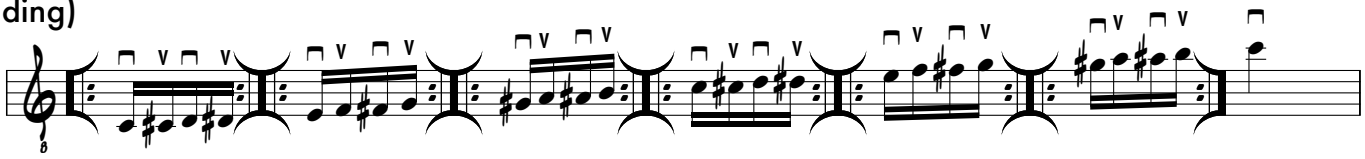
CHROMATIC SCALE WORKOUT

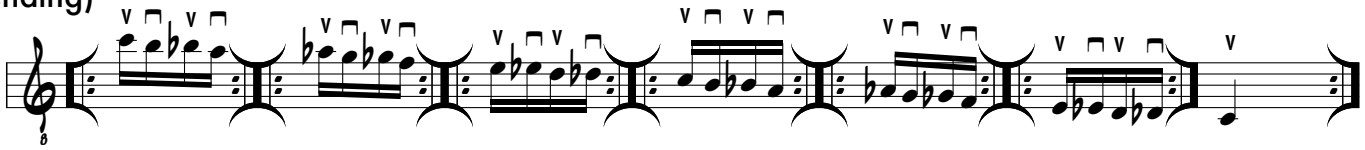
Fingering: (ascending) 6th string 5th string 4th string 3rd string 2nd string 1st string

1234



(descending) 1st string 2nd string 3rd string 4th string 5th string 6th string

4321



Repeat each section 16x, 8x, 4x, 2x, then run pattern without repeats, accelerate to muscle failure. Above is one set of ascending/descending mirror image fingerings. Continue through all 24:

Ascending:	Descending:
1234	4321
1243	4312
1324	4231
1342	4213
1423	4132
1432	4123
2134	3421
2143	3412
2314	3241
2341	3214
2413	3142
2431	3124
3124	2431
3142	2413
3214	2341
3241	2314
3412	2143
3421	2134
4123	1432
4132	1423
4213	1342
4231	1324
4312	1243
4321	1234