



10 DAYS GUITAR WORKOUT

(Guitar Practice Routine)

by Alex Passalidis

SAMPLE

- **Quick**
- **Fun**
- **Accessible**
- **For experienced beginners
(or revisited guitarists)**

Guitar Practice Routine (GPR) 10 DaysX3 for a total of 1 month workout.

For beginners with a good knowledge of the basics e.g. rhythm, beginner chords, reading tabs, powerchords, tempo etc..

It will work great for people who after a long hiatus are returning to guitar and don't know where to start. The included audio files are midi files and included only for reference.

With more than 20 years of experience in teaching music I wanted to create a workout that first of all is fun for me!

I hope you enjoy it too!

Alexander Passalidis



Guitar Practice Routine

10x3 days (GPR10x3)

All exercises are in standard E tuning

DAY 1

Exercises:

1. Alternate picking (1' play time)

- 60 bpm (30")
- 70 bpm (30")

The image shows a musical exercise for guitar in 4/4 time, with a tempo of 60-70 bpm. The exercise is written in standard E tuning. The notation includes a treble clef staff with notes and a guitar tablature staff with fret numbers and picking directions. The exercise is divided into four measures, each with a repeat sign at the end. The notes and fret numbers are as follows:

Measure	Notes (Treble Clef)	Fret Numbers (TAB)	Picking
1	G4, A4, B4, C5	0, 2, 3, 0	V, V, V, V
2	D5, C5, B4, A4	0, 2, 0, 2	V, V, V, V
3	G4, F4, E4, D4	0, 0, 0, 0	V, V, V, V
4	C4, B3, A3, G3	0, 0, 3, 0	V, V, V, V

REST FOR 30''

2. Downpicking powerchords (2' play time)

- 60 bpm (1')
- 70-75 bpm (1')

♩ = 60 - 75

E5 G5 A5 D5 A B5

TAB 4/4

2 2 2 2 2 2 5 5 5 7 7 7 7 7 7 7 4 4 4 4 2 2

0 0 0 0 0 0 3 3 3 5 5 5 5 5 5 5 0 2 2 2 2

P.M. ---| P.M. ---| P.M. ---|

REST FOR 30''

3. Riff playing (2' play time)

- 60-70 bpm, it's up to you! (1')
- 70-80 bpm, it's up to you! (1')

♩ = 60-70

♩ = 70-80

1 3 2 3 2 1 1

TAB 4/4

3 6 5 3 6 5 6 5 3 1 0

REST FOR 30''



Song Fragments:

4. I predict a riot - Kaiser Chiefs (3')

- Intro riff melody meters 1-16
- Songsterr link <https://www.songsterr.com/a/wsa/kaiser-chiefs-i-predict-a-riot-tab-s23176>

5. Mutter - Rammstein (3')

- Refrain

♩ = 100 E5 G5 A5 D5 B5

TAB 4/4

0 2 0 | 5 5 3 | 7 7 5 | 7 5 | 4 4 2 | 4 4 2

Notes:

- The song section should be practiced slowly (find the tempo that suits you!) and gradually gain speed.
- Study the exercises and then practice at the most convenient bpm's. Feel free to change the given tempos the way it suits you.
- When practising use the indicating times. The workout (study+practise) should be around 15-20 minutes.
- In most exercises the fingering is only for suggestion. Use whatever feels best for you.

- Always use a metronome or a drum loop when practicing.
- Don't forget to record yourself in order to track your progress by the end of the month!
- For more info and a demonstration of how to use the GPR10 watch the video below:

[Youtube Video](#)

Buy the full workout here:

[https://comewithreverse.com/
product/guitar-practice-routine](https://comewithreverse.com/product/guitar-practice-routine)