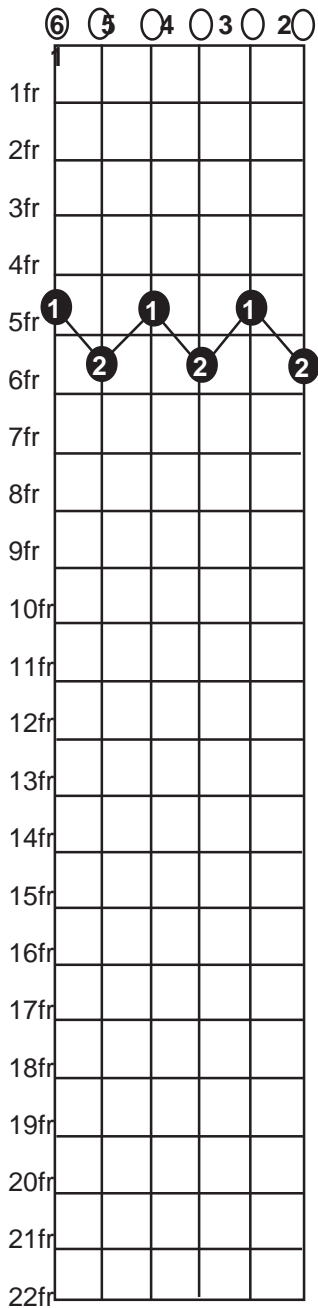


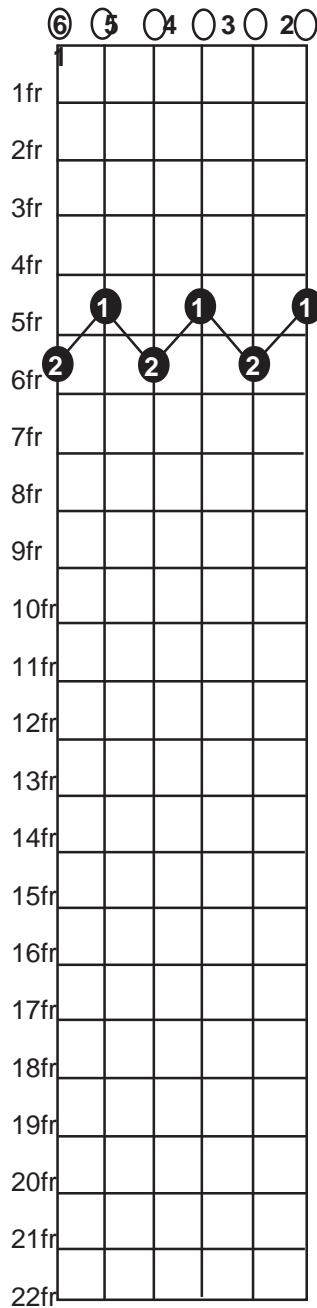
1.50 - Fingerboard Ladder Exercise

____/____/____

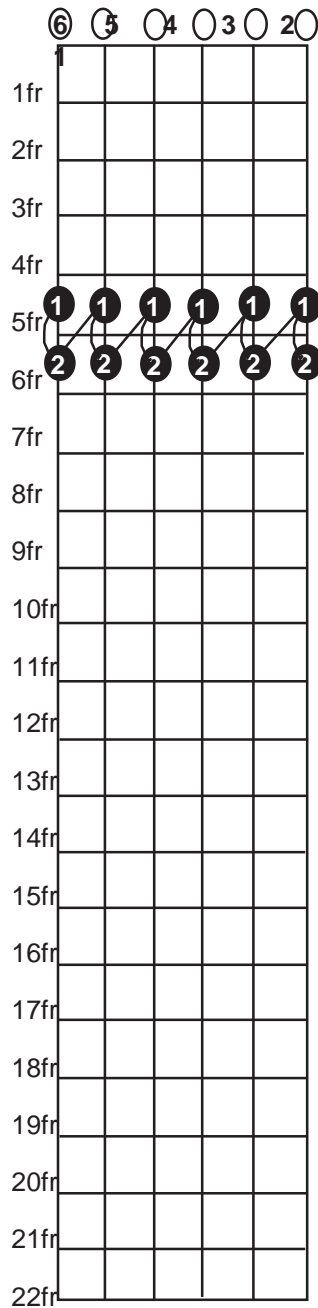
Ladder #1



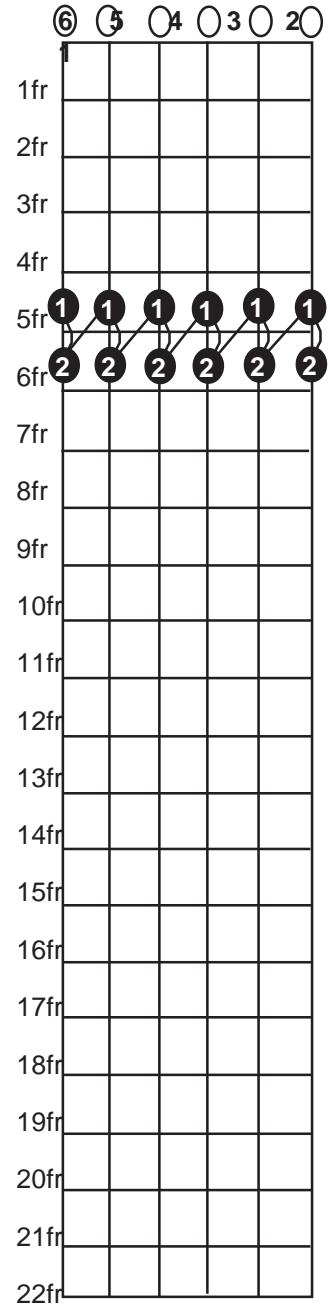
Ladder #2



Ladder #3



Ladder #4



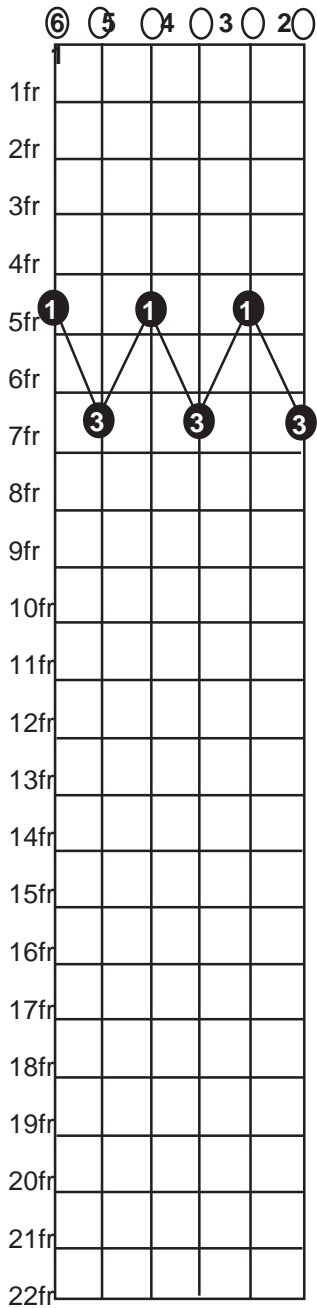
**PRACTICE ALL PERMUTATIONS
OF 3 FINGERS:**

1-2-4 2-1-4 4-1-2
1-4-2 2-4-1 4-2-1

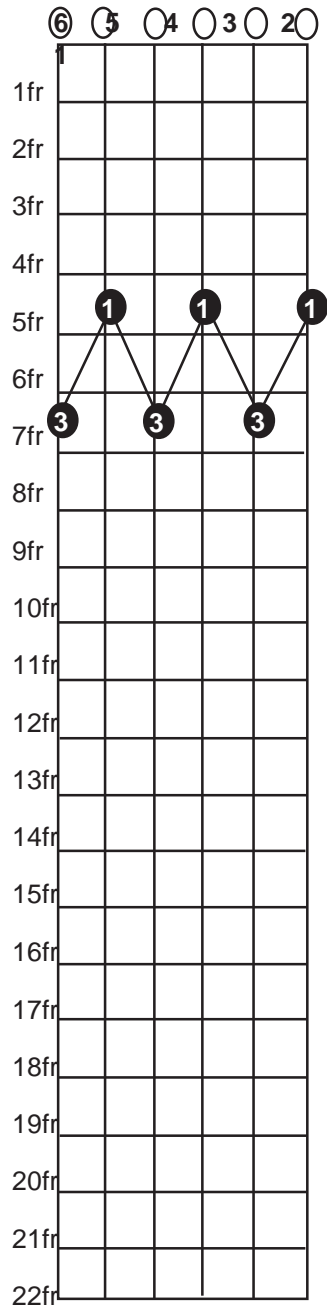
The Ladder Exercise - (P2)

___/___/___

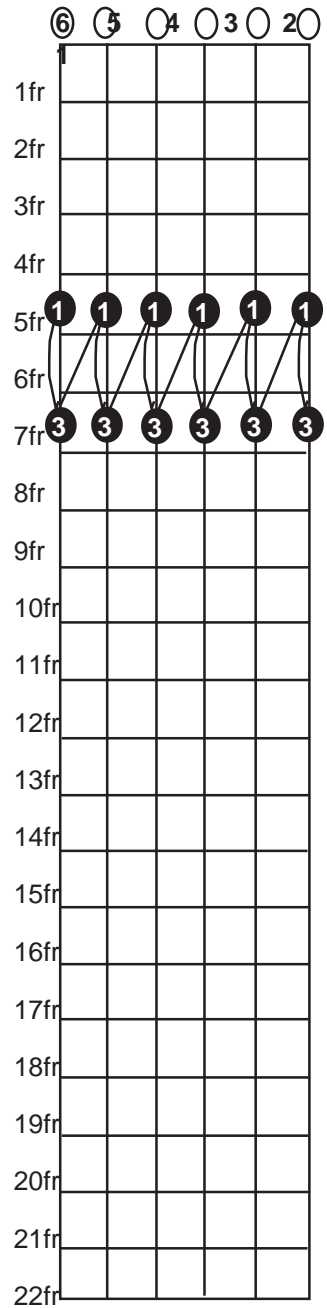
Ladder #5



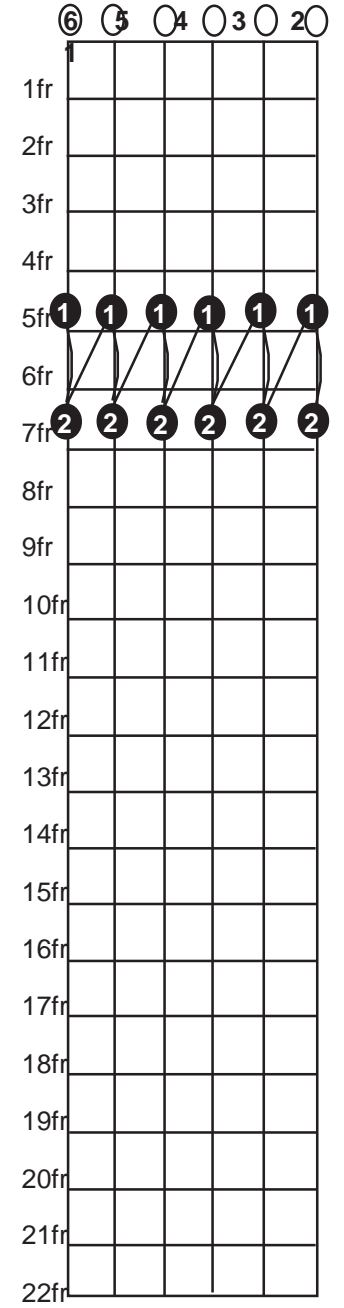
Ladder #6



Ladder #7



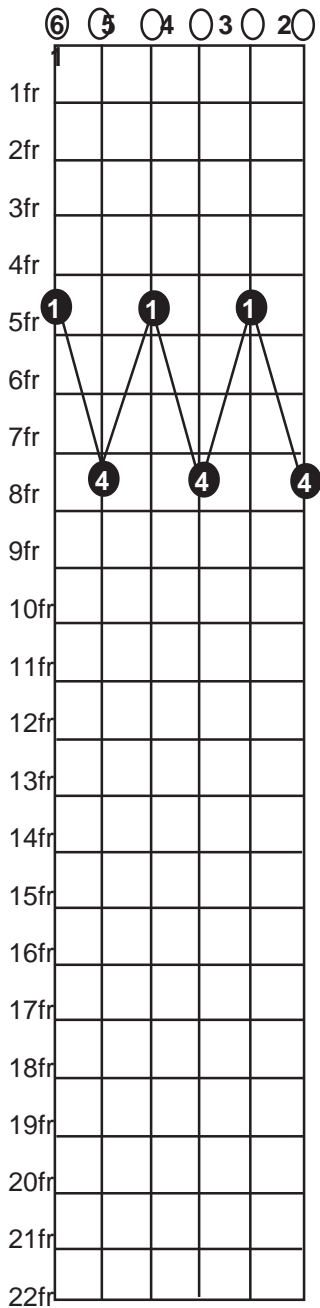
Ladder #8



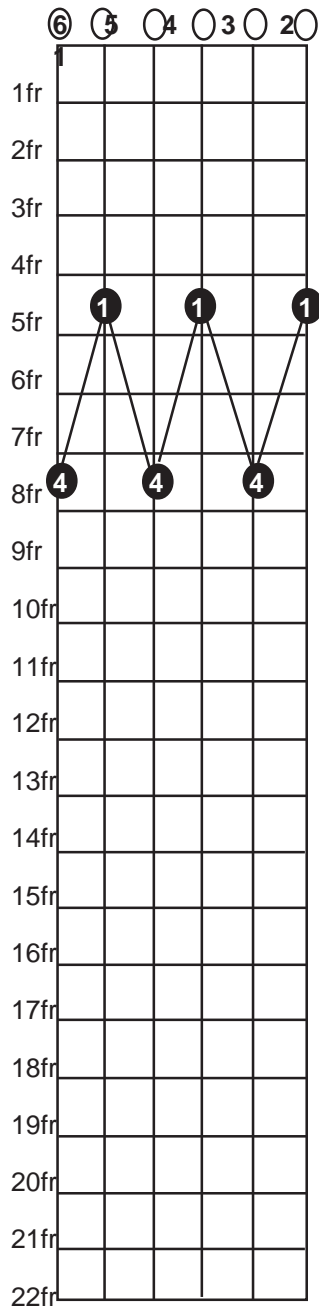
The Ladder Exercise - (P3)

___/___/___

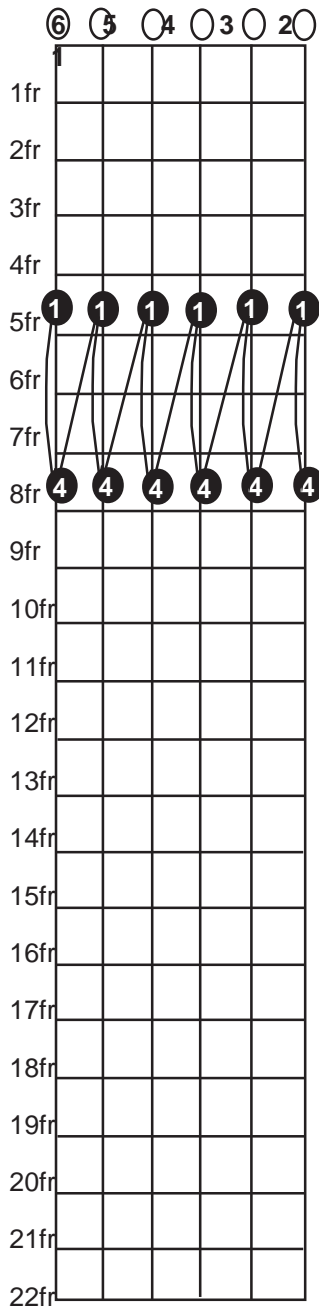
Ladder #9



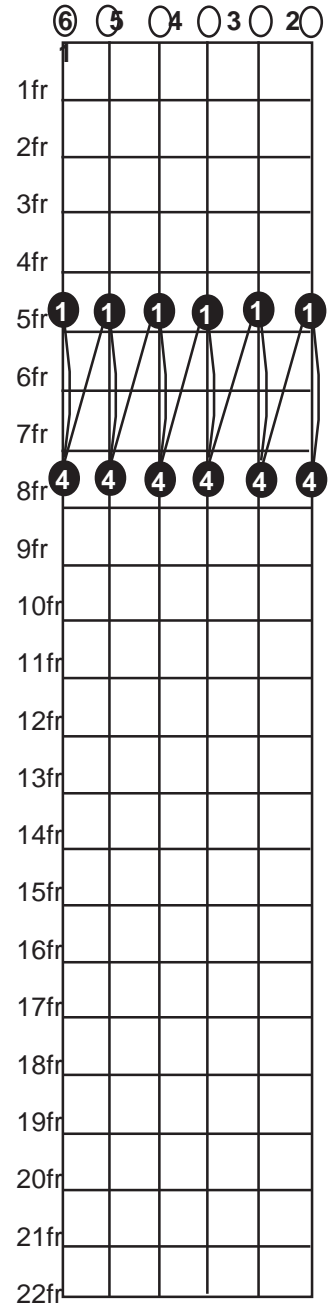
Ladder #10



Ladder #11



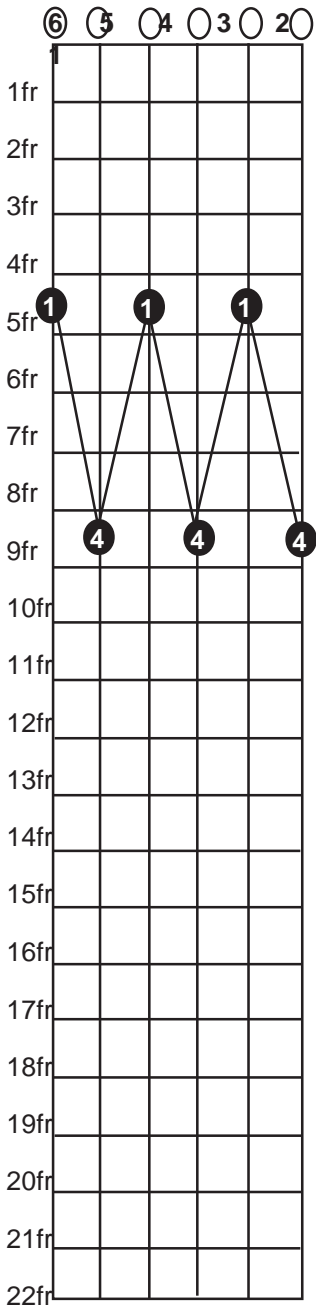
Ladder #12



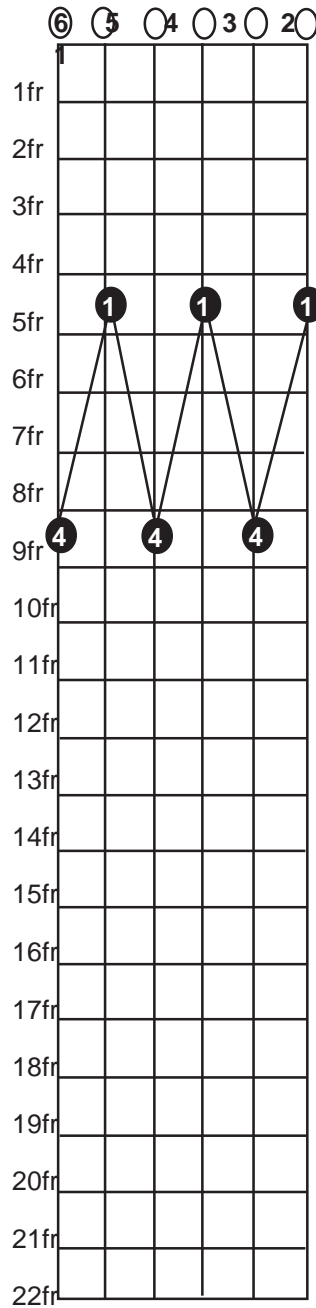
The Ladder Exercise - (P4)

___/___/___

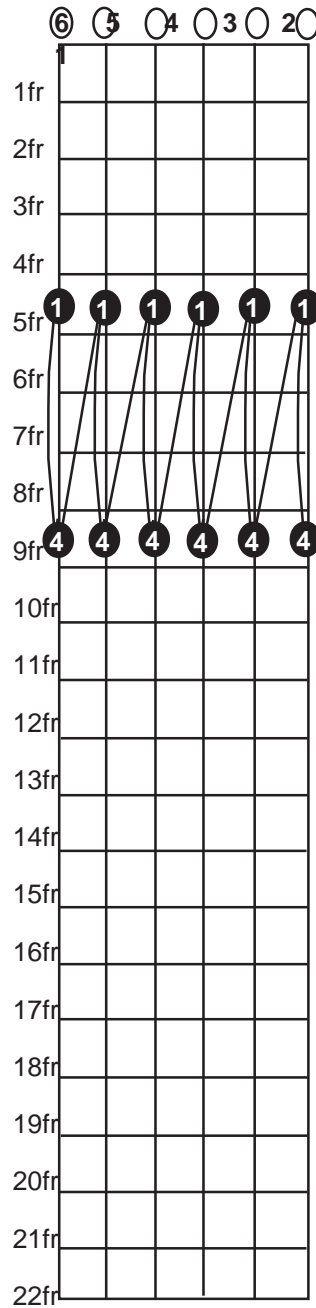
Ladder #13



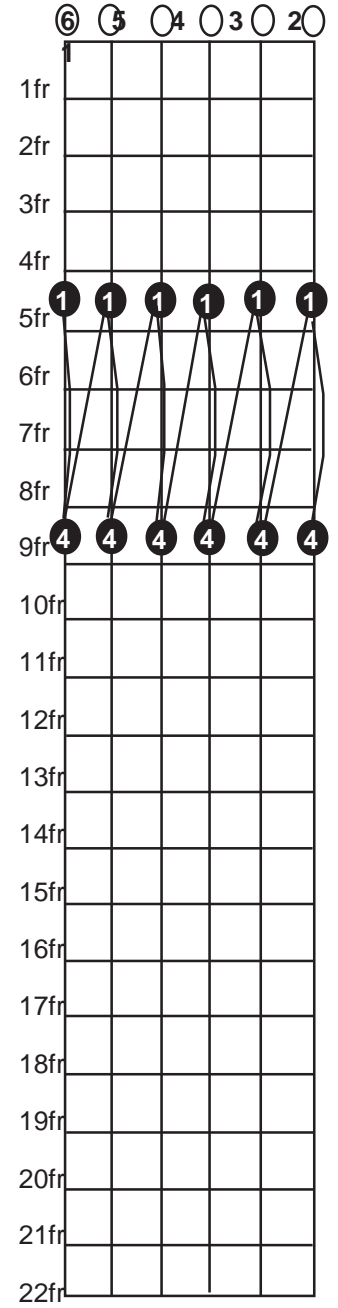
Ladder #14



Ladder #15



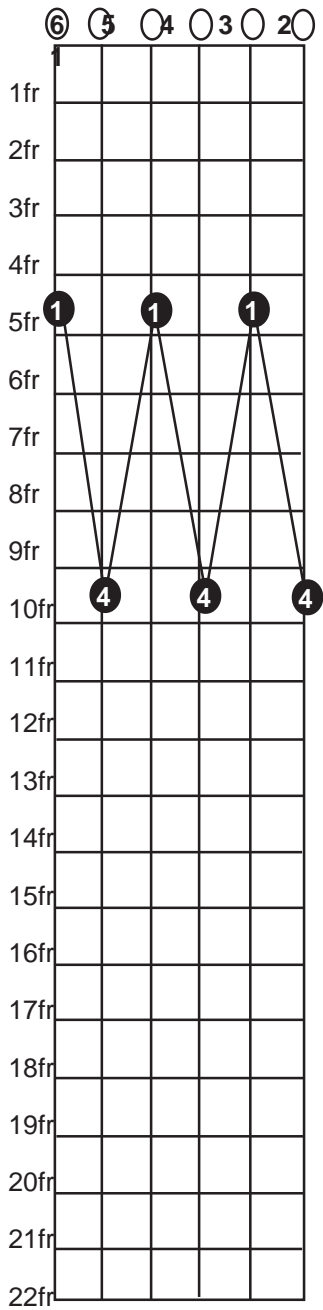
Ladder #16



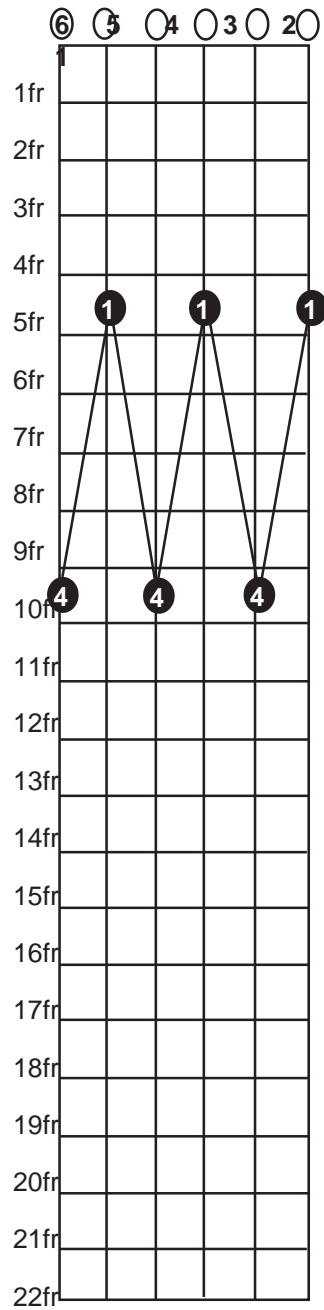
The Ladder Exercise - (P5)

____/____/____

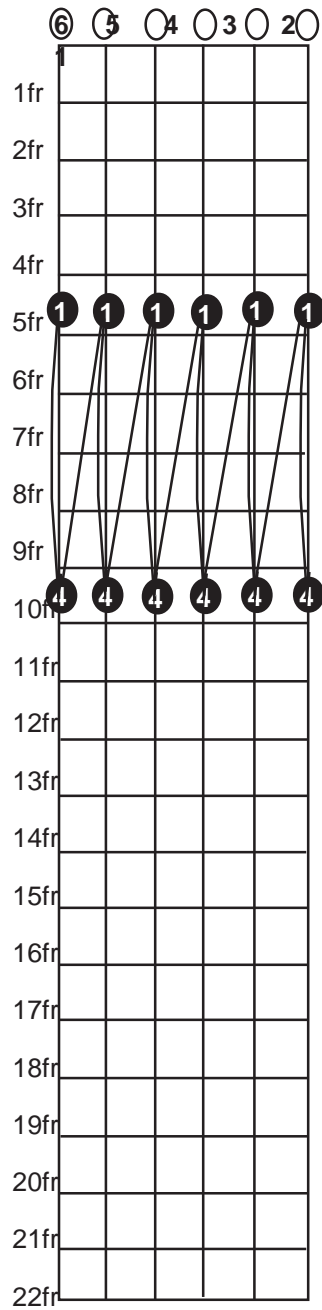
Ladder #17



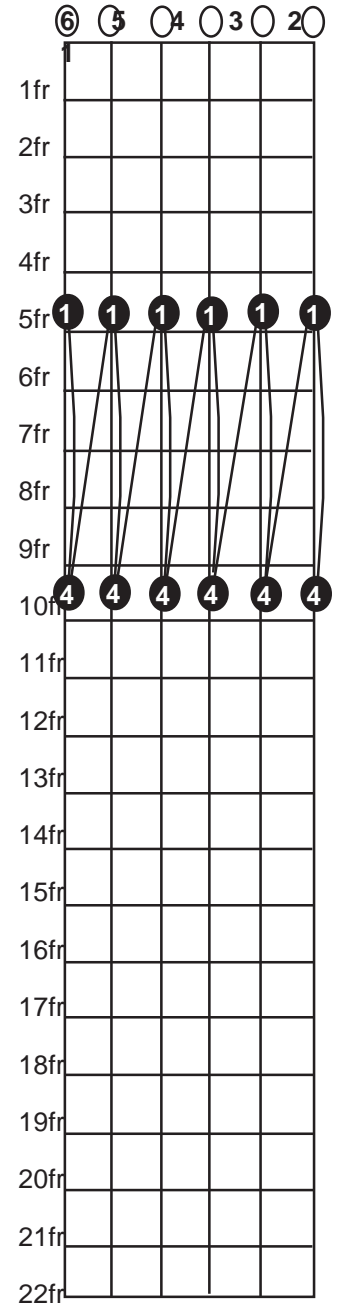
Ladder #18



Ladder #19



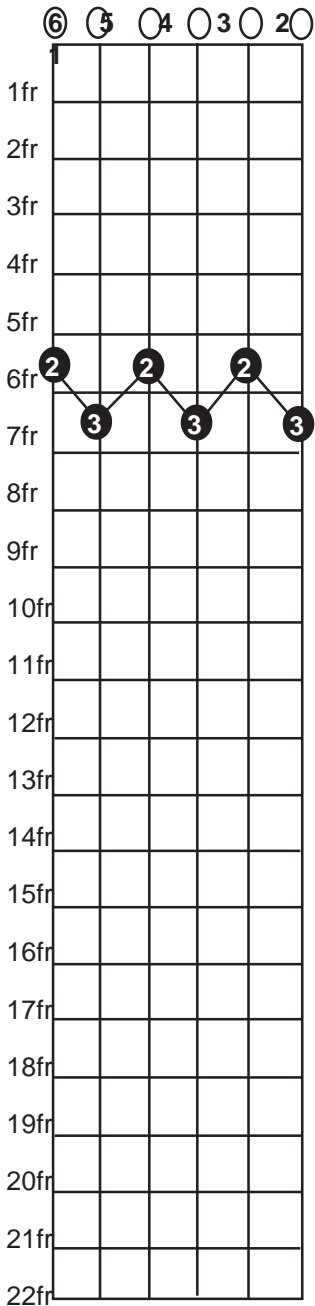
Ladder #20



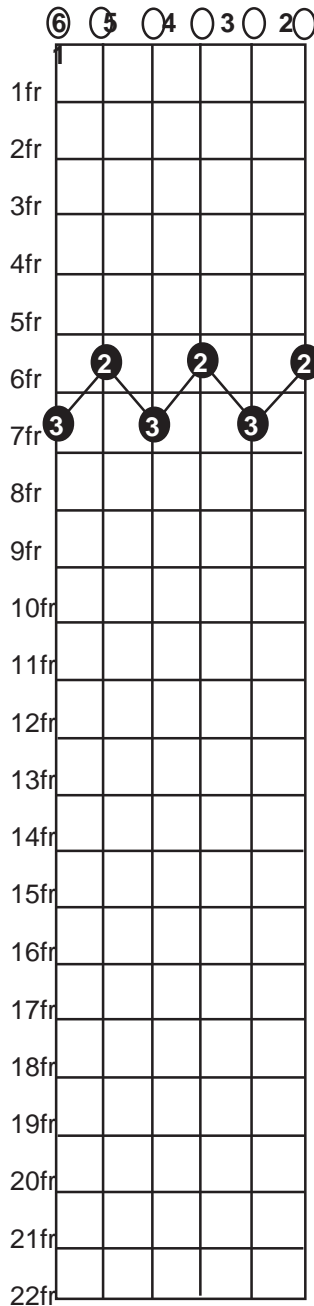
The Ladder Exercise - (P6)

___/___/___

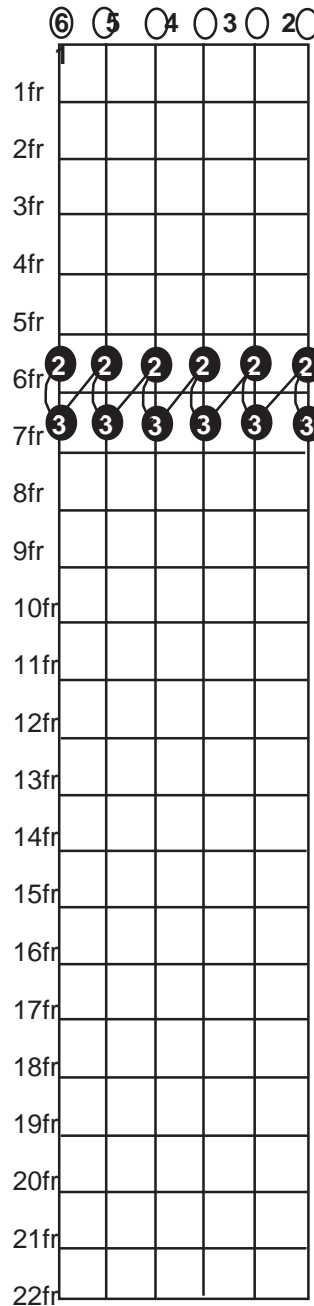
Ladder #21



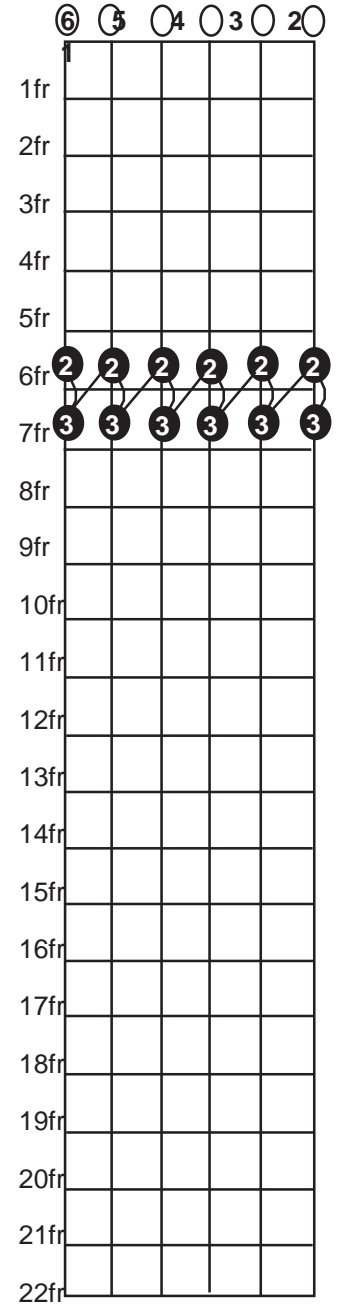
Ladder #22



Ladder #23



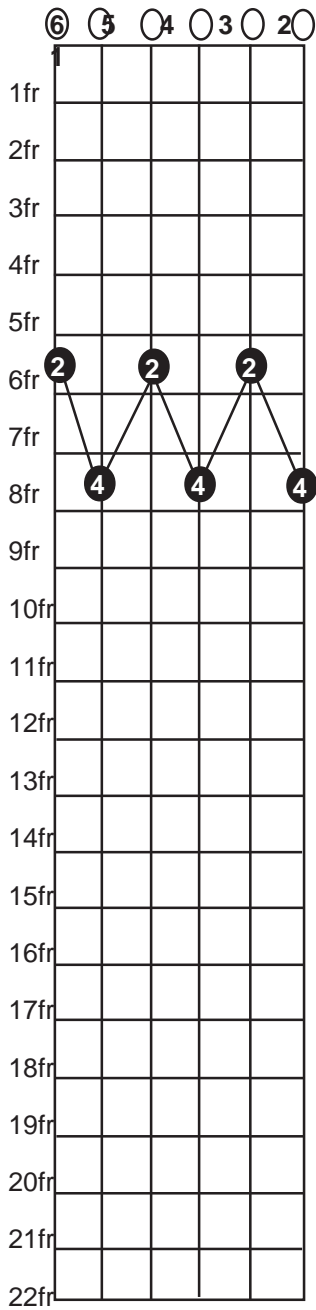
Ladder #24



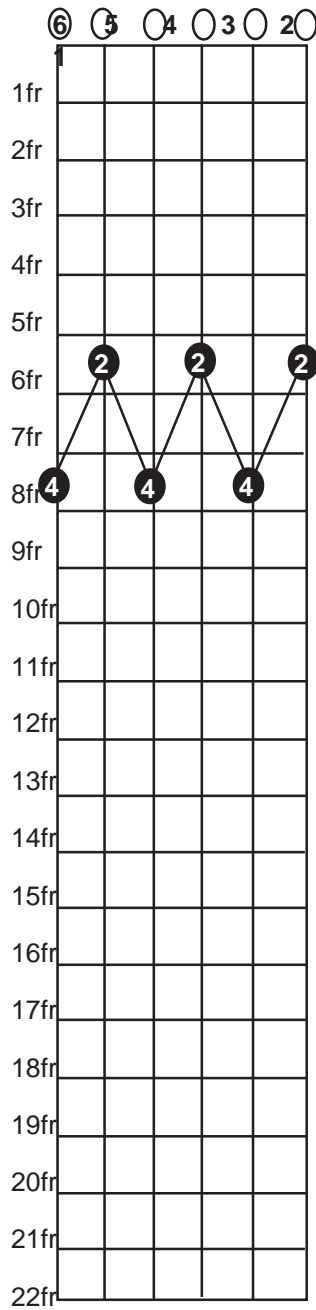
The Ladder Exercise - (P7)

___/___/___

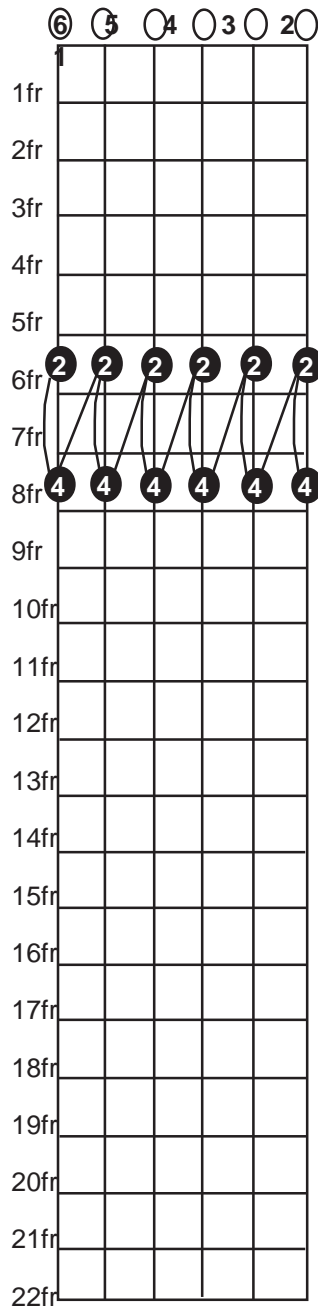
Ladder #25



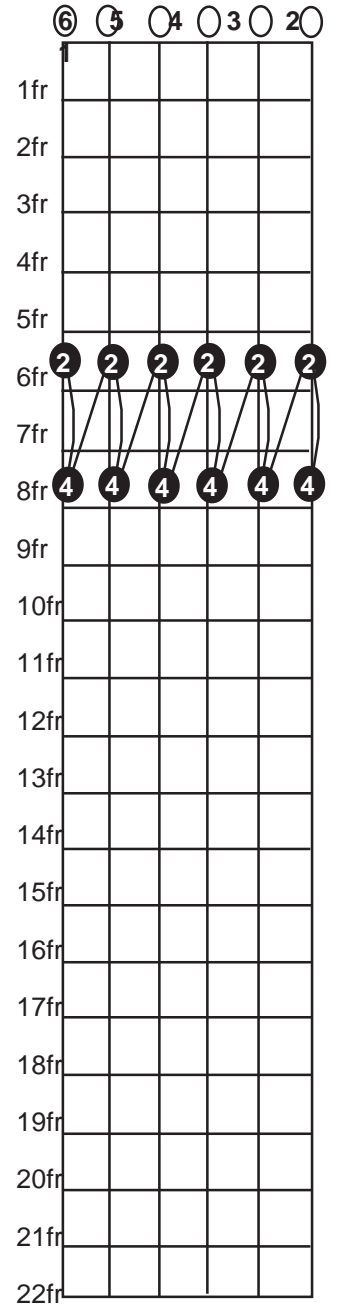
Ladder #26



Ladder #27



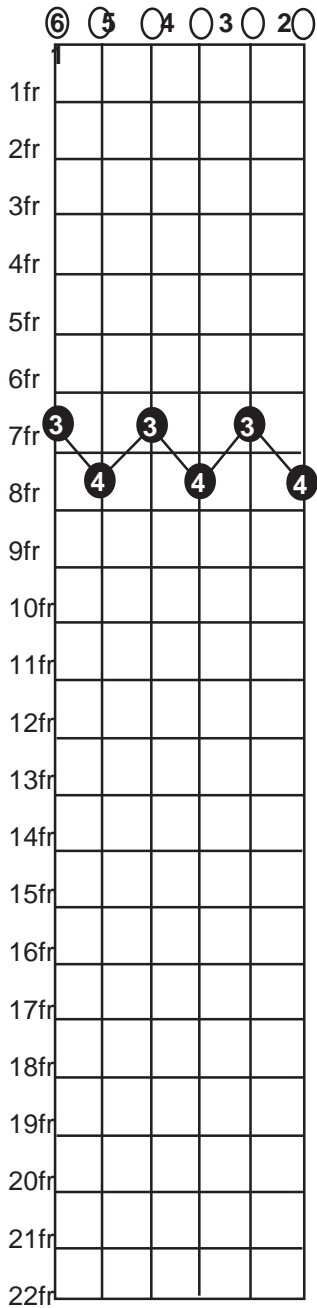
Ladder #28



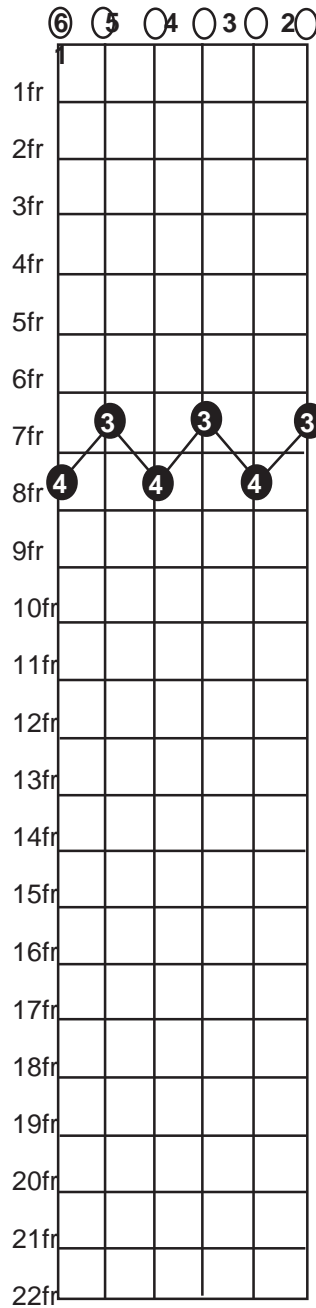
The Ladder Exercise - (P8)

___/___/___

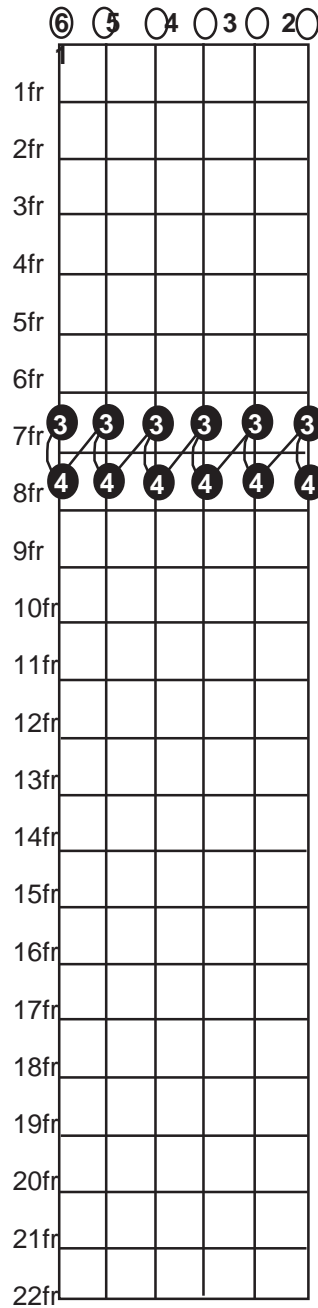
Ladder #29



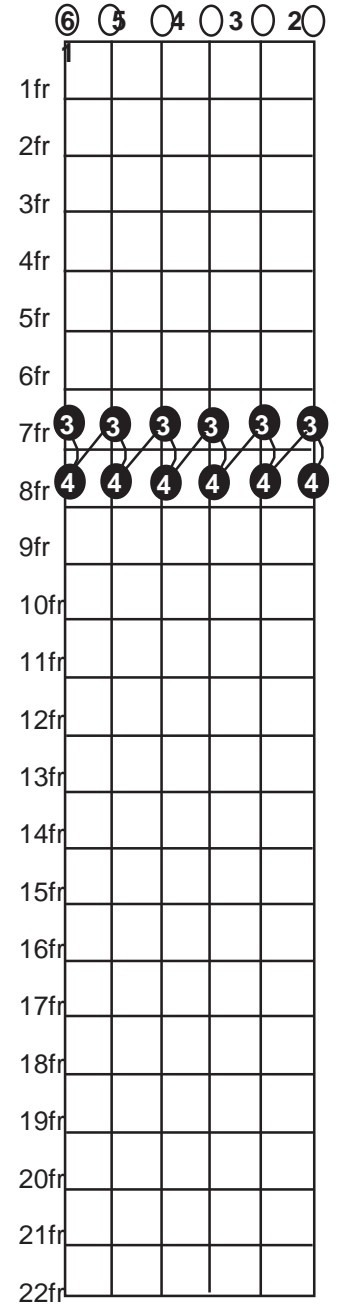
Ladder #30



Ladder #31



Ladder #32

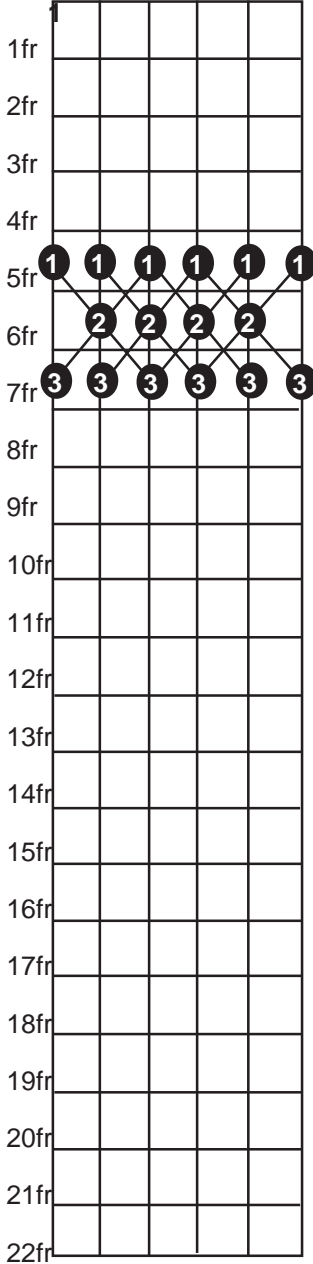


3 Finger Ladder Exercise - (P9)

//_/_

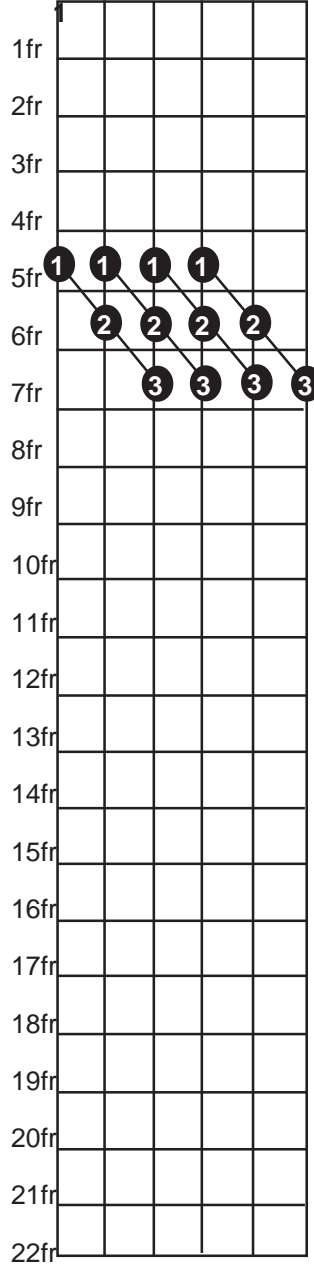
3 Finger Ladder #1

⑥ ⑤ ④ ③ ②



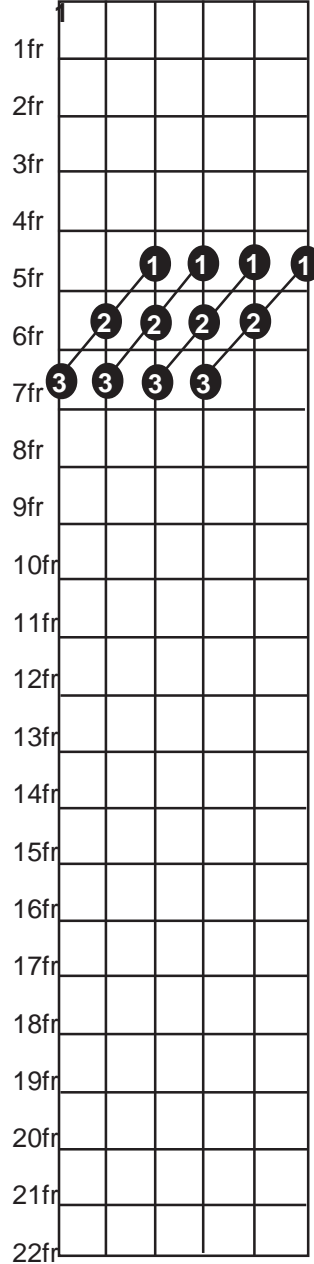
3 Finger Ladder #2

⑥ ⑤ ④ ③ ②



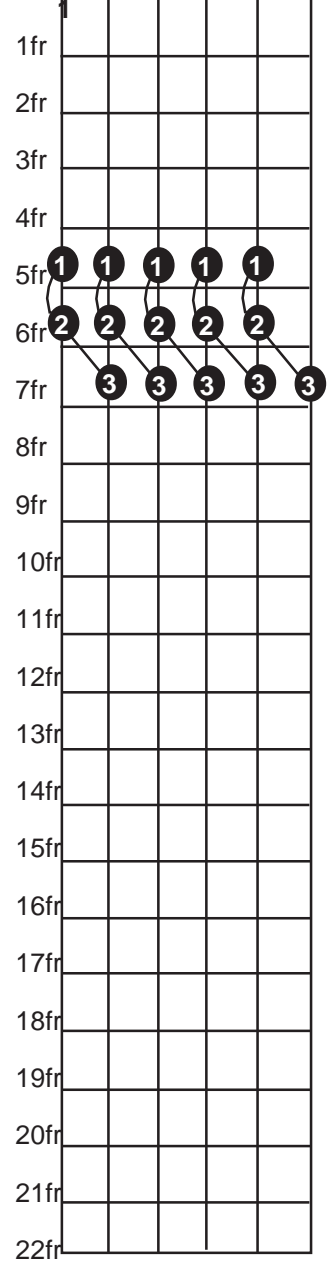
3 Finger Ladder #3

⑥ ⑤ ④ ③ ②



3 Finger Ladder #4

⑥ ⑤ ④ ③ ②

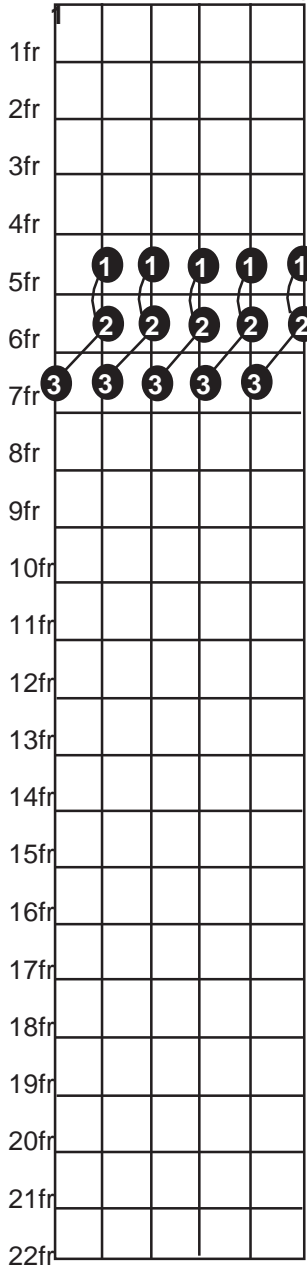


3 Finger Ladder Exercise - (P10)

___/___/___

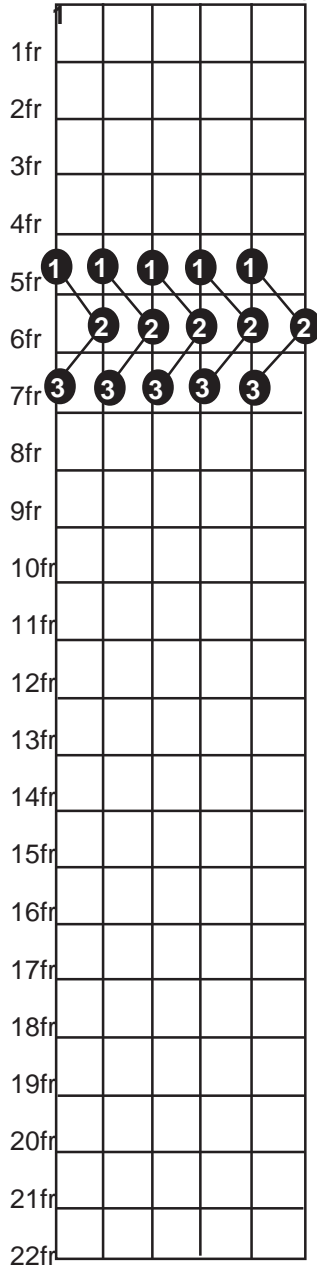
3 Finger Ladder #5

⑥ ⑤ ④ ③ ②



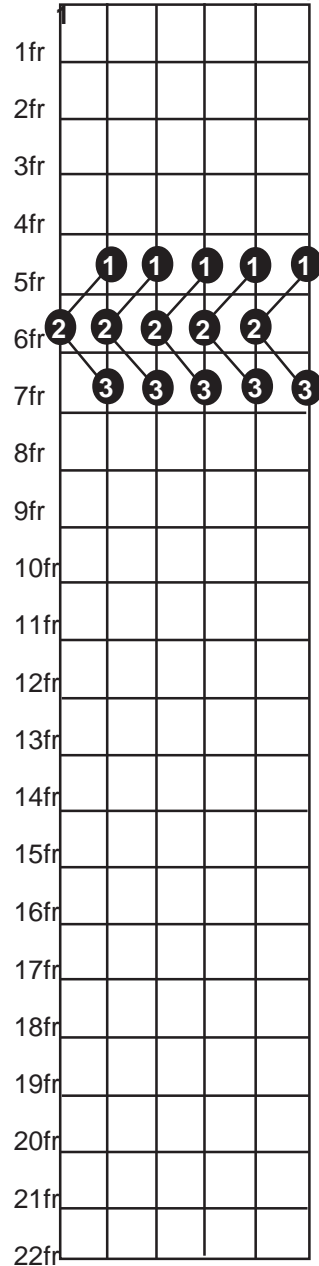
3 Finger Ladder #6

⑥ ⑤ ④ ③ ②



3 Finger Ladder #7

⑥ ⑤ ④ ③ ②



3 Finger Ladder #8

⑥ ⑤ ④ ③ ②

