basis to develop strength and control.**

**Stanley A Lucero, August 2020**

### **The left hand.**

This is the hand you use to press the strings to the fretboard for chords.

4	3	2	1
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# **EXERCISE #1 FOR LEFT HAND**

**Learn to use only your fingertips.  
Your weakest fingers are the ring and pinky.  
Learn how to stretch your fingers inside the frets.**



**Put your left thumb under your right arm. Put the fingertip of your left-hand index finger on top of your right arm and press down. Without moving your index finger, put the fingertip of your left-hand middle finger on the top of your right arm and press down. Note that your left wrist needs to rotate towards your right arm elbow. Repeat by adding your left-hand ring finger. Repeat by adding your left-hand pinky finger.**

**This exercise lets you feel how hard you press down with each fingertip. It also demonstrates how you need to rotate your left wrist while you stretch your fingertips to touch and press on your right arm. Do this exercise once a day for about one minute.**

## **EXERCISE #2 FOR BOTH HANDS**

**Learn how to press your fingertips on the tabletop.**

**Learn how to press the same finger from each hand on the tabletop.**



**Place the fingertips of both hands on a table in front of you. Lift up all of your fingers from the tabletop. Press both thumbs on the tabletop. Pick up your thumbs and press the fingertips of both index fingers on the tabletop. Pick up your index fingers and press both middle fingertips on the tabletop. Repeat using both ring fingertips. Repeat using both pinky fingertips.**

**Only one pair of fingertips at a time are pressing the tabletop. Try to use equal pressure with each pair of fingertips. As I do this exercise, I mentally count 1, 2, 3, 4, 5 and repeat for about one minute.**

**Sometimes I press my left-hand fingertips on my left leg and my right-hand fingertips on my right leg. This lets me feel if I am using equal amounts of pressure while pressing my fingertips down.**

# EXERCISE #3

## USING THE GUITAR OR UKULELE

Use your right-hand thumb to play notes on one string.  
Use your left-hand fingertips to play notes on the first four frets.

1 <sup>st</sup> string	1 <sup>st</sup> string	1 <sup>st</sup> string	1 <sup>st</sup> string	1 <sup>st</sup> string
Open string	1 <sup>st</sup> fret	2 <sup>nd</sup> fret	3 <sup>rd</sup> fret	4 <sup>th</sup> fret
No finger	1 <sup>st</sup> finger	2 <sup>nd</sup> finger	3 <sup>rd</sup> finger	4 <sup>th</sup> finger

Sit forward in a chair and be sure to hold your guitar or ukulele in the correct position. Your right hand should be over the sound hole. Your left-hand thumb should be under the neck of your guitar or ukulele. Your ukulele should be pressed against your chest. Part of your guitar should be pressed against your chest with a little space between your guitar and your stomach to allow the guitar to vibrate and project the sound.



Play the open 1<sup>st</sup> string with your thumb. Be sure to play only the 1<sup>st</sup> string with your thumb during the entire exercise.

Press your index fingertip #1 on the 1<sup>st</sup> string in the 1<sup>st</sup> fret. Be sure not to touch the fretbars.

Keep your index finger planted on the 1<sup>st</sup> fret and place your middle fingertip #2 on the 1<sup>st</sup> string in the 2<sup>nd</sup> fret. You will need to rotate your left wrist towards the body of the guitar.

**Keep both your index fingertip and middle fingertip planted on the 1<sup>st</sup> string and place your ring fingertip #3 on the 1<sup>st</sup> string 3<sup>rd</sup> fret. You will need to rotate your wrist to be able to reach the 3<sup>rd</sup> fret.**

**Keep your index fingertip, middle fingertip, and ring fingertip on the 1<sup>st</sup> string and place your pinky fingertip #4 on the 1<sup>st</sup> string 4<sup>th</sup> fret. You will need to rotate your wrist a lot to be able to stretch and reach the 4<sup>th</sup> fret.**



**When you finish, all four fingertips will be pressing on the correct fret of the 1<sup>st</sup> string. You will need to keep repeating this process until every note is clear, each of your fingertips is applying the correct amount of pressure on the 1<sup>st</sup> string, and your fingers have learned how to stretch.**

**Repeat this process with each of the strings on your guitar or ukulele. You will learn how to rotate your wrist to reach the string closest to your neck.**

## **REVIEW**

**Every note should have a clear sound.**

**Use only fingertips.**

**Be sure not to touch the fretbars.**

**All four fingers need to be strong.**