1.50 - Fingerboard Ladder Exercise

Ladder #1


PRACTICE ALL PERMUTATIONS
OF 3 FINGERS:
1-2-4 2-1-4 4-1-2
1-4-2 2-4-1 4-2-1

Ladder #2

Ladder #3

Ladder #4

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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

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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 Exercise - (P10)