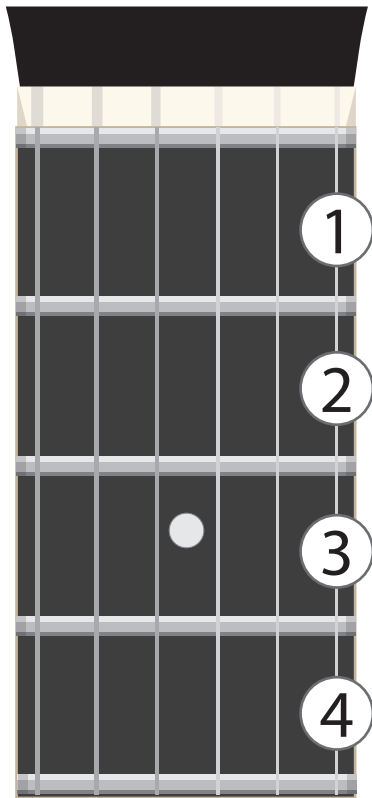


Helicopter Warm-Up



STEP 1: PUT ALL FINGERS DOWN

1ST FINGER - 1st FRET, 1st STRING

2ND FINGER - 2nd FRET, 1st STRING

3RD FINGER - 3rd FRET, 1st STRING

4TH FINGER - 4th FRET, 1st STRING

STEP 2: LIFT ALL OF YOUR FINGERS UP AND “HOVER” OVER THEIR FRETS THEN:

- Press down your 1ST FINGER on the 1st FRET, 1st STRING while the other fingers still ‘HOVER” over their frets.
- Play the string and then lift finger up
- Press down your 2nd FINGER on the 2nd FRET, 1st STRING while the other fingers still ‘HOVER” over their frets.
- Play the string and then lift finger up
- Press down your 3rd FINGER on the 3rd FRET, 1st STRING while the other fingers still ‘HOVER” over their frets.
- Play the string and then lift finger up
- Press down your 4th FINGER on the 4th FRET, 1st STRING while the other fingers still ‘HOVER” over their frets.
- Play the string and then lift finger up

