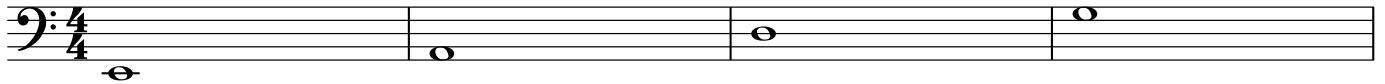


String crossing exercises for 4 string electric bass

Phase 1



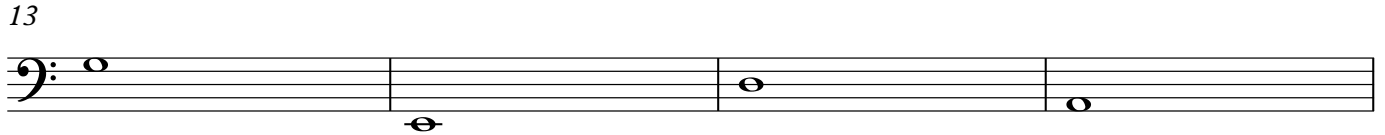
5



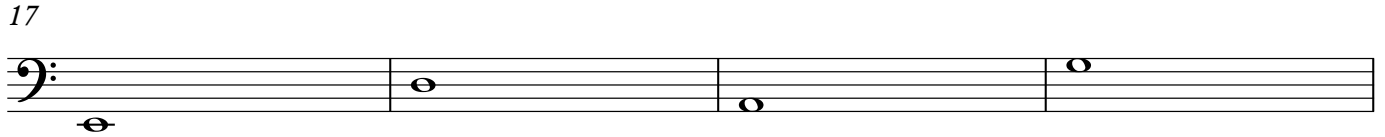
9



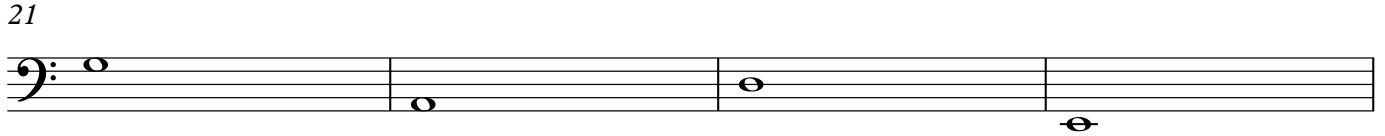
13



17



21



Phase 2

25



29



33



37



2

41



45



Phase 3

49



55



Phase 4

61



Play this through as written, start slowly ensuring every note sounds out clearly and with no buzz.
This is an exercise that builds facility, strength and co-ordination, but above all else DISCIPLINE.

Do not rush to do these quickly - good string crossing technique is crucial to develop as it underpins everything you will ever play!

Start super slow! And work up in 10bpm increments using a metronome.

You can also repeat these using octave harmonics (found on the **12th** fret)

Make your own versions of these as well! An exercise you have created yourself to address a specific issue with your playing will never fail to initiate speedy tangible changes in your navigation of the instrument. It can also go a long way in helping you craft your harmonic identity on the instrument - after all you are what you practice :)