

30 DAYS TO BETTER HANDS

by Johnny Rabb

Exercise #1 ** Remember to start slowly and gradually increase tempo when comfortable.

Short Version

1 e + a 2 e + a 3 e + a 4 e + a

R L R R R R R R R L R L L L L L L L

Long Version

1 e + a 2 e + a 3 e + a 4 e + a 1 e + a 2 e + a 3 e + a 4 e + a

R R R R R R R R R R R R R R R R L L L L L L L L L L L L L L L L L L

32nd Notes

add 1

1 e + a 2 e + a 3 e + a 4 e + a 1 e + a 2 e + a 3 e + a 4 e + a

R L R R R R R R R R R R R R R R L R L L L L L L L L L L L L L L L L

add 2

1 e + a 2 e + a 3 e + a 4 e + a 1 e + a 2 e + a 3 e + a 4 e + a

R L R L R R R R R R R R R R R R R R L R L R L L L L L L L L L L L L L L L L

add 3

1 e + a 2 e + a 3 e + a 4 e + a 1 e + a 2 e + a 3 e + a 4 e + a

R L R L R L R R R R R R R R R R R R R R L R L R L R L L L L L L L L L L L L L L L L

add 4

1 e + a 2 e + a 3 e + a 4 e + a 1 e + a 2 e + a 3 e + a 4 e + a

R L R L R L R L R R R R R R R R R R R R R R L R L R L R L R L L L L L L L L L L L L L L L L

add 5

1 e + a 2 e + a 3 e + a 4 e + a 1 e + a 2 e + a 3 e + a 4 e + a

R L R L R L R L R L R R R R R R R R R R R R R R L R L R L R L R L R L L L L L L L L L L L L L L L L