**Warming up for Guitar Practice**

When I pick up my guitar it is usually for one of two things:

1. practicing with intent

2. or playing for fun.

When it is for practice, I think it is very important to do a brief warm-up, of 2 or 3 minutes.

I designed my warm-up in two parts:

1. Exercises to wake up the nerve pathways, to let the muscles know that something unusual is going to be expected of them.

2. Doing 2 brief, well-designed and well-practiced exercises on the instrument to get your hands synced up and working together.

I never use a piece that I am working on as a warm-up. Doing that, without an initial warm up, lends itself to the possibility of mistakes, and mistakes tend to stay with you, and haunt you down the road. Pick exercises that you know well, or spend some time working on them so that they are memorized and your fingers already know what to do when you use them for warm-up.

The page that follows, titled “Hand Yoga,” will give you some quick exercises you can do, to wake up the nerve pathways and alert the muscles.

Then there are files for charts of some sample exercises. These are created on the Tabledit app. You do not have to purchase Tabledit to open them. Use the link below to download a free viewer that will allow you to open them, and also will actually play the music so that you can hear what the exercise is supposed to sound like. There is also a link to info on how to use the free viewer.

download free tefview

<http://www.tabledit.com/tefview/download.shtml>

info on using tefview(tutorials)

<http://www.tabledit.com/tefview/uses.shtml>