

# STRENGTHENING THE PINKY FINGER

THE RED NUMBERS ARE THE SUGGESTED FINGERINGS - FEEL FREE TO USE THE TAB OR THE NOTATION. EITHER WILL WORK FOR YOU JUST FINE.

- 1 - INDEX FINGER
- 2 - MIDDLE FINGER
- 3 - RING FINGER
- 4 - PINKY FINGER

**Become**  
— a —  
**Bassist**.com

4 3 4 2 4 1 4 3 4 2 4 1 4 3 4 2 4 1 4 3 4 2 4 1

12 11 12 10 12 9 | 12 11 12 10 12 9 | 12 11 12 10 12 9 | 12 11 12 10 12 9

4 3 4 2 4 1 4 3 4 2 4 1 4 3 4 2 4 1 4 3 4 2 4 1

11 10 11 9 11 8 | 11 10 11 9 11 8 | 11 10 11 9 11 8 | 11 10 11 9 11 8

4 3 4 2 4 1 4 3 4 2 4 1 4 3 4 2 4 1 4 3 4 2 4 1

10 9 10 8 10 7 | 10 9 10 8 10 7 | 10 9 10 8 10 7 | 10 9 10 8 10 7

4 3 4 2 4 1 4 3 4 2 4 1 4 3 4 2 4 1 4 3 4 2 4 1

9 8 9 7 9 6 | 9 8 9 7 9 6 | 9 8 9 7 9 6 | 9 8 9 7 9 6

4 3 4 2 4 1 4 3 4 2 4 1 4 3 4 2 4 1 4 3 4 2 4 1

8 7 8 6 8 5 | 8 7 8 6 8 5 | 8 7 8 6 8 5 | 8 7 8 6 8 5

WHEN YOU GET TO THE 5TH FRET WITH YOUR INDEX FINGER, TURN AROUND AND START COMING BACK UP

4 3 4 2 4 1 4 3 4 2 4 1 4 3 4 2 4 1 4 3 4 2 4 1

The first system consists of two staves. The top staff is a guitar fretboard diagram with a treble clef and a key signature of one sharp (F#). It shows four measures of fret numbers: 9 8 9 7 9 6, 9 8 9 7 9 6, 9 8 9 7 9 6, and 9 8 9 7 9 6. The bottom staff is a bass clef staff with a key signature of one sharp (F#). It contains four measures of eighth-note patterns corresponding to the fret numbers above.

4 3 4 2 4 1 4 3 4 2 4 1 4 3 4 2 4 1 4 3 4 2 4 1

The second system consists of two staves. The top staff is a guitar fretboard diagram with a treble clef and a key signature of one sharp (F#). It shows four measures of fret numbers: 10 9 10 8 10 7, 10 9 10 8 10 7, 10 9 10 8 10 7, and 10 9 10 8 10 7. The bottom staff is a bass clef staff with a key signature of one sharp (F#). It contains four measures of eighth-note patterns corresponding to the fret numbers above.

4 3 4 2 4 1 4 3 4 2 4 1 4 3 4 2 4 1 4 3 4 2 4 1

The third system consists of two staves. The top staff is a guitar fretboard diagram with a treble clef and a key signature of one sharp (F#). It shows four measures of fret numbers: 11 10 11 9 11 8, 11 10 11 9 11 8, 11 10 11 9 11 8, and 11 10 11 9 11 8. The bottom staff is a bass clef staff with a key signature of one sharp (F#). It contains four measures of eighth-note patterns corresponding to the fret numbers above.

4 3 4 2 4 1 4 3 4 2 4 1 4 3 4 2 4 1 4 3 4 2 4 1

The fourth system consists of two staves. The top staff is a guitar fretboard diagram with a treble clef and a key signature of one sharp (F#). It shows four measures of fret numbers: 12 11 12 10 12 9, 12 11 12 10 12 9, 12 11 12 10 12 9, and 12 11 12 10 12 9. The bottom staff is a bass clef staff with a key signature of one sharp (F#). It contains four measures of eighth-note patterns corresponding to the fret numbers above.

## VERSION 2 - STRING CROSSING

4 3 4 2 4 1    4 3 4 2 4 1    4 3 4 2 4 1    4 3 4 2 4 1

12 11 12 10 12 9    12 11 12 10 12 9    12 11 12 10 12 9    12 11 12 10 12 9

4 3 4 2 4 1    4 3 4 2 4 1    4 3 4 2 4 1    4 3 4 2 4 1

11 10 11 9 11 8    11 10 11 9 11 8    11 10 11 9 11 8    11 10 11 9 11 8

CONTINUE THE PATTERN UNTIL YOU GET TO THE 5TH FRET WITH YOUR INDEX FINGER. THEN COME BACK UP IN REVERSE. YOU CAN ALSO GO DOWN LOWER IF YOUR HANDS CAN MANAGE. YOU COULD ALSO START UP HIGHER IF YOU'D LIKE. THE ONLY LIMITS ON HOW YOU PRACTICE THIS EXERCISE IS HOW MUCH YOUR HANDS CAN PHYSICALLY HANDLE.

YOU CAN GO AS LOW OR AS HIGH AS YOU LIKE (WITHIN REASON). ADDING STRING CROSSING WILL MAKE THE EXERCISE A LITTLE MORE CHALLENGING, SO BE SURE TO TAKE IT EASY - AT LEAST WHEN YOU'RE STARTING OUT.

## VERSION 3 - UP ONE STRING

4 3 4 2 4 1    4 3 4 2 4 1    4 3 4 2 4 1    4 3 4 2 4 1    4 3 4 2 4 1

8 7 8 6 8 5 9 8 9 7 9 6 10 9 10 8 10 7 11 10 11 9 11 8 12 11 12 10 12 9

FEEL FREE TO GO AS HIGH AS YOU LIKE FOR THIS ONE. AND DON'T FORGET TO USE YOUR OTHER STRINGS AS WELL. GOING UP JUST ONE STRING WILL NOT ONLY HELP YOU WORK YOUR PINKY - OR WHATEVER FINGER YOU'RE WORKING, BUT IT WILL ALSO STRETCH YOUR HAND A LITTLE AS WELL.

BE SURE TO PRACTICE WITH THE OTHER CELLS AS WELL. EACH OF THEM WILL WORK YOUR HAND SLIGHTLY DIFFERENTLY, BUT ALL OF THEM WILL HELP YOU DEVELOP THE STRENGTH, DEXTERITY AND CONTROL THAT WILL MAKE PLAYING DIFFICULT THINGS EASY.

# CELLS FOR FINGER STRENGTH

INDEX FINGER (1)	MIDDLE FINGER (2)	RING FINGER (3)	PINKY FINGER (4)
1-2-1-3-1-4	2-4-2-3-2-1	3-4-3-2-3-1	4-3-4-2-4-1
1-2-1-4-1-3	2-4-2-1-2-3	3-4-3-1-3-2	4-3-4-1-4-2
1-3-1-2-1-4	2-3-2-4-2-1	3-2-3-4-3-1	4-2-4-3-4-1
1-3-1-2-1-4	2-3-2-1-2-4	3-2-3-1-3-4	4-2-4-1-4-3
1-4-1-2-1-3	2-1-2-4-2-3	3-1-3-4-3-2	4-1-4-3-4-2
1-4-1-3-1-2	2-1-2-3-2-4	3-1-3-2-3-4	4-1-4-2-4-3

THESE CELLS WILL ALL HELP BUILD STRENGTH AND DEXTERITY IN EACH OF YOUR FINGERS. IN THE LESSON, WE ONLY TALKED ABOUT THE 4-3-4-2-4-1 CELL, WHICH IS GREAT FOR BUILDING UP STRENGTH IN THE PINKY, BUT YOU CAN ALSO USE THE 23 OTHER CELLS TO WORK YOUR OTHER FINGERS AND WORK YOUR HAND IN WAYS YOU MAY NEVER EVEN HAVE THOUGHT OF BEFORE.

TO USE THESE CELLS, ALL YOU DO IS PLUG THEM IN' TO THE EXERCISE. INSTEAD OF STARTING WITH YOUR PINKY ON THE 12<sup>TH</sup> FRET AND PLAYING 4-3-4-2-4-1, YOU PLAY 1-2-1-3-1-4 OR ANY OF THE OTHER CELLS. IT'S THAT SIMPLE.

OBVIOUSLY THE INDEX AND MIDDLE FINGERS WILL BE THE STRONGEST, BUT YOU CAN STILL WORK THEM IN THE SAME WAY.