Warm Up Routine

Right Hand Tone Exercises
A, M, I, P (Rest and Free Strokes)
Group of Five  AMIMA
MIMAM
IMAMI
MAMIM

Left Hand walking Horizontal Exercises/ Synchronization
Second String 9th Fret.
Right Hand im/mi/ma/am/ia/ai/ Pi/Pm/Pa/ami/mip etc.....
1, 2, 3, 4
21 Descending 12 Ascending
32- 23
43- 34
321- 123
421- 124
431- 134
432- 234
4321- 1234

AMI/PMI Right Hand
010-020-030-040/ 101-202-303-404
010-121-232-343-232-121
101-212-323-434-323-212

Right Hand Arpeggios
Carlevaro Book 2
Boudounis Book 3
Villa Lobos Etude 1 Exercises

Left Hand Walking Vertical Exercises
Ascending
01, 02, 03, 04
12, 23, 34
13, 14, 24

Descending
10, 20, 30, 40
21, 32, 43
31, 41, 42
Right Hand Tremolo Exercises
PAMI, PIMA, PAMA, PMAM, PMIM, PIMI, PAIA, PIAI

Left Hand Opposing Motion
Pumping Nylon
Boudounis Book 1 ex. I, II, III, V (f1-3, 9-11), IV

Adjacent String Crossing
Grisha Exercise. im /mi/ ma/ am/ ia/ ai

| 1st String | 4 | 4 | 4 | 3 | 2 | 1 |
| 2nd String  | 4 | 3 | 2 | 1 | 4 | 4 |

Slurs
Carlevaro Book 4
Boudounis Book 4
Pumping Nylon

Synchronization
Pumping Nylon
Boudounis Book 9

Right Hand Exercises
Boudounis Book 10

Stretchings
Pumping Nylon
Boudounis Book 5

Left Hand Shifting
Carlevaro Book 2
Boudounis Book 2

Scales
Boudounis 8
Books to Consider:
Guitar Ergonomics by M. Pedreira
Fretboard Harmony by J. McFadden
Guitar Technique A. Carlevaro
Kitharologus by R. Iznaola
Pumping Nylon by S. Tennant
Tecnica en Contexto by Cristina Perez Madiedo
Bible of Classical Guitar Technique by H. Käppel

There are many useful books in technique. It is not about the source but rather the application as it concerns your technical issues to overcome.
Warm Up Routine

1. Right Hand Tone Exercises

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[Musical notation]
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2. Left Hand walking Horizontal Exercises/ Synchronization
3. Right Hand Arpeggios
Guitar

4. Left Hand Walking Vertical Exercises
5. Right Hand Tremolo Exercises
6. Adjacent String Crossing