

Mile High Shred's Guitar Workout

This e-book is a collection of 126 different chromatic exercises. These exercises will utilize all four of your fingers and keep them working in new ways your hand is not used to. When you play material that feels strange and unusual it will cause your hands and fingers to adapt and improve.

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About the Author

My name is John Taylor, aka: Dr. Hot Licks, and the founder of Mile High Shred in Colorado. The music school teaches guitar, bass, and drums for fans of rock and metal.

I'm a **two-time Guinness World Records™ holder for the Fastest Guitar Player**. I give credit to my guitar teacher, Eric Morrison, who taught me all I needed to know to succeed. Eric currently resides in Sacramento, CA where he teaches at **Sac Valley Guitar**.

In my early teens is when I became a fan of music and was heavily influenced by bands such as Iron Maiden, Helloween, Slayer, and Morbid Angel. Yngwie Malmsteen was the guitarist to inspire me to play as fast as I could. Other bands that have had an influence on my playing and music include but are not limited to Opeth, Buckethead, Emperor, Origin, Cryptopsy, Type O Negative, Stratovarius, Summoning, Winter Reign, Envinity, and Norah Jones.

Currently, I'm playing in the band Envinity and in my spare time work on my side project, Locrian Mist. Locrian Mist also has a two man live act consisting of just drums and guitar on stage.

My endorsements/sponsors at the time of this e-book:

- **Sik Pik** • **Monson Guitars** • **RiffTek** • **PreSonus** • **Re-Axe** • **Warrior Cry Music Project** •
- **Colorado Public Radio** •

Practice Advice

With so many different exercises, you can put together a seemingly endless variety of practice routines. For beginners, I would start out with the Basic Exercises section first. Run through the first exercise at a comfortable pace until it becomes nice and smooth. Then, start working with your metronome. Make sure that you follow the beep/click of the metronome to ensure proper timing. Start at a BPM (beats per minute) that is slow enough for you to comfortably and accurately play each individual note. Once you complete a single run of the exercise perfectly, then increase the speed of the metronome by no more than 5 BPM. Continue to increase the speed of the metronome with each accurate completion of the exercise. Don't stop increasing your speed until you simply can no longer play the exercise correctly.

What do you do now that you've reached your max speed with this exercise? There are a few things I recommend.

- 1) You can start over at the original BPM and work your way up again and try and beat your max speed. Sometimes, especially when learning a new exercise, you can reach a new speed by simply starting over and working your way up again in the same day.
- 2) Try beating your max speed the following day, or later in the week. If you've been playing a particular exercise for a while, it's a good thing to try and take a small break in between practice sessions to allow your body to grow and adapt to the new changes. This mainly for people who have plenty of experience with a particular exercise and are having trouble getting much faster. There will come a time when you'll reach speeds so fast that it's almost impossible to improve and get faster. Just like bodybuilders rest their muscles so they can grow and heal properly, guitar player too need proper rest periods when pushing their bodies to their physical limits. However, for beginners, it is probably not necessary to put too many days in between a newly learned exercise.
- 3) As soon as you've reached your max speed with the first exercise, start the process over again with the next exercise. This will keep challenging your hands and your brain to get better and better. This method will also works well with the previous suggestion. Doing multiple exercises in a single practice session will create more variety, and allow rest in between each individual exercise. Switching up what you do is a fantastic way to build speed and endurance in your playing.

How should you construct your own routine? There's no real right or wrong answer to this. Just like a weight training routine differs from person to person, so does a practice routine. The best thing to do, in my opinion, is to try out all of the different exercises and find out which ones are the most difficult, and focus on those. Perhaps stick with 5 exercises for a week to a month, and then choose 5 different exercises, or simply change the order of how you practiced the original 5. You may find certain exercises that benefit you more than others, and decide to keep those in your regular routine. This is fine, and I do it myself. I'm particularly fond of coils. I always seem to get a lot of good results from these.

You don't even need to stick with only 5 exercises. Perhaps you only need to work with as little as 3, or as many as 20. Perhaps you'll want to stick to one section of this e-book at a time. Just keep experimenting and trying new things to see what works best for you. The biggest thing is to be persistent and keep practicing.

Eventually, you may want to branch out from chromatic exercises and work within scales. I generally

do more scale work, but I still keep in some chromatics as well. My warm-up/workout routine at the end of this book will show you even more exercises that use scales. In another e-book, “Be the Fastest Guitar Player in the World,” I cover a lot of sweep picking exercises as well.

Additional tools to help you train and practice are [RiffBANDZ](#) and a [Varigrip](#). The RiffBANDZ are resistance bands made of rubber that you place over your fretting fingers to add resistance while you play to really take your playing to the next level. The Varigrip is a resistance training apparatus that gives your fingers a killer workout while mimicking the motions made when playing the guitar.

I highly recommend both of these tools to really reach your full potential.

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