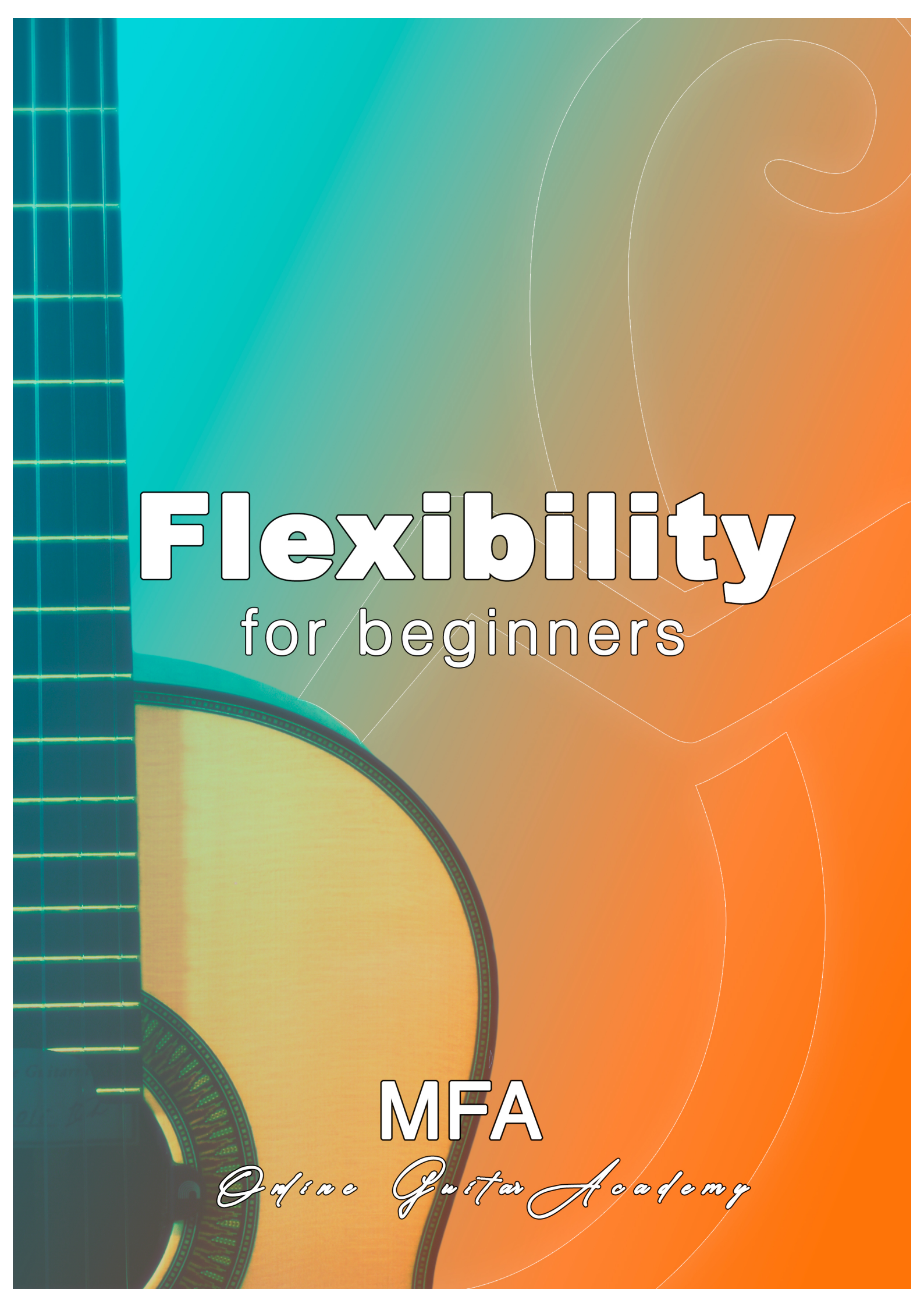


The background of the image features a close-up of a guitar's body and fretboard. The fretboard, with its light-colored wood and dark frets, is visible on the left side. The guitar body, which has a warm, yellowish-brown finish, curves into the center and right. The background is a gradient of teal and orange, with white, swirling, abstract lines that add a sense of movement and design.

Flexibility

for beginners

MFA

Online Guitar Academy

MFA Guitar Academy

From Tutorial on Flexibility by Merce Font

Dear guitarist, I hope these exercises will be useful to start gaining a bit of left hand finger stretch without risking injuries with more advanced popular exercises. Remember to always be careful not to overwork your hands to the point of feeling pain. If you add these exercises into your daily technique routine in a matter of weeks you should be able to take more advanced exercises to keep building a great left hand.

Good luck and happy practicing!

Merce

Preliminar Exercises

Fingering 1 3 4

Pos. VII

Repeat exercise on frets: VI - V - IV - III

Fingering 1 2 4

4 Pos. VII

Repeat exercise on frets: VI - V - IV - III

Fingering 1 v 2 4

7 Pos. VII

Repeat exercise on frets: VI - V - IV - III

Exercise 1

Remember to repeat every exercise on all strings.

10

3 5 7 5 7 8 7 8 10 8 10 12 12 10 8 10 8 7 8 7 5 7 5 3

Variation 1: Slurs

14

3 5 7 5 7 8 7 8 10 8 10 12 12 10 8 10 8 7 8 7 5 7 5 3

Variation 2: Speed bursts

18

3-5-7 5-7-8 7-8-10 8-10-12 12-10-8 10-8-7 8-7-5 7-5-3

Variation 3: Left hand power & stamina

22

3-5-7 5-7-8 7-8-10 8-10-12 12-10-8 10-8-7 8-7-5 7-5-3

Exercise 2

3

Remember to repeat every exercise on all strings.

26

3 7 5 5 8 7 7 10 8 8 12 10 7 10 8 5 8 7 3 7 5 3

Variation 1: Slurs

30

3 7 5 5 8 7 7 10 8 8 12 10 7 10 8 5 8 7 3 7 5 3

Variation 2: Speed burst

34

3 7 5 5 8 7 7 10 8 8 12 10 7 10 8 5 8 7 3 7 5 3

Variation 3: Left hand power & stamina

38

3 7 5 5 8 7 7 10 8 8 12 10 7 10 8 5 8 7 3 7 5 3