

EASY FINGER EXERCISES

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LEFT HAND

C	D	E	F	G	F	E	D	C
5	4	3	2	1	2	3	4	5

D	E	F#	G	A	G	F#	E	D
5	4	3	2	1	2	3	4	5

E	F#	G#	A	B	A	G#	F#	E
5	4	3	2	1	2	3	4	5

F	G	A	Bb	C	Bb	A	G	F
5	4	3	2	1	2	3	4	5

G	A	B	C	D	C	B	A	G
5	4	3	2	1	2	3	4	5

A	B	C#	D	E	D	C#	B	A
5	4	3	2	1	2	3	4	5

B	C#	D#	E	F#	E	D#	C#	B
4	3	2	1	2	1	2	3	4

C	D	E	F	G	F	E	D	C
5	4	3	2	1	2	3	4	5

Tips – slowly , firmly, evenly



RIGHT HAND

C	D	E	F	G	F	E	D	C
1	2	3	4	5	4	3	2	1

D	E	F#	G	A	G	F#	E	D
1	2	3	4	5	4	3	2	1

E	F#	G#	A	B	A	G#	F#	E
1	2	3	4	5	4	3	2	1

F	G	A	Bb	C	Bb	A	G	F
1	2	3	4	5	4	3	2	1

G	A	B	C	D	C	B	A	G
1	2	3	4	5	4	3	2	1

A	B	C#	D	E	D	C#	B	A
1	2	3	4	5	4	3	2	1

B	C#	D#	E	F#	E	D#	C#	B
1	2	3	4	5	4	3	2	1

C	D	E	F	G	F	E	D	C
1	2	3	4	5	4	3	2	1

Tips – slowly , firmly, evenly



LEFT HAND

C	E	G	E
5	3	1	3

D	F#	A	F#
5	3	1	3

E	G#	B	G#
5	3	1	3

F	A	C	A
5	3	1	3

G	B	D	B
5	3	1	3

A	C#	E	C#
5	3	1	3

B	D#	F#	D#
5	3	1	3

C	E	G	E
5	3	1	3



RIGHT HAND

C	E	G	E
1	3	5	3

D	F#	A	F#
1	3	5	3

E	G#	B	G#
1	3	5	3

F	A	C	A
1	3	5	3

G	B	D	B
1	3	5	3

A	C#	E	C#
1	3	5	3

B	D#	F#	D#
1	3	5	3

C	E	G	E
1	3	5	3



LEFT HAND

C	E	D	F	E	G	D	F
5	3	4	2	3	1	4	2

D	F#	E	G	F#	A	E	G
5	3	4	2	3	1	4	2

E	G#	F#	A	G#	B	F#	A
5	3	4	2	3	1	4	2

F	A	G	Bb	A	C	G	Bb
5	3	4	2	3	1	4	2

G	B	A	C	B	D	A	C
5	3	4	2	3	1	4	2

A	C#	B	D	C#	E	B	D
5	3	4	2	3	1	4	2

B	D#	C#	E	D#	F#	C#	E
5	3	4	2	3	1	4	2



RIGHT HAND

C	G	E	G
1	5	3	5

D	A	F#	A
1	5	3	5

E	B	G#	B
1	5	3	5

F	C	A	C
1	5	3	5

G	D	B	D
1	5	3	5

A	E	C#	E
1	5	3	5

B	F#	D#	F#
1	5	3	5

C	G	E	G
1	5	3	5



LEFT HAND

	1 G		G
5 C	3 E	C	E

	1 A		A
5 D	3 F#	D	F#

	1 B		B
5 E	3 G#	E	G#

	1 C		C
5 F	3 A	F	A

	1 D		D
5 G	3 B	G	B

	1 E		E
5 A	3 C#	A	C#

	1 F#		F#
5 B	3 D#	B	D#



RIGHT HAND

C	D	E,	D	E	F,	E	F	G,	D	E	F
1	2	3,	2	3	4,	3	4	5,	2	3	4

D	E	F#,	E	F#	G,	F#	G	A,	E	F#	G
1	2	3,	2	3	4,	3	4	5,	2	3	4

E	F#	G#,	F#	G#	A,	G#	A	B,	F#	G#	A
1	2	3,	2	3	4,	3	4	5,	2	3	4

F	G	A,	G	A	Bb,	A	Bb	C,	G	A	Bb
1	2	3,	2	3	4,	3	4	5,	2	3	4

G	A	B,	A	B	C,	B	C	D,	A	B	C
1	2	3,	2	3	4,	3	4	5,	2	3	4

A	B	C#,	B	C#	D,	C#	D	E,	B	C#	D
1	2	3,	2	3	4,	3	4	5,	2	3	4

B	C#	D#,	C#	D#	E,	D#	E	F#,	C#	D#	E
1	2	3,	2	3	4,	3	4	5,	2	3	4

C	D	E,	D	E	F,	E	F	G,	D	E	F
1	2	3,	2	3	4,	3	4	5,	2	3	4



LEFT HAND

3 E	1 G	E	G
5 C		C	

3 F#	1 A	F#	A
5 D		D	

3 G#	1 B	G#	B
5 E		E	

3 A	1 C	A	C
5 F		F	

3 B	1 D	B	D
5 G		G	

3 C#	1 E	C#	E
5 A		A	

3 D#	1 F#	D#	F#
5 B		B	



RIGHT HAND

C	G	F	E	F	E	D	E
1	5	4	3	4	3	2	3

D	A	G	F#	G	F#	E	F#
1	5	4	3	4	3	2	3

E	B	A	G#	A	G#	F#	G#
1	5	4	3	4	3	2	3

F	C	Bb	A	Bb	A	G	A
1	5	4	3	4	3	2	3

G	D	C	B	C	B	A	B
1	5	4	3	4	3	2	3

A	E	D	C#	D	C#	B	C#
1	5	4	3	4	3	2	3

B	F#	E	D#	E	D#	C#	D#
1	5	4	3	4	3	2	3

C	G	F	E	F	E	D	E
1	5	4	3	4	3	2	3



LEFT HAND

3 E 2 F 1 G 2 G
5 C 4 D 3 E 4 D

3 F# 2 G 1 A 2 G
5 D 4 E 3 F# 4 E

3 G# 2 A 1 B 2 A
5 E 4 F# 3 G# 4 F#

3 A 2 Bb 1 C 2 Bb
5 F 4 G 3 A 4 G

3 B 2 C 1 D 2 C
5 G 4 A 3 B 4 A

3 C# 2 D 1 E 2 D
5 A 4 B 3 C# 4 B

3 D# 2 E 1 F# 2 E
5 B 4 C# 3 D# 4 C#



RIGHT HAND

G	F	E,	F	E	D,	E	D	C,	D	E	F
5	4	3,	4	3	2,	3	2	1,	2	3	4

A	G	F#,	G	F#	E,	F#	E	D,	E	F#	G
5	4	3,	4	3	2,	3	2	1,	2	3	4

B	A	G#,	A	G#	F#,	G#	F#	E,	F#	G#	A
5	4	3,	4	3	2,	3	2	1,	2	3	4

C	Bb	A,	Bb	A	G,	A	G	F,	G	A	Bb
5	4	3,	4	3	2,	3	2	1,	2	3	4

D	C	B,	C	B	A,	B	A	G,	A	B	C
5	4	3,	4	3	2,	3	2	1	2	3	4

E	D	C#,	D	C#	B,	C#	B	A,	B	C#	D
5	4	3,	4	3	2,	3	2	1,	2	3	4

F#	E	D#,	E	D#	C#,	D#	C#	B,	C#	D#	E
5	4	3,	4	3	2,	3	2	1,	2	3	4

G	F	E,	F	E	D,	E	D	C,	D	E	F
5	4	3,	4	3	2,	3	2	1,	2	3	4



LEFT HAND

C	G	↑ C	G
5	2	1	2

D	A	↑ D	A
5	2	1	2

E	B	↑ E	B
5	2	1	2

F	C	↑ F	C
5	2	1	2

G	D	↑ G	D
5	2	1	2

A	E	↑ A	E
5	2	1	2

B	F#	↑ B	F#
5	2	1	2

C	G	↑ C	G
5	2	1	2



RIGHT HAND

E	D	C,	F	E	D,	G	F	E,	F	E	D
3	2	1,	4	3	2,	5	4	3,	4	3	2

F#	E	D,	G	F#	E,	A	G	F#,	G	F#	E
3	2	1,	4	3	2,	5	4	3,	4	3	2

G#	F#	E,	A	G#	F#	B	A	G#,	A	G#	F#
3	2	1,	4	3	2,	5	4	3,	4	3	2

A	G	F,	Bb	A	G,	C	Bb	A,	Bb	A	G
3	2	1,	4	3	2,	5	4	3,	4	3	2

B	A	G,	C	B	A,	D	C	B,	C	B	A
3	2	1,	4	3	2,	5	4	3,	4	3	2

C#	B	A,	D	C#	B,	E	D	C#,	D	C#	B
3	2	1,	4	3	2,	5	4	3,	4	3	2

D#	C#	B,	E	D#	C#,	F#	E	D#,	E	D#	C#
3	2	1,	4	3	2,	5	4	3,	4	3	2

E	D	C,	F	E	D,	G	F	E,	F	E	D
3	2	1,	4	3	2,	5	4	3,	4	3	2



LEFT HAND

	↑		↑
C	C	G	C
5	1	2	1

	↑		↑
D	D	A	D
5	1	2	1

	↑		↑
E	E	B	E
5	1	2	1

	↑		↑
F	F	C	F
5	1	2	1

	↑		↑
G	G	D	G
5	1	2	1

	↑		↑
A	A	E	A
5	1	2	1

	↑		↑
B	B	F#	B
5	1	2	1

	↑		↑
C	C	G	C
5	1	2	1



RIGHT HAND

3E	5G	3E	5G
1C		1C	

3F#	5A	3F#	5A
1D		1D	

3G#	5B	3G#	5B
1E		1E	

3A	5C	3A	5C
1F		1F	

3B	5D	3B	5D
1G		1G	

3C#	5E	3C#	5E
1A		1A	

3D#	5F#	3D#	5F#
1B		1B	

3E	5G	3E	5G
1C		5C	



LEFT HAND

	1G		1G
1C	3E	1C	3E
5C	↑ 5C	5C	↑ 5C

	1A		1A
1D	3F#	1D	3F#
5D	↑ 5D	5D	↑ 5D

	1B		1B
1E	3G#	1E	3G#
5E	↑ 5E	5E	↑ 5E

	1C		1C
1F	3A	1F	3A
5F	↑ 5F	5F	↑ 5F

	1D		1D
1G	3B	1G	3B
5G	↑ 5G	5G	↑ 5G

	1E		1E
1A	3C#	1A	3C#
5A	↑ 5A	5A	↑ 5A

	1F#		1F#
1B	3D#	1B	3D#
5B	↑ 5B	5B	↑ 5B



RIGHT HAND

3E	4F	5G	4F
1C	2D	3E	2D

3F#	4G	5A	4G
1D	2E	3F#	2E

3G#	4A	5B	4A
1E	2F#	3G#	2F#

3A	4Bb	5C	4Bb
1F	2G	3A	2G

3B	4C	5D	4C
1G	2A	3B	2A

3C#	4D	5E	4D
1A	2B	3C#	2B

3D#	4E	5F#	4E
1B	2C#	3D#	2C#

3E	4F	5G	4F
1C	2D	3E	2D



LEFT HAND

C	E	G	A
5	3	2	1

D	F#	A	B
5	3	2	1

E	G#	B	C#
5	3	2	1

F	A	C	D
5	3	2	1

G	B	D	E
5	3	2	1

A	C#	E	F#
5	3	2	1

B	D#	F#	G#
5	3	2	1

C	E	G	A
5	3	2	1



RIGHT HAND

C	G	C	B	A	G
1	2	5	4	3	2

D	A	D	C#	B	A
1	2	5	4	3	2

E	B	E	D#	C#	B
1	2	5	4	3	2

F	C	F	E	D	C
1	2	5	4	3	2

G	D	G	F#	E	D
1	2	5	4	3	2

A	E	A	G#	F#	E
1	2	5	4	3	2

B	F#	B	A#	G#	F#
1	2	5	4	3	2#

C	G	C	B	A	G
1	2	5	4	3	2