



## The Four String Exercise

by John Falstrom



### The Four String Exercise

1. Read and play the exercise chart from left to right.
2. The Numbers indicate the fingers of your fretboard hand.
3. Stay in position for each finger exercise.
4. Start each finger exercise on the E string. With the assigned fingers, play the notes in ascending/descending order on all four strings.
5. Play each finger exercise in all the positions on your bass. (Start in I position and work up the fretboard chromatically. Example: I position, II position, III position, etc.).
6. Change-up the rhythms with your picking hand to make these four string exercises sound more musical



Note: Keys in Bold are Open Strings

<u>Ascend</u>				<u>Descend</u>			
<b>E</b>	<b>A</b>	<b>D</b>	<b>G</b>	<b>G</b>	<b>D</b>	<b>A</b>	<b>E</b>
1	2	3	4	4	3	2	1
1	2	4	3	3	4	2	1
1	3	2	4	4	2	3	1
1	3	4	2	2	4	3	1
1	4	2	3	3	2	4	1
1	4	3	2	2	3	4	1
2	1	3	4	4	3	1	2
2	1	4	3	3	4	1	2
2	3	1	4	4	1	3	2
2	3	4	1	1	4	3	2
2	4	1	3	3	1	4	2
2	4	3	1	1	3	4	2
3	1	2	4	4	2	1	3
3	1	4	2	2	4	1	3
3	2	1	4	4	1	2	3
3	2	4	1	1	4	2	3
3	4	1	2	2	1	4	3
3	4	2	1	1	2	4	3
4	1	2	3	3	2	1	4
4	1	3	2	2	3	1	4
4	2	1	3	3	1	2	4
4	2	3	1	1	3	2	4
4	3	1	2	2	1	3	4
4	3	2	1	1	2	3	4

**Summary**

This Unique finger exercise will improve your concentration along with covering any finger combinations that songs, scales, and chords do not give you.

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