

# Warm Up and Cross Picking Exercises

## #1. Skip a String (All Down Strokes & Alternate Pick)

Exercise #1, measures 1-4. The notation includes a treble clef, a 4/4 time signature, and a key signature of one sharp (F#). The music consists of a melodic line in the treble clef and a guitar tablature line below it. The tablature line is labeled 'T' for Treble and 'B' for Bass. The melodic line starts with a quarter note G4, followed by eighth notes A4, B4, C5, D5, E5, F#5, G5, A5, B5, C6, D6, E6, F#6, G6, A6, B6, C7, D7, E7, F#7, G7, A7, B7, C8, D8, E8, F#8, G8, A8, B8, C9, D9, E9, F#9, G9, A9, B9, C10, D10, E10, F#10, G10, A10, B10, C11, D11, E11, F#11, G11, A11, B11, C12, D12, E12, F#12, G12, A12, B12, C13, D13, E13, F#13, G13, A13, B13, C14, D14, E14, F#14, G14, A14, B14, C15, D15, E15, F#15, G15, A15, B15, C16, D16, E16, F#16, G16, A16, B16, C17, D17, E17, F#17, G17, A17, B17, C18, D18, E18, F#18, G18, A18, B18, C19, D19, E19, F#19, G19, A19, B19, C20, D20, E20, F#20, G20, A20, B20, C21, D21, E21, F#21, G21, A21, B21, C22, D22, E22, F#22, G22, A22, B22, C23, D23, E23, F#23, G23, A23, B23, C24, D24, E24, F#24, G24, A24, B24, C25, D25, E25, F#25, G25, A25, B25, C26, D26, E26, F#26, G26, A26, B26, C27, D27, E27, F#27, G27, A27, B27, C28, D28, E28, F#28, G28, A28, B28, C29, D29, E29, F#29, G29, A29, B29, C30, D30, E30, F#30, G30, A30, B30, C31, D31, E31, 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#3. Down, Down, Up & Alternate Pick

11 G

T  
A  
B

13

T  
A  
B

15

T  
A  
B

#4. Down, Up, Up

17 G

T  
A  
B

19

T  
A  
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21

T  
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5 0 0 5 0 0 5 0 0 5 0 0 5 0 0 5 0 0 5 0 0 5 0

23

T  
A  
B

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

#6. Down, Down, Down, Up & Alternate Pick

G

25

T  
A  
B

3 0 0 3 0 0 3 0 0 3 0 0 3 0 0 3 0 0 3 0 0 3 0 0

#7. Up, Up, Up, Down & Up, Down, Up, Down

G

27

T  
A  
B

3 0 0 3 0 0 3 0 0 3 0 0 3 0 0 3 0 0 3 0 0 3 0 0