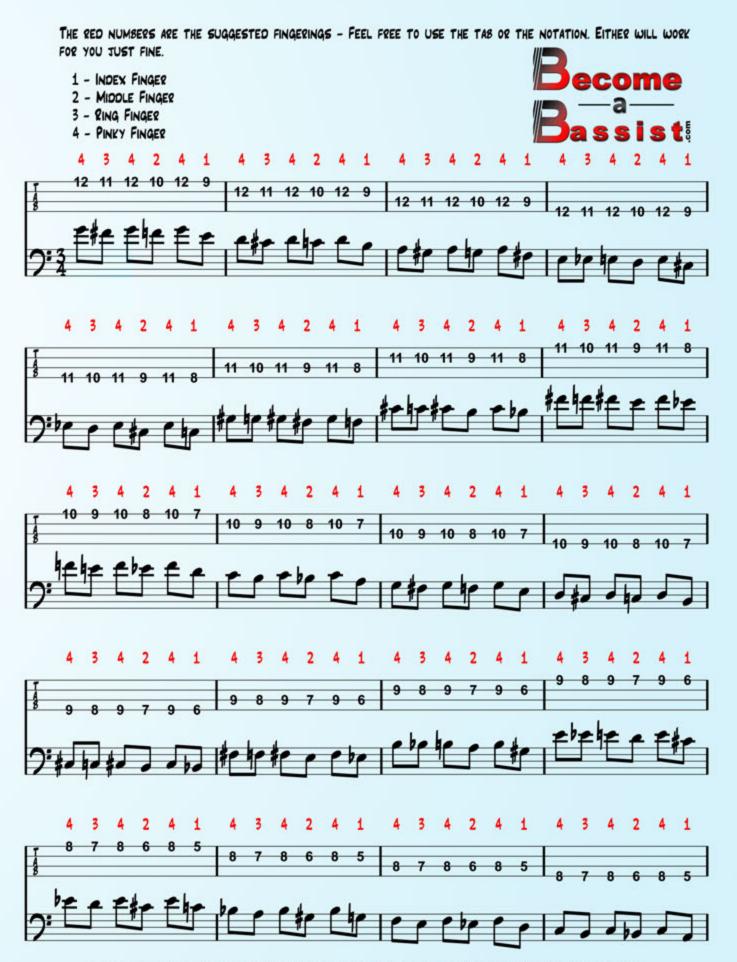
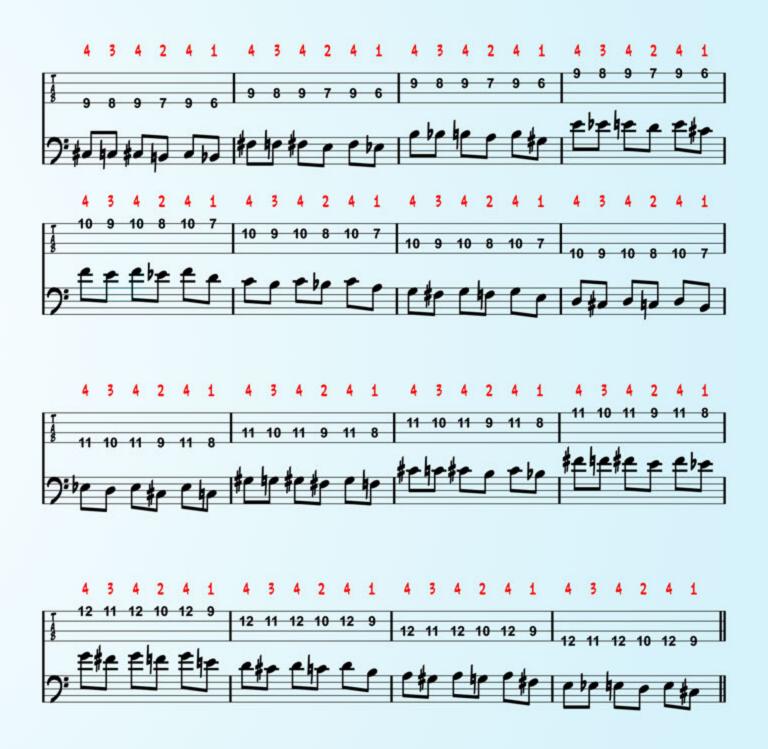
STRENGTHENING THE PINKY FINGER







VERSION 2 - STRING CROSSING



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



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^{th} 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.