

25 Minute Guitar Practice Routine - Beginners & Beyond

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25 Minute Practice Routine

Tools To Use: Metronome, timer, phone or tablet to record progress clips, notepad for practice notes, blank tablature paper to keep log of the scales & blank chord charts to jot down the chords you work on.

5 minutes: Scales warm up

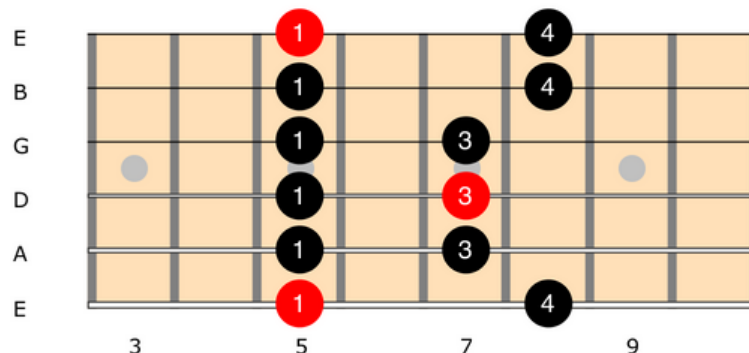
1) Minor pentatonic scale box position 1 (CAGED shape 'E') - play ascending and descending using 1/4 note (quaver) timing in the keys of = B x 2 reps - A x 2 reps - G x 2 reps - F x 2

(See the movable scale box diagram below showing correct fingerings)

Tips - Use alternate picking when repeating a single key. When moving between keys use alternate picking plus economy picking: play 2 down strokes when you move between keys. This will turbo boost your efficiency and speed.

Notes: Use a timer and a metronome. Play slowly to start with and gradually increase the speed over the coming weeks. If you do this you'll be shocked by how much your picking and overall playing improves.

Total beginners: Stay in the key of A for the whole 5 minutes ascending, and/or leave a gap of two beats on the metronome between each key change.



5 minutes: Chord work and alternate picking

Choose 2-4 chords and play alternate picking reps to work on your timing and clean note consistency. Play 1-2 minute reps per chord depending on how many you're working on.

Notes: Use a timer and a metronome. You'll be speeding up and slowing down if you fail to use a metronome. Jot down your current comfortable speed in your notepad.

Total beginners: Only know a few chords? Repeat the exercise using a few basic open chords such as E minor and E major. Practice alternate picking x 4, x 2 and x 1 per string. (See the tab below).

Play 4 picks per string on the E major chord

The image shows a musical exercise for the E major chord in 4/4 time. The top staff is a treble clef with a key signature of one sharp (F#). The melody consists of three measures: the first has quarter notes G4, A4, B4, C5; the second has quarter notes D5, E5, F#5, G5; the third has quarter notes A5, B5, C6, D6. Below the staff is a guitar tab for strings T, A, B. The first measure has fret numbers 0-0-0-0-2-2-2-2. The second measure has 2-2-2-2-1-1-1-1. The third measure has 0-0-0-0-0-0-0-0.

Play 1 pick per string on the E major chord

The image shows a musical exercise for the E major chord in 4/4 time. The top staff is a treble clef with a key signature of one sharp (F#). The melody consists of three measures: the first has quarter notes G4, A4, B4, C5; the second has quarter notes D5, E5, F#5, G5; the third has quarter notes A5, B5, C6, D6. Below the staff is a guitar tab for strings T, A, B. The first measure has fret numbers 0-2-2-1-0-0-0-1. The second measure has 2-2-0-2-2-1-0-0. The third measure has 0-1-2-2-0.

10 minutes: Current music project

It's time to concentrate on a current piece of music you're working on. Your goal is to get it performance perfect to add to your repertoire you can dazzle yourself, your friends and family with. This could be a song, riff, or solo.

Remember to follow the proper practice methods, such as separating the piece into sections and playing along with the song recording.

5 minutes: Music theory

Recap over music theory you've learned so far or add on new basic music theory concepts. These should include:

- Chord progression structure
- Chord and scale intervals
- CAGED system
- Circle of Fifths
- Octave shapes
- Arpeggio and scale structure

Practice Routine Summary

5 minute warm up - Minor pentatonic scale.

5 minute chord and alternate picking work.

10 minutes on project such as a song or riff.

5 minutes music theory.

Top Tip: Cut your practice time up into chunks to practice effectively and keep your brain focused. Most of all, have fun Rockstar!

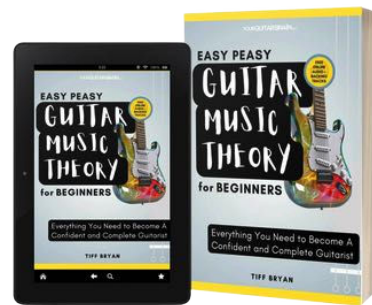
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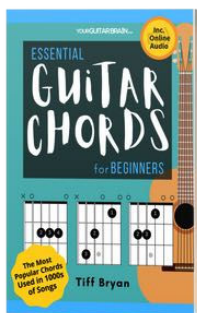
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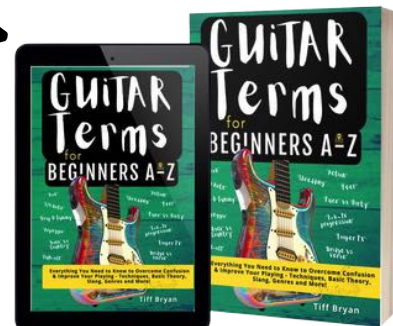
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