

5.21 - Spider Exercise (1-23-4) - (p1)

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The exercise consists of four fretboard diagrams, each with 22 frets and 6 strings. The strings are numbered 1 to 6 from top to bottom. The frets are numbered 1 to 22 from bottom to top. The exercise sequence is as follows:

- Diagram 1:** Notes are placed on the 5th fret of strings 1, 2, 3, and 4.
- Diagram 2:** Notes are placed on the 5th fret of string 1, the 6th fret of string 2, the 7th fret of string 3, and the 8th fret of string 4.
- Diagram 3:** Notes are placed on the 5th fret of string 1, the 6th fret of string 2, the 7th fret of string 3, and the 8th fret of string 4.
- Diagram 4:** Notes are placed on the 5th fret of string 1, the 6th fret of string 2, the 7th fret of string 3, and the 8th fret of string 4.

Dotted lines connect the notes between diagrams to show the path of the exercise:

- From Diagram 1 to Diagram 2: 5fr 1 to 5fr 1, 6fr 2 to 6fr 2, 7fr 3 to 7fr 3, 8fr 4 to 8fr 4.
- From Diagram 2 to Diagram 3: 5fr 1 to 5fr 1, 6fr 2 to 6fr 2, 7fr 3 to 7fr 3, 8fr 4 to 8fr 4.
- From Diagram 3 to Diagram 4: 5fr 1 to 5fr 1, 6fr 2 to 6fr 2, 7fr 3 to 7fr 3, 8fr 4 to 8fr 4.

5.21 - Spider Exercise (1-23-4) - (p2)

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The exercise consists of four fretboard diagrams, each with 22 frets (1fr to 22fr) and 6 strings (6 to 1). The first diagram shows a sequence of notes: 1 (2nd fret, 2nd string), 2 (3rd fret, 3rd string), 3 (4th fret, 4th string), 4 (5th fret, 5th string). The second diagram shows the sequence: 1 (5th fret, 2nd string), 2 (6th fret, 3rd string), 3 (7th fret, 4th string), 4 (8th fret, 5th string). The third diagram shows the sequence: 1 (5th fret, 1st string), 2 (6th fret, 2nd string), 3 (7th fret, 3rd string), 4 (8th fret, 4th string). The fourth diagram is empty. Dotted lines connect the notes between the first and second diagrams, and between the second and third diagrams.

5.22 - Spider Exercise (12-34) - (p3)

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The diagram consists of four guitar fretboard grids, each with 6 strings (labeled 6, 5, 4, 3, 2, 1 from left to right) and 22 frets (labeled 1fr to 22fr from top to bottom). Fingerings are indicated by circled numbers 1-4. Dotted lines connect the fingerings between the grids to show the sequence of notes:

- Grid 1:** Fingerings 1, 2, 3, 4 are placed on the 5th, 6th, 7th, and 8th frets of strings 1, 2, 3, and 4 respectively.
- Grid 2:** Fingerings 1, 2, 3, 4 are placed on the 5th, 6th, 7th, and 8th frets of strings 1, 2, 3, and 4 respectively. Dotted lines connect the 5th fret of string 1 to the 5th fret of string 2, the 6th fret of string 2 to the 6th fret of string 3, the 7th fret of string 3 to the 7th fret of string 4, and the 8th fret of string 4 to the 8th fret of string 5.
- Grid 3:** Fingerings 1, 2, 3, 4 are placed on the 5th, 6th, 7th, and 8th frets of strings 1, 2, 3, and 4 respectively. Dotted lines connect the 5th fret of string 1 to the 5th fret of string 2, the 6th fret of string 2 to the 6th fret of string 3, the 7th fret of string 3 to the 7th fret of string 4, and the 8th fret of string 4 to the 8th fret of string 5.
- Grid 4:** Fingerings 1, 2, 3, 4 are placed on the 5th, 6th, 7th, and 8th frets of strings 1, 2, 3, and 4 respectively. Dotted lines connect the 5th fret of string 1 to the 5th fret of string 2, the 6th fret of string 2 to the 6th fret of string 3, the 7th fret of string 3 to the 7th fret of string 4, and the 8th fret of string 4 to the 8th fret of string 5.

5.22 - Spider Exercise (12-34) - (p4)

___ / ___ / ___

	⑥	⑤	④	③	②	①
1fr						
2fr						
3fr						
4fr						
5fr					①	
6fr					②	
7fr				③		
8fr				④		
9fr						
10fr						
11fr						
12fr						
13fr						
14fr						
15fr						
16fr						
17fr						
18fr						
19fr						
20fr						
21fr						
22fr						

	⑥	⑤	④	③	②	①
1fr						
2fr						
3fr						
4fr						
5fr					①	
6fr					②	
7fr						③
8fr						④
9fr						
10fr						
11fr						
12fr						
13fr						
14fr						
15fr						
16fr						
17fr						
18fr						
19fr						
20fr						
21fr						
22fr						

	⑥	⑤	④	③	②	①
1fr						
2fr						
3fr						
4fr						
5fr						①
6fr						②
7fr						③
8fr						④
9fr						
10fr						
11fr						
12fr						
13fr						
14fr						
15fr						
16fr						
17fr						
18fr						
19fr						
20fr						
21fr						
22fr						

	⑥	⑤	④	③	②	①
1fr						
2fr						
3fr						
4fr						
5fr						
6fr						
7fr						
8fr						
9fr						
10fr						
11fr						
12fr						
13fr						
14fr						
15fr						
16fr						
17fr						
18fr						
19fr						
20fr						
21fr						
22fr						

5.23 - Spider Exercise (1-3/2-4) - (p5)

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The diagram consists of four vertical fretboard grids, each representing a different fret position for the exercise. Each grid has 22 frets (1fr to 22fr) and 6 strings (6 to 1). The fingerings are as follows:

- Diagram 1:** Fingerings 1, 2, 3, 4 are placed on strings 5, 6, 7, and 8 respectively.
- Diagram 2:** Fingerings 1, 2, 3, 4 are placed on strings 5, 6, 7, and 8 respectively. Curved arrows show the movement from string 5 to 6, 6 to 7, and 7 to 8.
- Diagram 3:** Fingerings 1, 2, 3, 4 are placed on strings 4, 5, 6, and 7 respectively.
- Diagram 4:** Fingerings 1, 2, 3, 4 are placed on strings 3, 4, 5, and 6 respectively.

5.23 - Spider Exercise (1-3/2-4) - (p6)

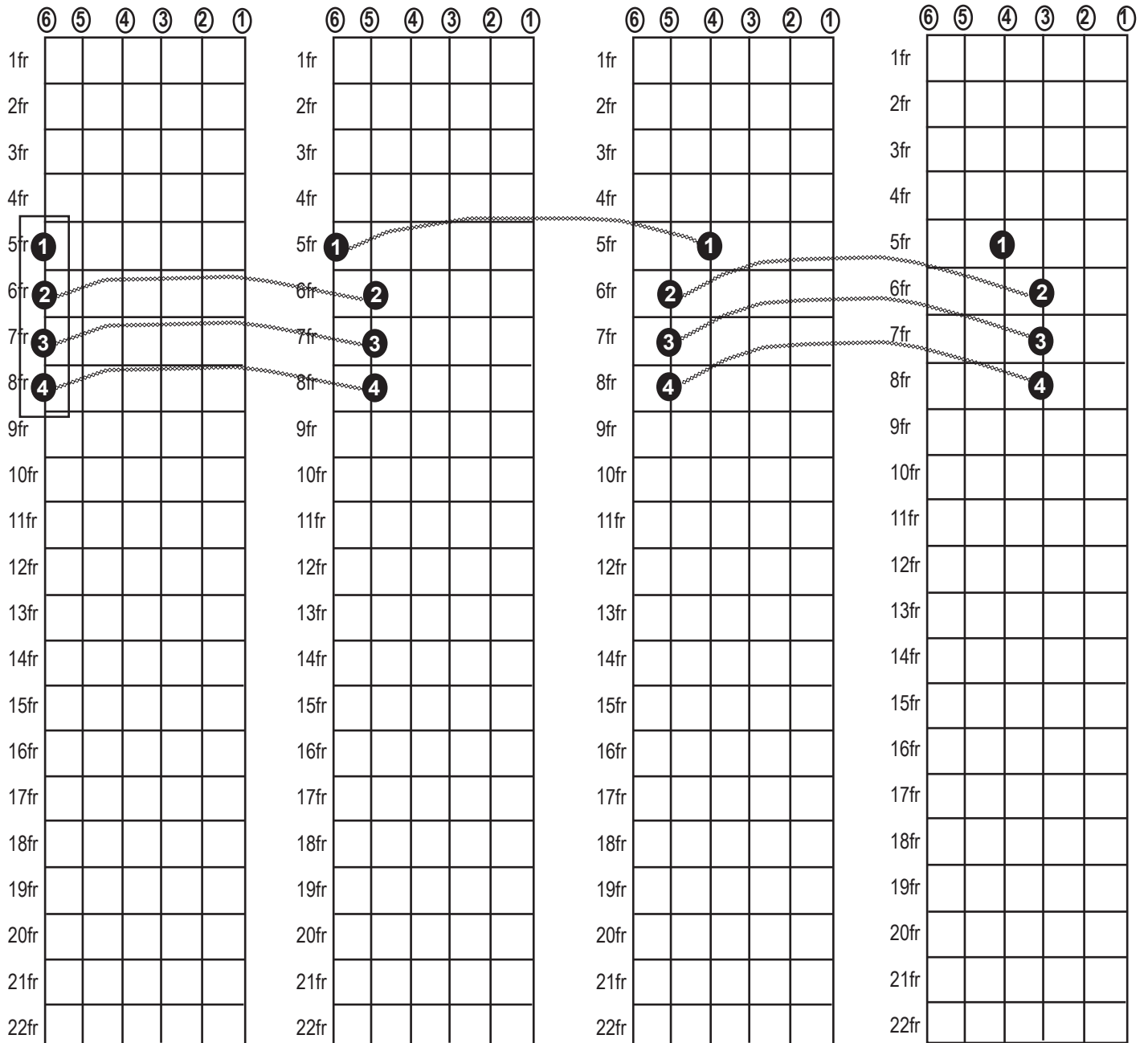
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The image displays four guitar fretboard diagrams, each with 22 frets and 6 strings. The strings are numbered 1 to 6 from the high E to the low E. The diagrams illustrate a spider exercise pattern across frets 5, 6, 7, and 8.

- Diagram 1:** Shows notes on fret 5 (string 2), fret 6 (string 3), fret 7 (string 3), and fret 8 (string 4). Dotted lines connect the notes in sequence: 5fr(2) to 6fr(3), 6fr(3) to 7fr(3), 7fr(3) to 8fr(4).
- Diagram 2:** Shows notes on fret 5 (string 1), fret 6 (string 2), fret 7 (string 3), and fret 8 (string 4). Dotted lines connect the notes in sequence: 5fr(1) to 6fr(2), 6fr(2) to 7fr(3), 7fr(3) to 8fr(4).
- Diagram 3:** Shows notes on fret 5 (string 1), fret 6 (string 2), fret 7 (string 3), and fret 8 (string 4). Dotted lines connect the notes in sequence: 5fr(1) to 6fr(2), 6fr(2) to 7fr(3), 7fr(3) to 8fr(4).
- Diagram 4:** An empty fretboard diagram for practice.

5.24 - Spider Exercise (1-234) - (p7)

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5.24 - Spider Exercise (1-234) - (p8)

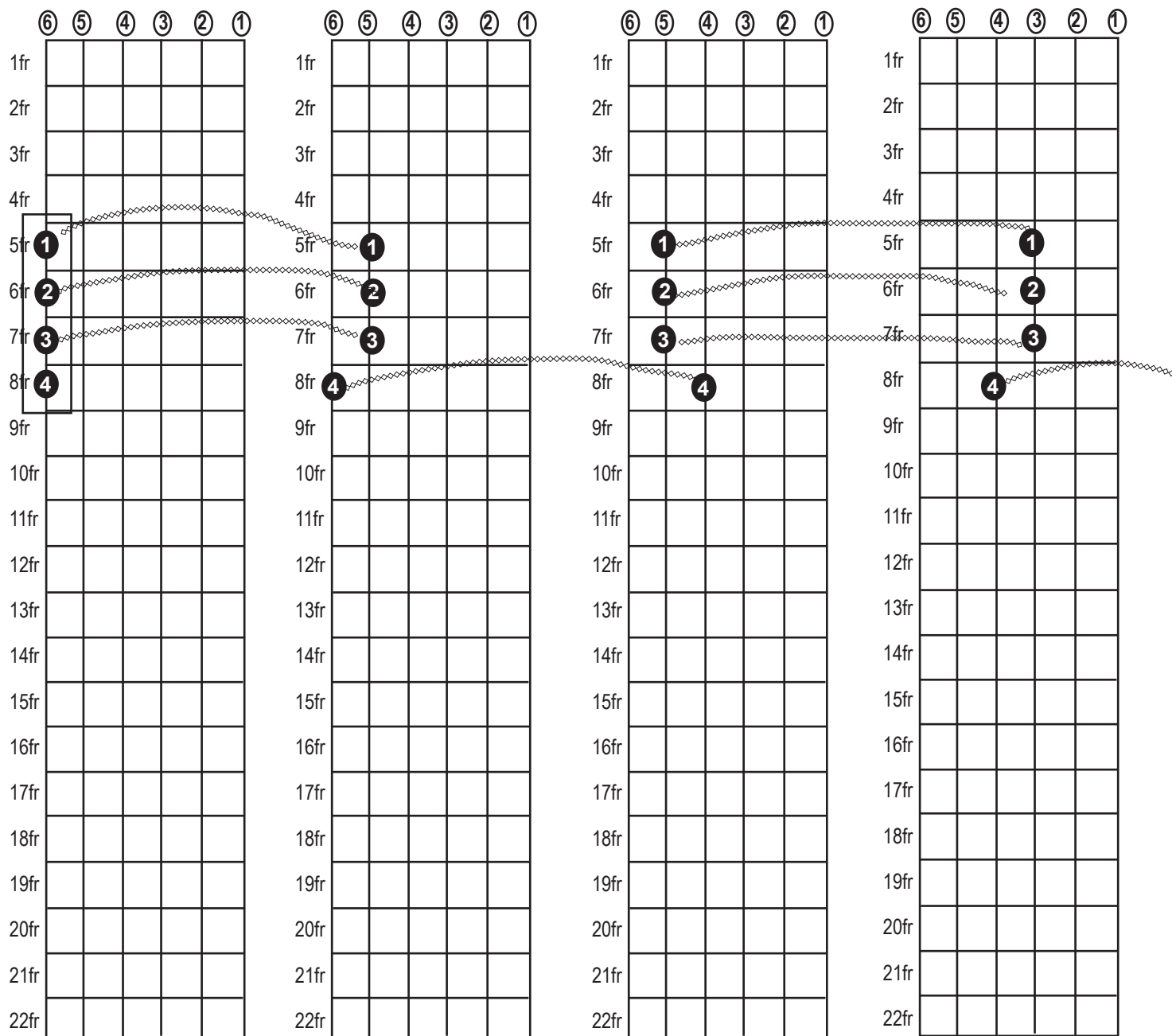
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The image displays four guitar fretboard diagrams, each with 22 frets (1fr to 22fr) and six strings (6 to 1). The diagrams illustrate a spider exercise sequence across four measures.

- Diagram 1:** Shows notes on fret 5 (string 2), fret 6 (string 3), fret 7 (string 4), and fret 8 (string 1). A dotted line connects the 5fr note to the 6fr note, and another connects the 7fr note to the 8fr note.
- Diagram 2:** Shows notes on fret 5 (string 1), fret 6 (string 2), fret 7 (string 3), and fret 8 (string 4). A dotted line connects the 5fr note to the 6fr note, and another connects the 7fr note to the 8fr note.
- Diagram 3:** Shows notes on fret 4 (string 1), fret 5 (string 2), fret 6 (string 3), and fret 7 (string 4). A dotted line connects the 4fr note to the 5fr note, and another connects the 6fr note to the 7fr note. A box highlights the notes on frets 4, 5, 6, and 7.
- Diagram 4:** An empty fretboard diagram.

5.25 - Spider Exercise (123-[4]) - (p9)

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5.25 - Spider Exercise (123-4) - (p10)

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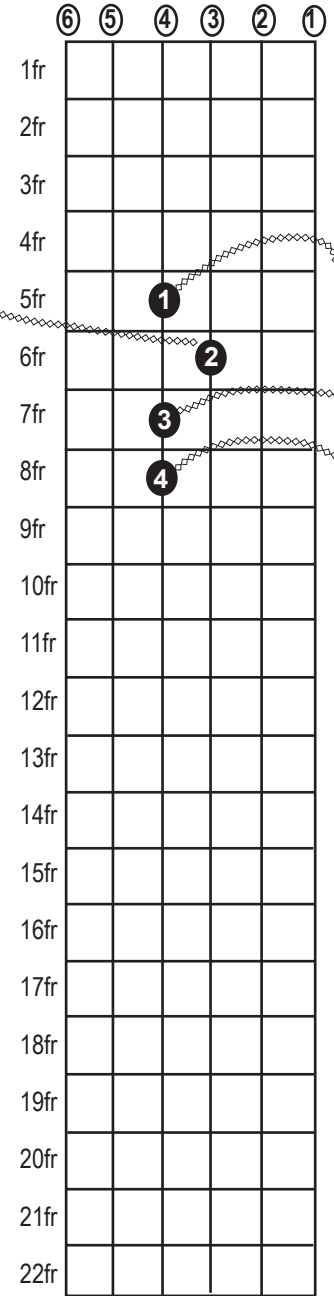
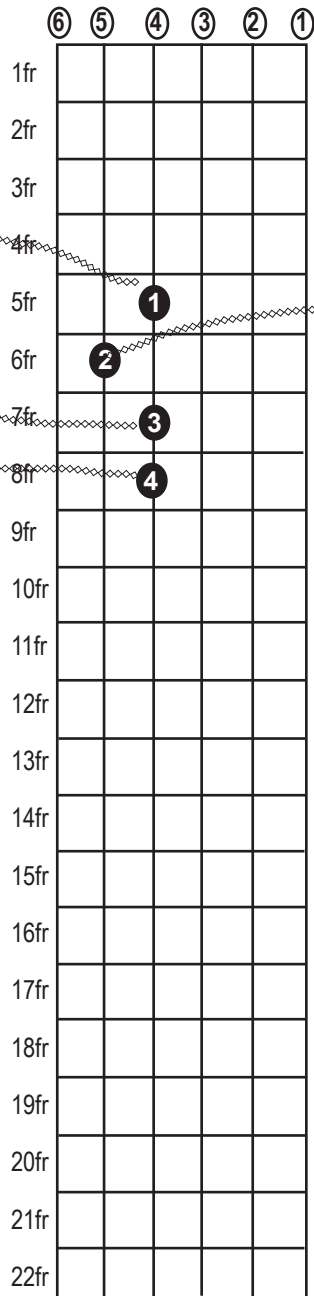
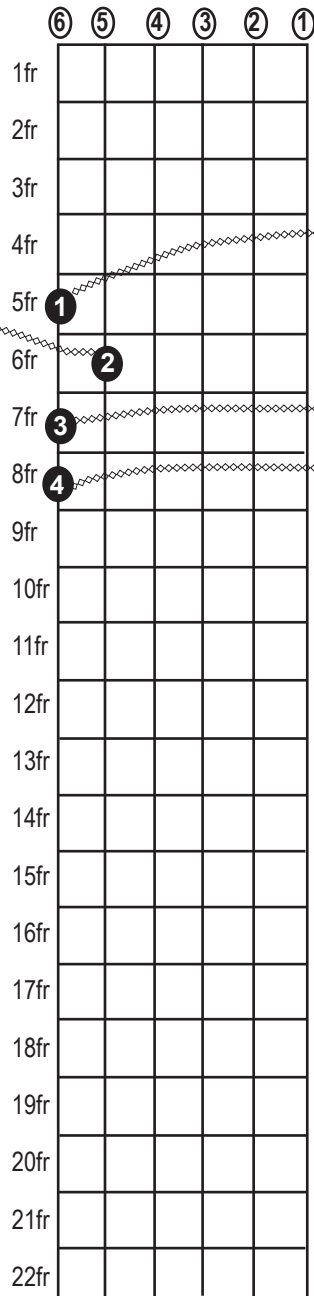
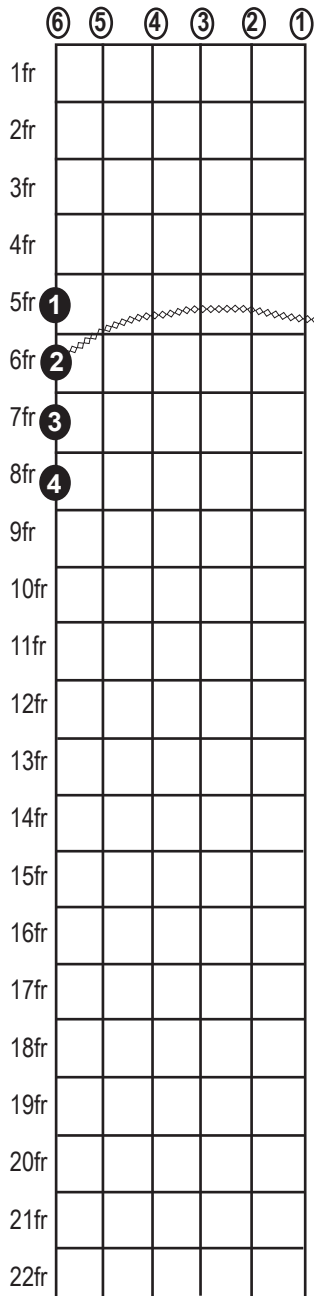
The diagram illustrates a spider exercise across four fretboards. Each fretboard has six strings labeled 1 to 6 at the top. The exercise pattern is as follows:

- Fretboard 1:** Starts at fret 5 on string 3 (marked 1), moves to fret 6 on string 2 (marked 2), then to fret 7 on string 3 (marked 3), and finally to fret 8 on string 4 (marked 4).
- Fretboard 2:** Starts at fret 6 on string 3 (marked 1), moves to fret 7 on string 2 (marked 2), then to fret 8 on string 3 (marked 3), and finally to fret 9 on string 4 (marked 4).
- Fretboard 3:** Starts at fret 7 on string 3 (marked 1), moves to fret 8 on string 2 (marked 2), then to fret 9 on string 3 (marked 3), and finally to fret 10 on string 4 (marked 4).
- Fretboard 4:** Starts at fret 8 on string 3 (marked 1), moves to fret 9 on string 2 (marked 2), then to fret 10 on string 3 (marked 3), and finally to fret 11 on string 4 (marked 4).

The fretboards are labeled from 1fr to 22fr on the left side. The exercise pattern is shown with dashed lines connecting the numbered points across the strings and frets.

5.26 - Spider Exercise (1[2]34) - (p11)

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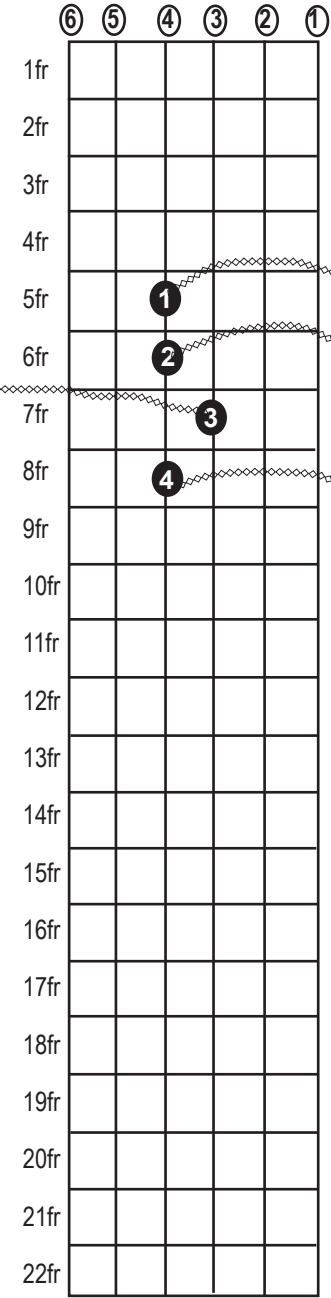
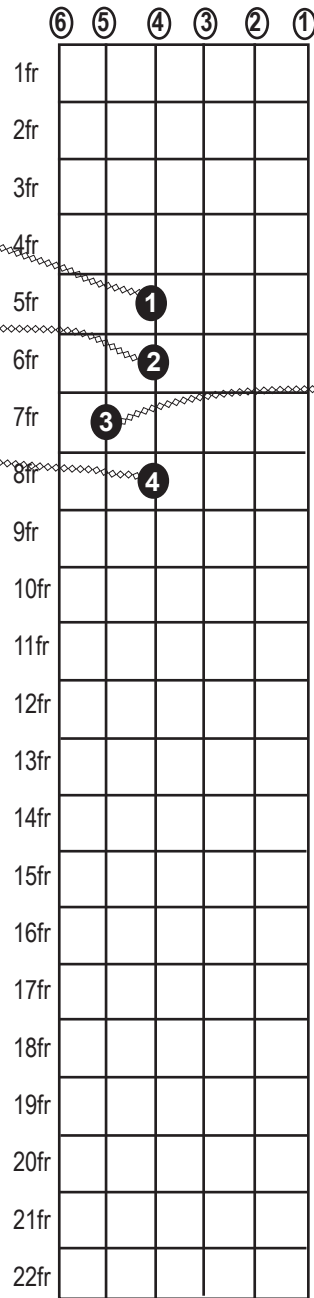
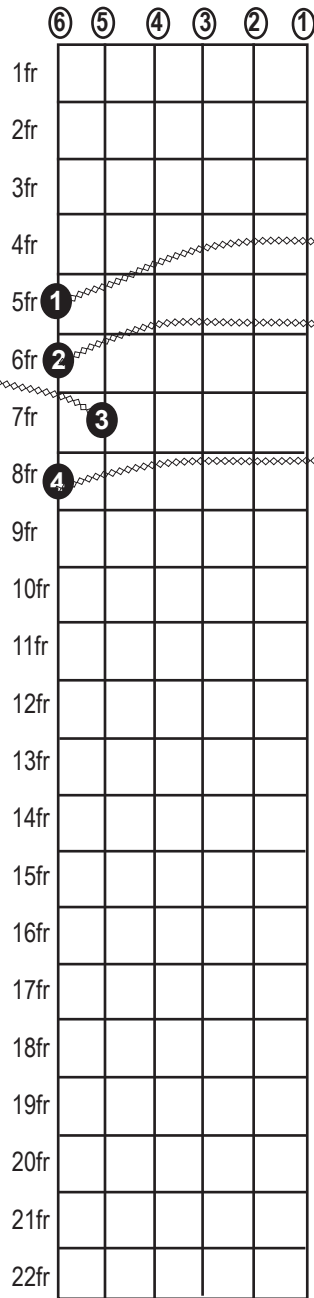
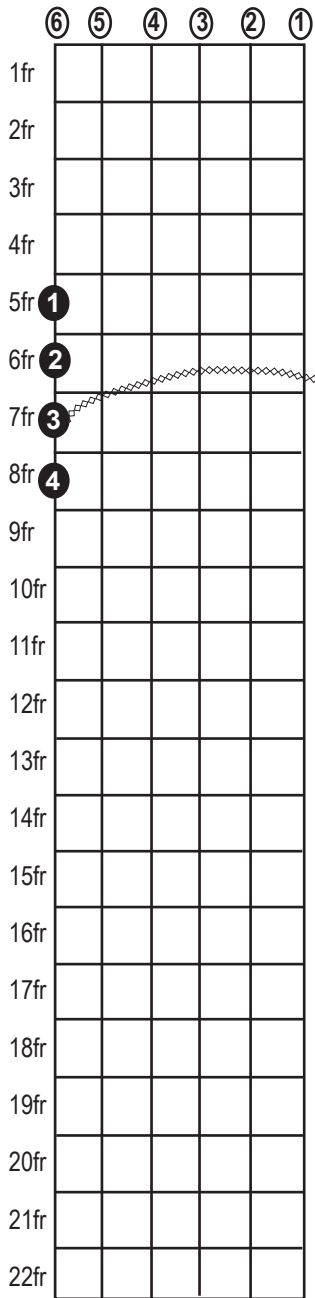
5.26 - Spider Exercise (123-4) - (p12)

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The diagram consists of four vertical fretboard grids, each with 22 frets (1fr to 22fr) and 6 strings (6 to 1). The first grid shows a sequence of notes: 5fr string 1 (1), 6fr string 2 (2), 7fr string 3 (3), and 8fr string 4 (4). The second grid shows the same sequence on strings 2-5. The third grid shows the sequence on strings 3-6, with a box around the notes on string 6. The fourth grid is empty.

5.27 - Spider Exercise (12[3]4) - (p13)

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5.27 - Spider Exercise (12[3]4) - (p14)

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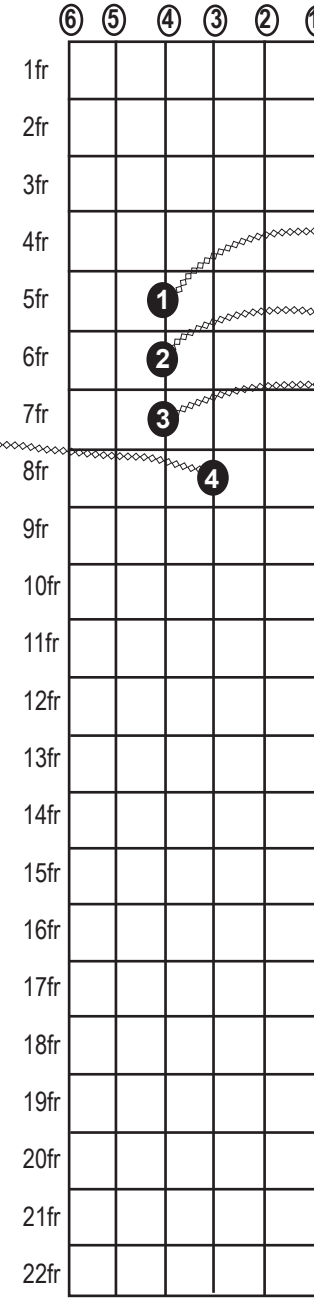
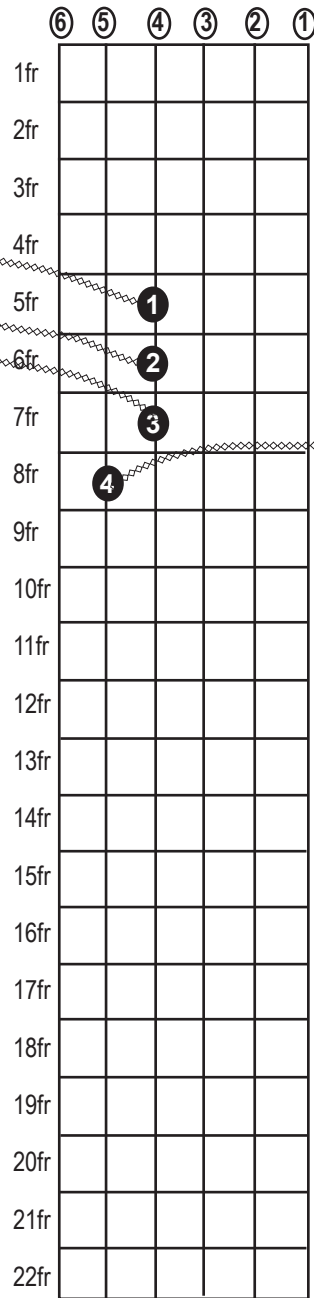
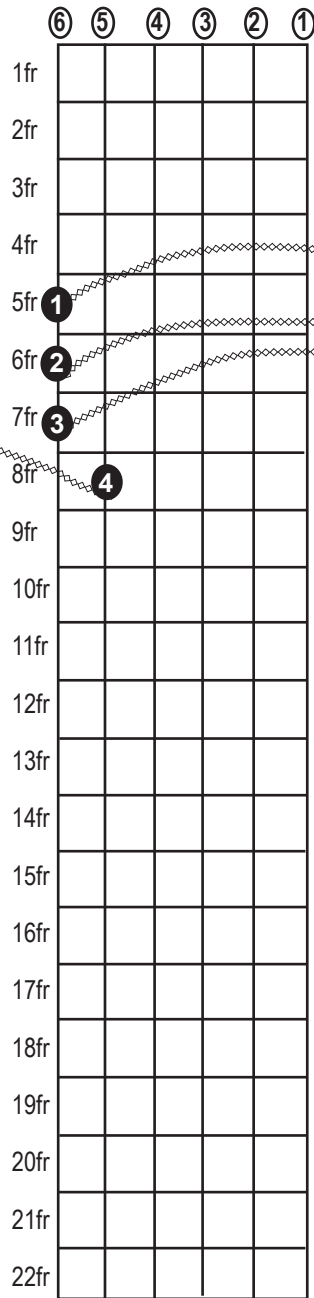
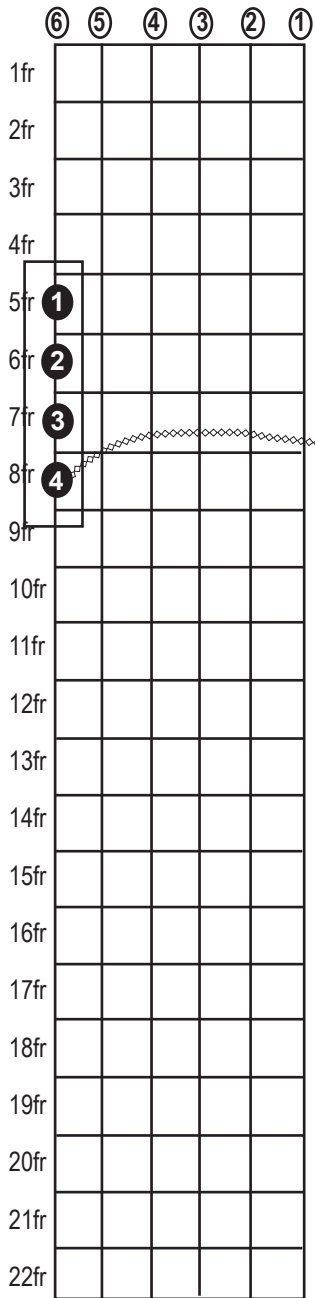
The exercise consists of four fretboard diagrams, each with 22 frets and strings 1-6. The fret numbers are listed on the left of each diagram. The string numbers (6, 5, 4, 3, 2, 1) are listed at the top of each diagram.

- Diagram 1:** Shows a sequence of notes: 1 (5fr, 2nd string), 2 (6fr, 3rd string), 3 (7fr, 4th string), 4 (8fr, 5th string).
- Diagram 2:** Shows a sequence of notes: 1 (5fr, 4th string), 2 (6fr, 5th string), 3 (7fr, 6th string), 4 (8fr, 1st string).
- Diagram 3:** Shows a sequence of notes: 1 (5fr, 5th string), 2 (6fr, 6th string), 3 (7fr, 1st string), 4 (8fr, 2nd string).
- Diagram 4:** An empty fretboard for practice.

Dotted lines connect the notes between diagrams to show the sequence progression. A box highlights the notes 1, 2, 3, and 4 in the third diagram.

5.28 - Spider Exercise (123[4]) - (p15)

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5.28 - Spider Exercise (123[4]) - (p16)

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The diagram consists of four vertical fretboard grids, each with 22 frets (1fr to 22fr) and 6 strings (6 to 1). The exercise pattern is shown on frets 5-8 of the first grid, frets 6-9 of the second, frets 7-10 of the third, and frets 8-11 of the fourth. The pattern is a sequence of four notes: 1 (circle), 2 (circle), 3 (circle), and 4 (circle). The notes are connected by a dashed line that moves up the fretboard in a zig-zag pattern. A box highlights the first four frets of the fourth grid.

5.29 - Spider Exercise (1[2]3) - (p17)

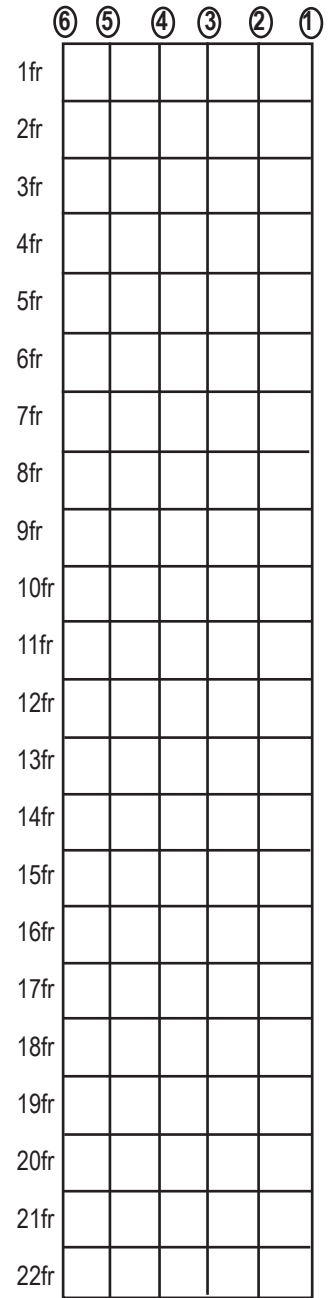
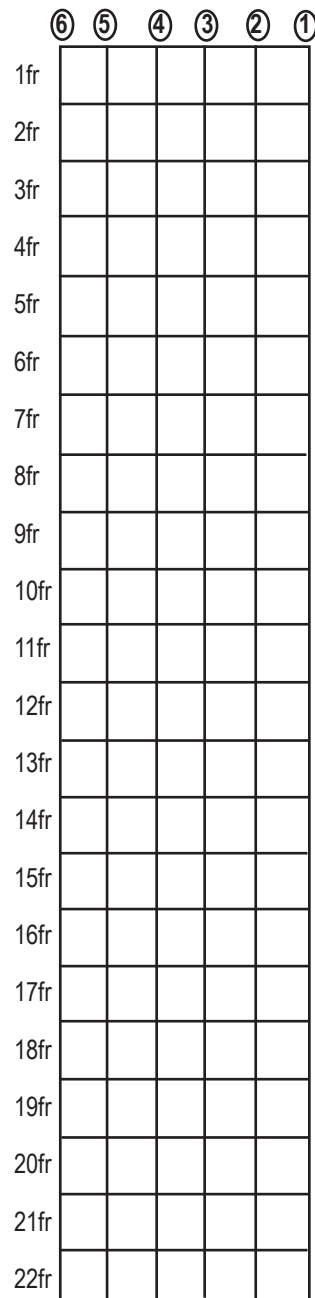
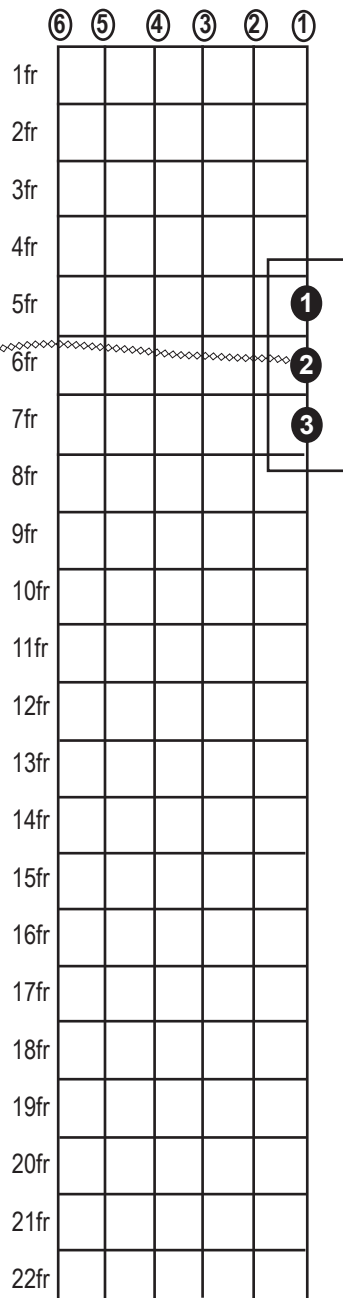
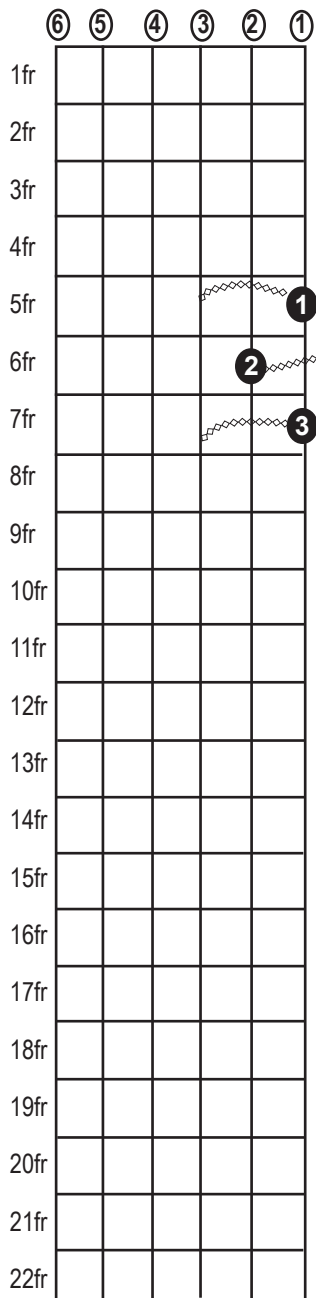
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The exercise is a spider exercise consisting of three notes: 1 (index), 2 (middle), and 3 (ring). The fretboard diagrams are as follows:

- Diagram 1 (Left):** Shows frets 1fr to 22fr. Frets 5, 6, and 7 are highlighted with boxes. Fret 5 is labeled with a circled '1', fret 6 with a circled '2', and fret 7 with a circled '3'. A dotted line indicates the path from fret 5 to 6 to 7.
- Diagram 2 (Second):** Shows frets 1fr to 22fr. Fret 5 is labeled with a circled '1', fret 6 with a circled '2', and fret 7 with a circled '3'. A dotted line shows the path from fret 5 to 6 to 7, then back to 5, 6, and 7.
- Diagram 3 (Third):** Shows frets 1fr to 22fr. Fret 5 is labeled with a circled '1', fret 6 with a circled '2', and fret 7 with a circled '3'. A dotted line shows the path from fret 5 to 6 to 7, then back to 5, 6, and 7, and finally to fret 4.
- Diagram 4 (Right):** Shows frets 1fr to 22fr. Fret 5 is labeled with a circled '1', fret 6 with a circled '2', and fret 7 with a circled '3'. A dotted line shows the path from fret 5 to 6 to 7, then back to 5, 6, and 7, and finally to fret 4, 5, 6, and 7.

5.29 - Spider Exercise (1[2]3) - (p18)

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5.30 - Spider Exercise (1[2]3) - (p19)

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The image displays four guitar fretboard diagrams, each representing a 22-fret neck with strings 1 through 6. The diagrams are arranged horizontally and labeled with fret numbers (1fr to 22fr) on the left and string numbers (1 to 6) at the top.

- Diagram 1 (Leftmost):** Shows a box spanning frets 4 to 8. Three numbered circles (1, 2, 3) are placed on the 5th, 6th, and 7th strings respectively, indicating the starting positions for the exercise.
- Diagram 2:** Shows a sequence of notes: 5fr 1, 6fr 2, and 7fr 3. A dotted line connects the 7fr 3 note to the 4fr 1 note of the second diagram.
- Diagram 3:** Shows a sequence of notes: 5fr 1, 6fr 2, and 7fr 3. A dotted line connects the 7fr 3 note to the 4fr 1 note of the second diagram.
- Diagram 4 (Rightmost):** Shows a sequence of notes: 5fr 1, 6fr 2, and 7fr 3. A dotted line connects the 7fr 3 note to the 4fr 1 note of the second diagram.

5.30 - Spider Exercise (1[2]3) - (p20)

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	⑥	⑤	④	③	②	①
1fr						
2fr						
3fr						
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5fr					①	
6fr					②	
7fr				③		
8fr						
9fr						
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14fr						
15fr						
16fr						
17fr						
18fr						
19fr						
20fr						
21fr						
22fr						

	⑥	⑤	④	③	②	①
1fr						
2fr						
3fr						
4fr						
5fr					①	
6fr					②	
7fr						③
8fr						
9fr						
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12fr						
13fr						
14fr						
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19fr						
20fr						
21fr						
22fr						

	⑥	⑤	④	③	②	①
1fr						
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4fr						
5fr						①
6fr						②
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22fr						

	⑥	⑤	④	③	②	①
1fr						
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3fr						
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5.31 - Spider Exercise ([1]2-3) - (p21)

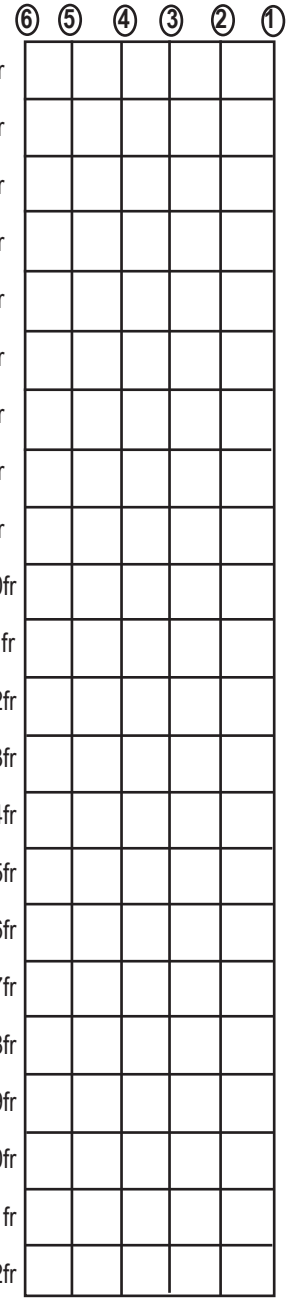
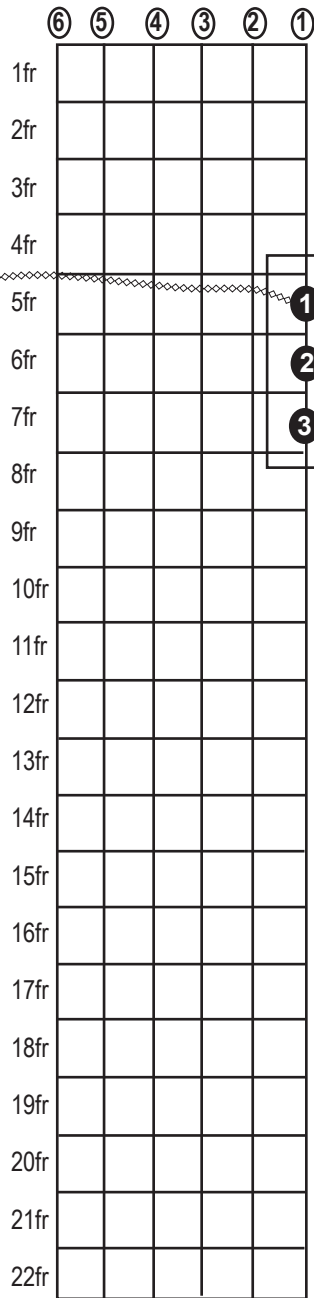
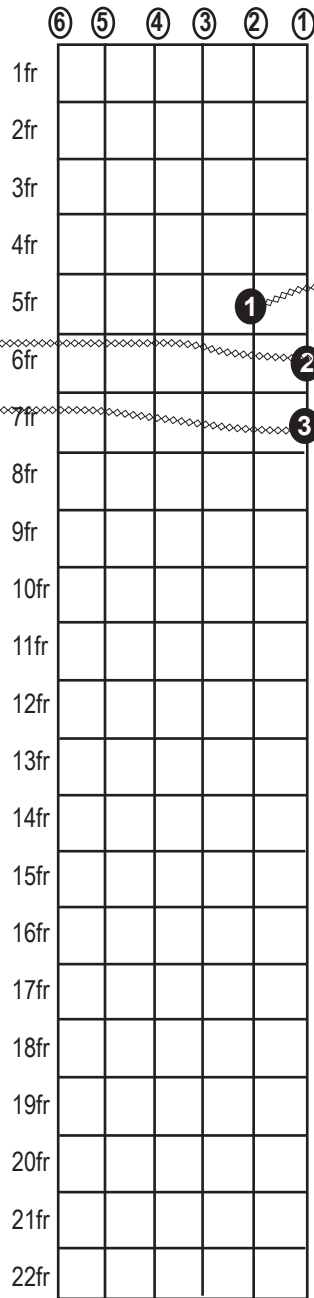
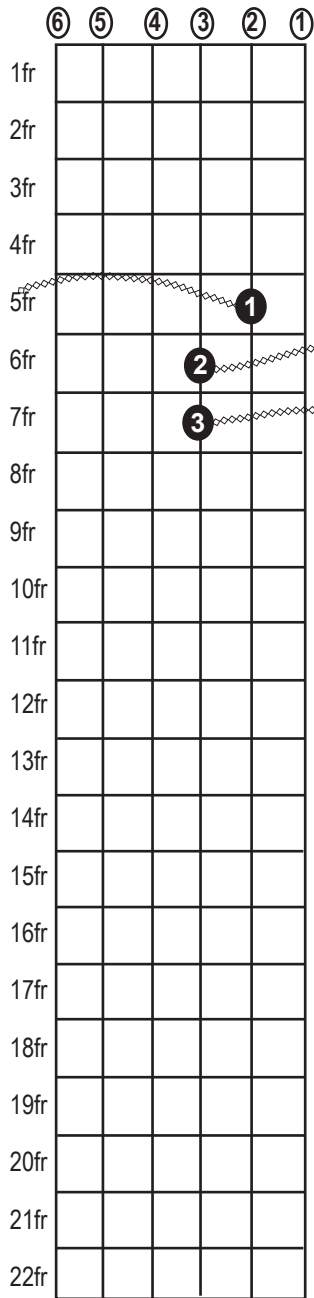
___ / ___ / ___

The diagram consists of four guitar fretboard grids, each with 22 frets (1fr to 22fr) and 6 strings (6 to 1). The frets are numbered 1 to 22 on the left side of each grid. The strings are numbered 6 to 1 at the top of each grid. The exercise is a spider exercise, where the fingers (1, 2, 3) move across the frets in a specific pattern.

- Diagram 1:** Shows a box on the 5th fret, spanning strings 6, 5, 4, 3, 2, and 1. A circled '1' is on the 5th fret, string 6.
- Diagram 2:** Shows a path starting at the 5th fret, string 6 (circled '1'), moving to the 6th fret, string 6 (circled '2'), and then to the 7th fret, string 6 (circled '3').
- Diagram 3:** Shows a path starting at the 6th fret, string 6 (circled '2'), moving to the 5th fret, string 6 (circled '1'), and then to the 7th fret, string 6 (circled '3').
- Diagram 4:** Shows a path starting at the 7th fret, string 6 (circled '3'), moving to the 5th fret, string 6 (circled '1'), then to the 6th fret, string 6 (circled '2'), and finally to the 7th fret, string 6 (circled '3').

5.31 - Spider Exercise ([1]2-3) - (p22)

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5.32 - Spider Exercise (2-[3]-4) - (p23)

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The diagram illustrates a spider exercise on a guitar fretboard. It consists of four sequential fretboard views, each with 6 strings (labeled 6, 5, 4, 3, 2, 1) and 22 frets (labeled 1fr to 22fr). The exercise starts at fret 6 on string 2. The sequence of notes is as follows:

- Diagram 1:** Shows the starting point at fret 6, string 2. A box highlights the strings 2, 3, and 4 at frets 6, 7, and 8.
- Diagram 2:** Shows the sequence moving to fret 7 on string 3, then fret 8 on string 4, and then back to fret 6 on string 2.
- Diagram 3:** Shows the sequence moving to fret 7 on string 3, then fret 8 on string 4, then back to fret 6 on string 2, and then to fret 5 on string 3.
- Diagram 4:** Shows the sequence moving to fret 7 on string 3, then fret 8 on string 4, then back to fret 6 on string 2, then to fret 5 on string 3, and finally to fret 4 on string 4.

Dotted lines with diamond markers connect the notes between diagrams, showing the zig-zagging path across the fretboard.

5.32 - Spider Exercise (2-[3]-4) - (p24)

___ / ___ / ___

	6	5	4	3	2	1
1fr						
2fr						
3fr						
4fr						
5fr						
6fr					2	
7fr			3			
8fr				4		
9fr						
10fr						
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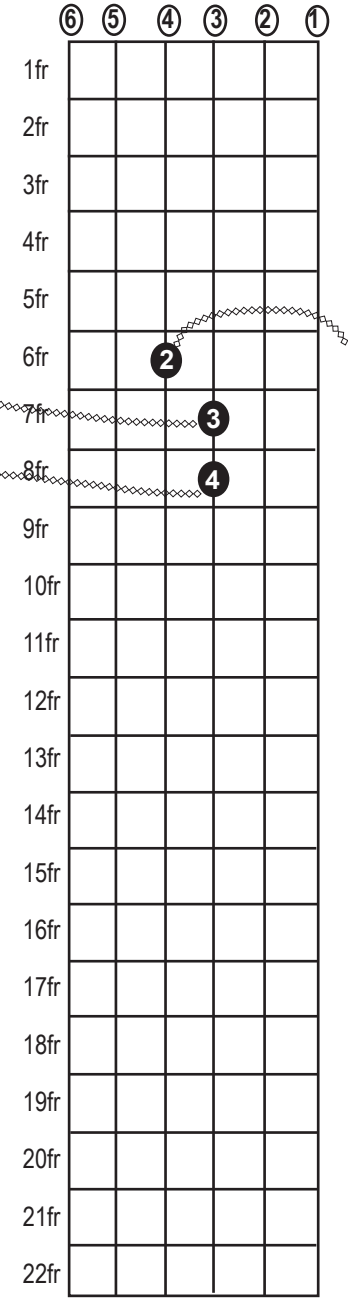
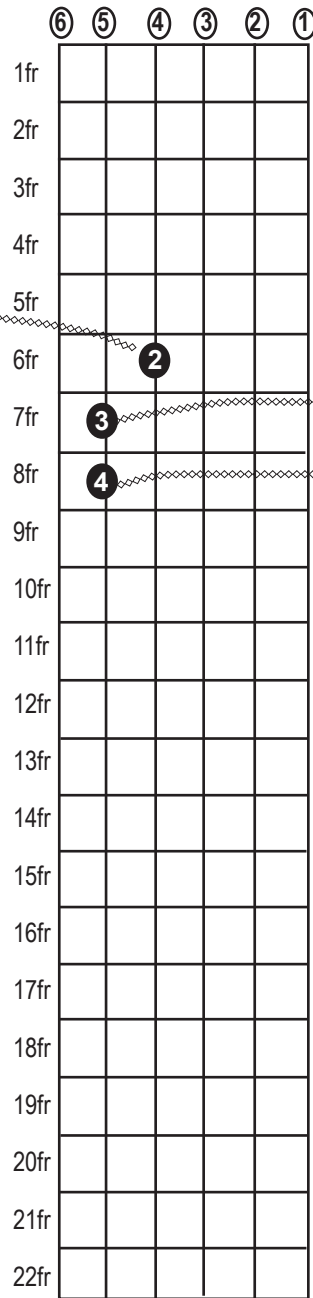
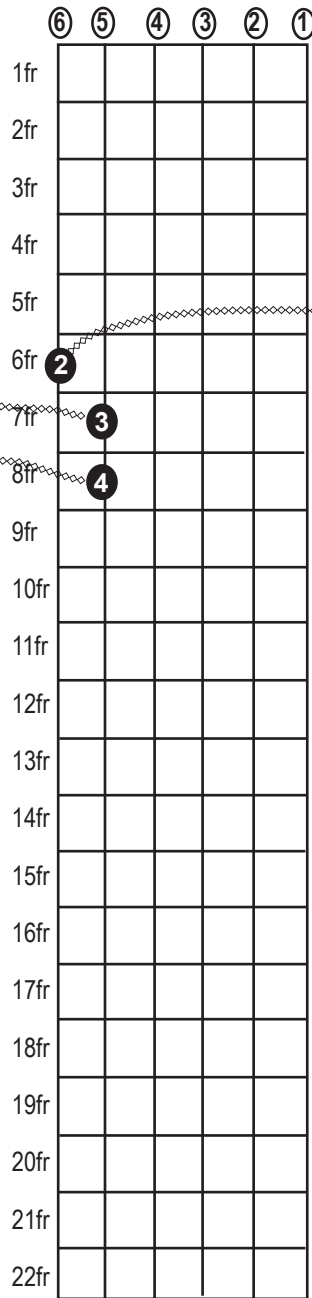
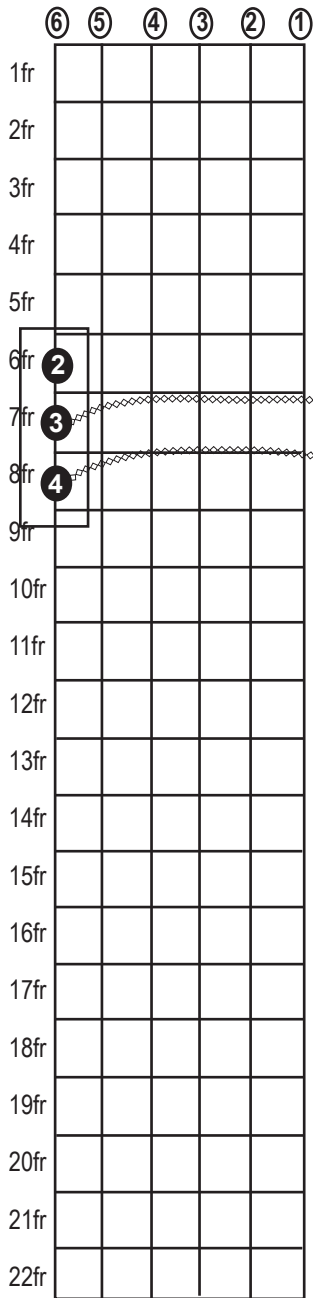
	6	5	4	3	2	1
1fr						
2fr						
3fr						
4fr						
5fr						
6fr					2	
7fr						3
8fr					4	
9fr						
10fr						
11fr						
12fr						
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22fr						

	6	5	4	3	2	1
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	6	5	4	3	2	1
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8fr						
9fr						
10fr						
11fr						
12fr						
13fr						
14fr						
15fr						
16fr						
17fr						
18fr						
19fr						
20fr						
21fr						
22fr						

5.33 - Spider Exercise ([2]-3-4) - (p25)

___ / ___ / ___



5.33 - Spider Exercise ([2]-3-4) - (p26)

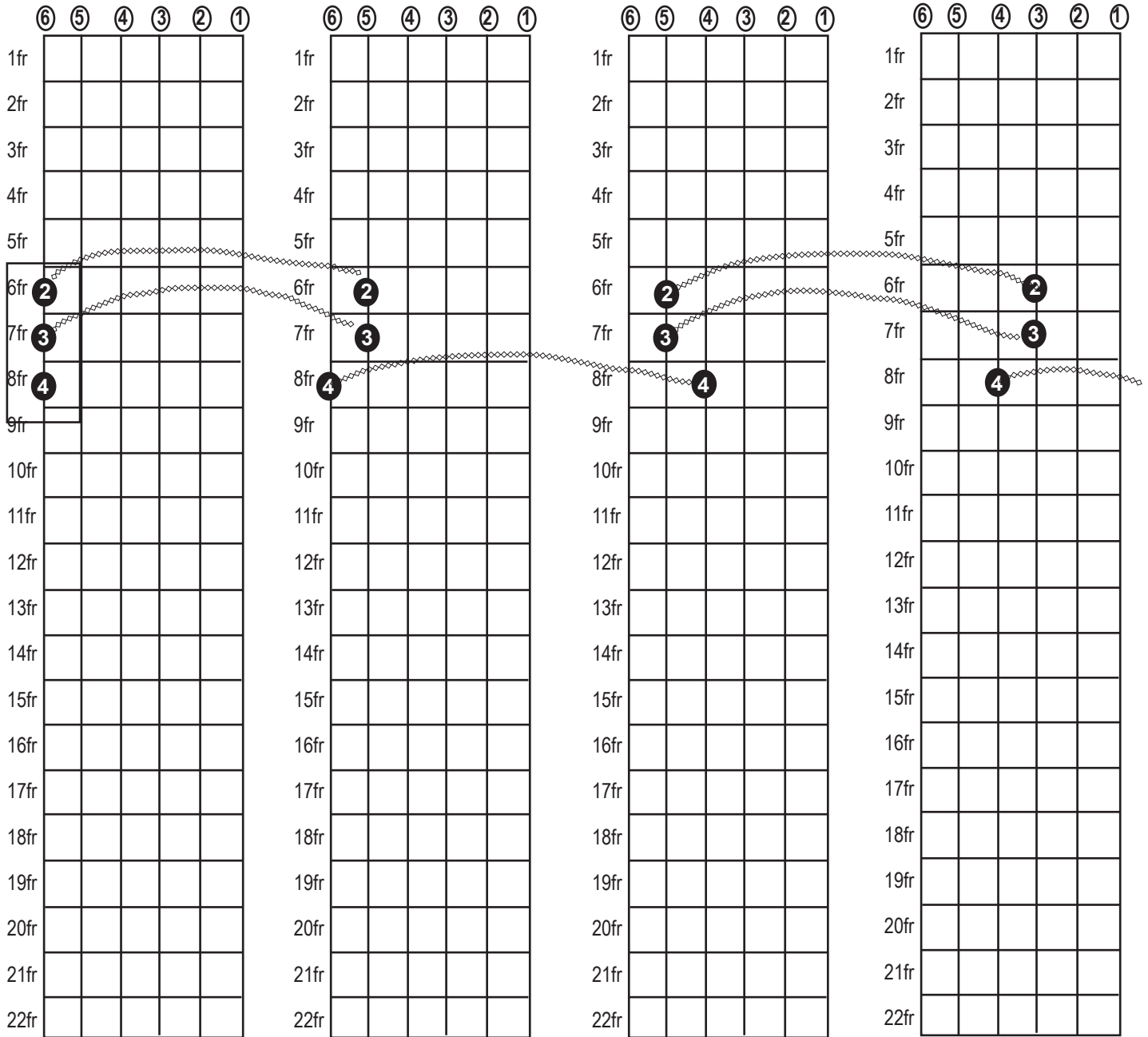
___ / ___ / ___

The image displays four guitar fretboard diagrams, each with 22 frets (1fr to 22fr) and six strings (6 to 1). The diagrams illustrate a spider exercise sequence across four fretboards.

- Diagram 1:** Shows a sequence of notes: 6fr (2), 7fr (3), 8fr (4), 6fr (2), 7fr (3), 8fr (4). The notes are connected by a dotted line.
- Diagram 2:** Shows a sequence of notes: 6fr (2), 7fr (3), 8fr (4), 6fr (2), 7fr (3), 8fr (4). The notes are connected by a dotted line.
- Diagram 3:** Shows a sequence of notes: 5fr (2), 6fr (3), 7fr (4), 6fr (2), 7fr (3), 8fr (4). The notes are connected by a dotted line.
- Diagram 4:** An empty fretboard diagram.

5.34 - Spider Exercise (2-3-[4]) - (p27)

___ / ___ / ___



5.34 - Spider Exercise (2-3-[4]) - (p28)

___ / ___ / ___

The image displays four guitar fretboard diagrams, each with 22 frets (1fr to 22fr) and six strings (6 to 1). The diagrams illustrate a spider exercise sequence across four measures:

- Measure 1:** Notes are placed on fret 3 of strings 2, 3, and 4. The notes are labeled 2, 3, and 4 respectively.
- Measure 2:** Notes are placed on fret 2 of strings 2, 3, and 4. The notes are labeled 2, 3, and 4 respectively.
- Measure 3:** Notes are placed on fret 2 of strings 2, 3, and 4. The notes are labeled 2, 3, and 4 respectively.
- Measure 4:** The fretboard is empty.

Dotted lines indicate the movement of notes between measures: from fret 3 to fret 2 on strings 2, 3, and 4, and from fret 2 to fret 2 on strings 2, 3, and 4.

5.35 - Spider Exercise (1-[2]-4) - (p29)

___ / ___ / ___

The image displays four guitar fretboard diagrams, each representing a 22-fret neck with strings 1 through 6. The diagrams are arranged in a row, with fret numbers (1fr to 22fr) on the left and string numbers (1 to 6) at the top. The first diagram shows a box around frets 5, 6, and 8 on strings 1, 2, and 4. The second diagram shows a path starting at fret 5 on string 1, moving to fret 6 on string 2, then to fret 8 on string 4, and back to fret 5 on string 1. The third diagram shows a path starting at fret 5 on string 1, moving to fret 6 on string 2, then to fret 8 on string 4, and back to fret 5 on string 1. The fourth diagram shows a path starting at fret 5 on string 1, moving to fret 6 on string 2, then to fret 8 on string 4, and back to fret 5 on string 1.

5.35 - Spider Exercise (1-[2]-4) - (p30)

___ / ___ / ___

The exercise consists of four fretboard diagrams, each with 22 frets and strings 1-6. The fret numbers are listed on the left of each diagram, and string numbers are listed at the top.

- Diagram 1:** Shows a sequence of notes: 5fr 6th (1), 6fr 4th (2), 8fr 5th (4).
- Diagram 2:** Shows a sequence of notes: 5fr 2nd (1), 6fr 3rd (2), 8fr 4th (4).
- Diagram 3:** Shows a sequence of notes: 4fr 6th (1), 5fr 5th (2), 7fr 4th (4).
- Diagram 4:** An empty fretboard for practice.

5.36 - Spider Exercise (1-2-[4]) - (p31)

___ / ___ / ___

The exercise is divided into four stages, each on a 22-fret, 6-string fretboard. The strings are numbered 6 (top) to 1 (bottom).

- Stage 1:** Starts at fret 5, string 6 (finger 1). Moves to fret 6, string 5 (finger 2). Then to fret 8, string 4 (finger 4).
- Stage 2:** Starts at fret 5, string 6 (finger 1). Moves to fret 6, string 5 (finger 2). Then to fret 8, string 4 (finger 4).
- Stage 3:** Starts at fret 5, string 6 (finger 1). Moves to fret 6, string 5 (finger 2). Then to fret 8, string 4 (finger 4).
- Stage 4:** Starts at fret 5, string 6 (finger 1). Moves to fret 6, string 5 (finger 2). Then to fret 8, string 4 (finger 4).

5.36 - Spider Exercise (1-2-[4]) - (p32)

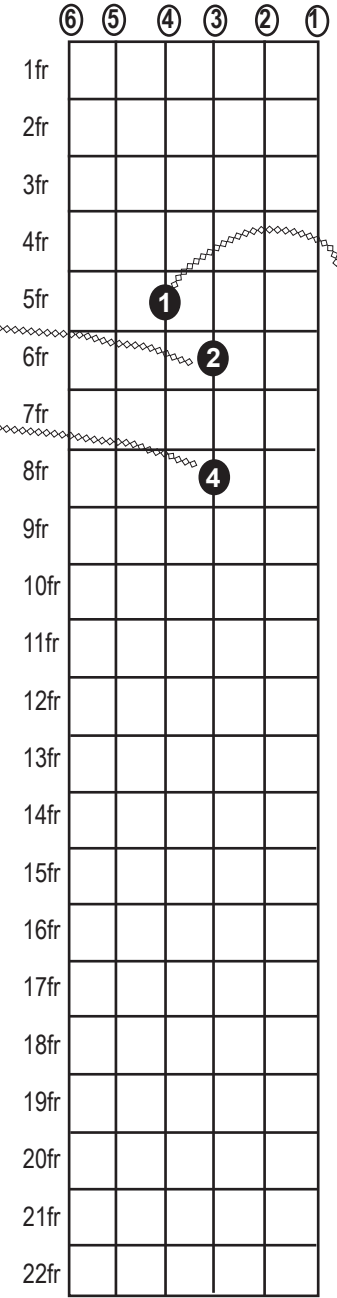
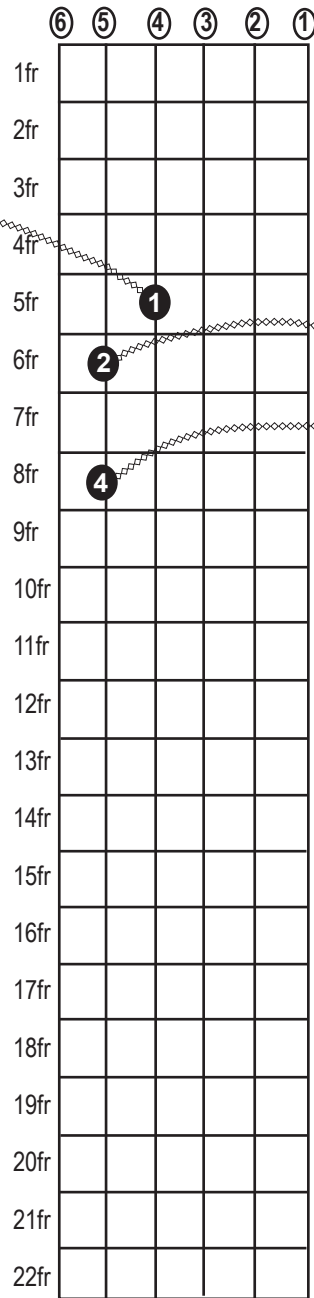
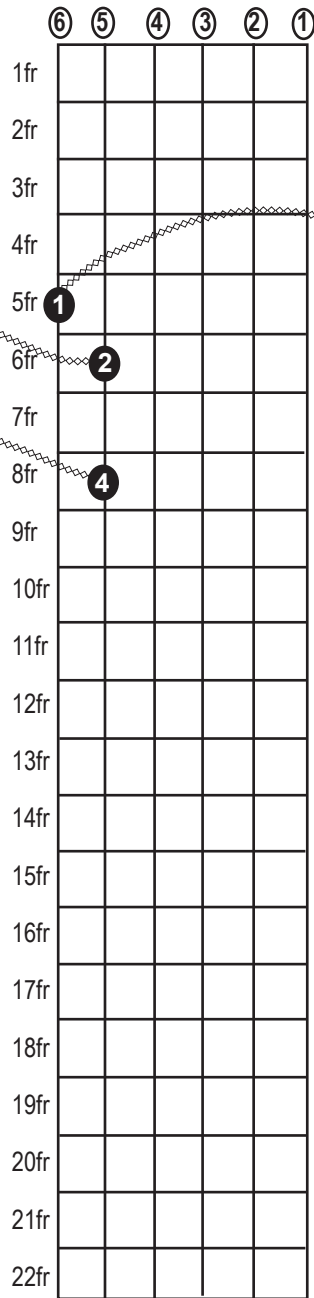
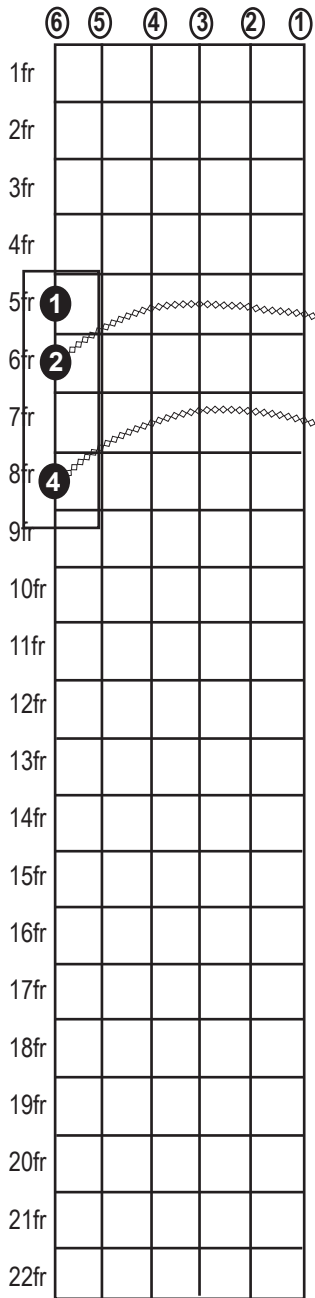
___ / ___ / ___

The exercise consists of four fretboard diagrams, each with 22 frets (1fr to 22fr) and 6 strings (6 to 1). The diagrams illustrate a spider exercise pattern across strings 1, 2, and 4.

- Diagram 1:** Shows a path starting at fret 5 on string 1, moving to fret 2 on string 2, and then to fret 4 on string 4. Circled numbers 1, 2, and 4 are placed at these positions.
- Diagram 2:** Shows a path starting at fret 2 on string 1, moving to fret 5 on string 2, and then to fret 4 on string 4. Circled numbers 1, 2, and 4 are placed at these positions.
- Diagram 3:** Shows a path starting at fret 4 on string 1, moving to fret 2 on string 2, and then to fret 5 on string 4. Circled numbers 1, 2, and 4 are placed at these positions.
- Diagram 4:** Shows a path starting at fret 2 on string 1, moving to fret 5 on string 2, and then to fret 4 on string 4. Circled numbers 1, 2, and 4 are placed at these positions.

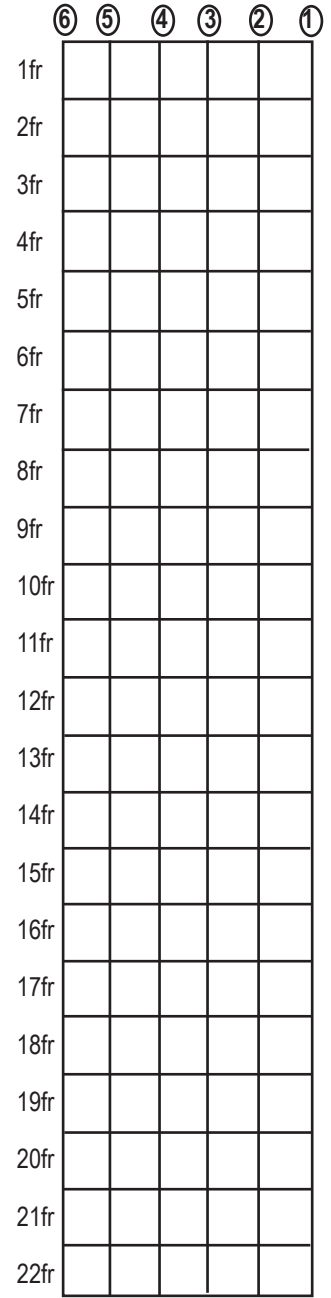
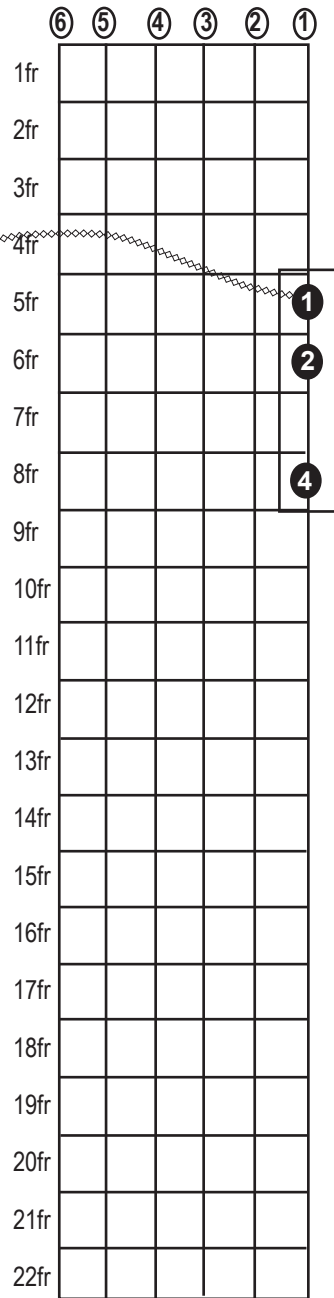
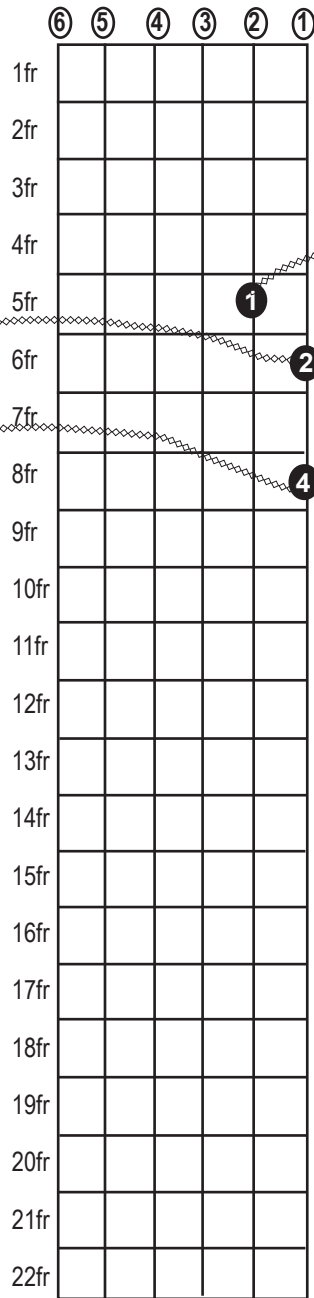
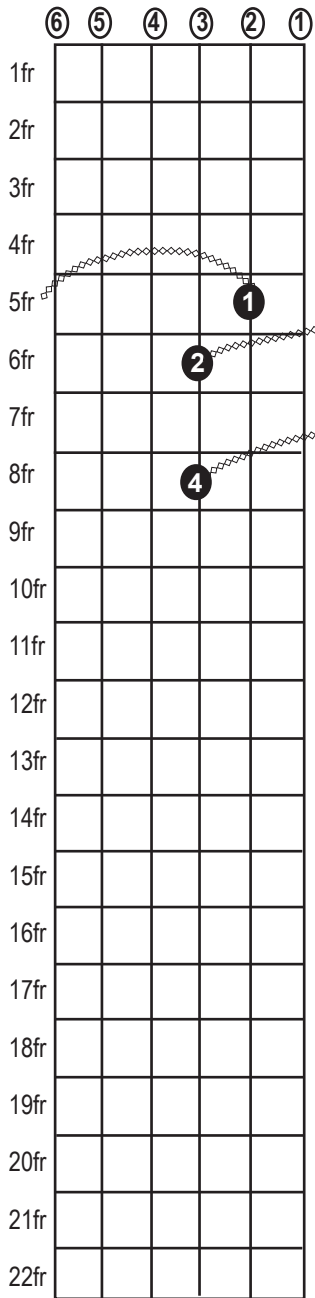
5.37 - Spider Exercise ([1]-2-4) - (p33)

___ / ___ / ___



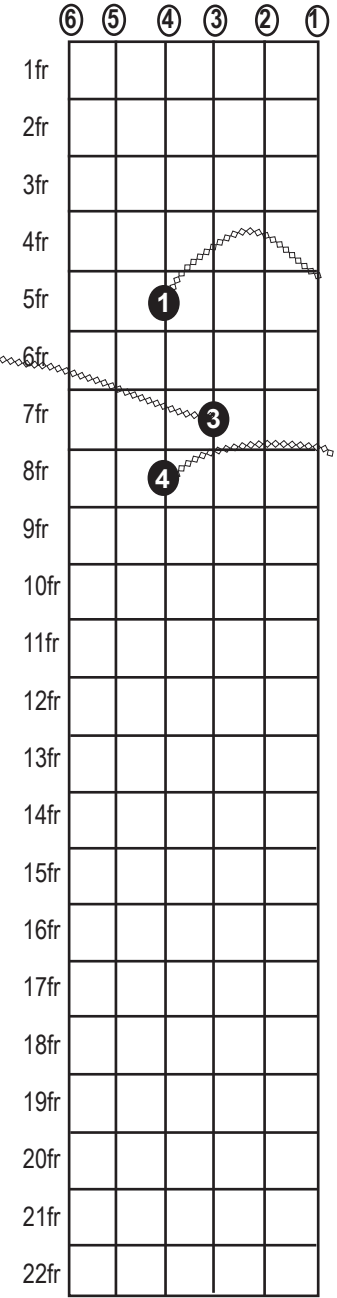
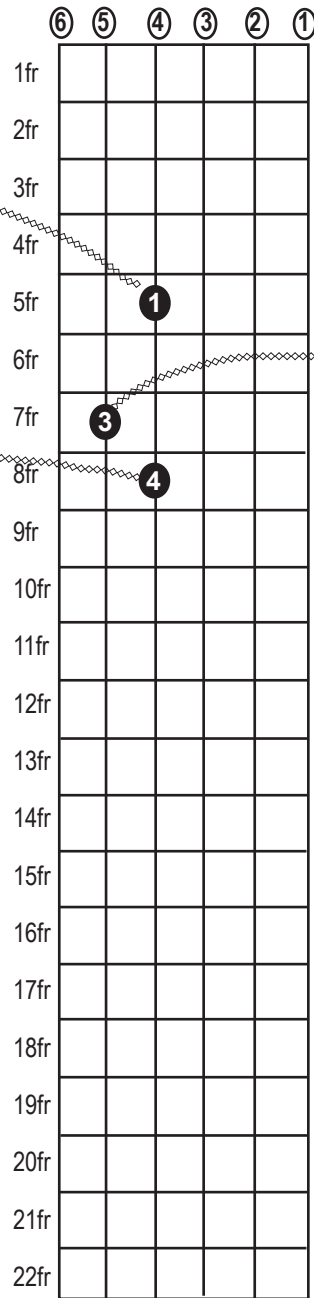
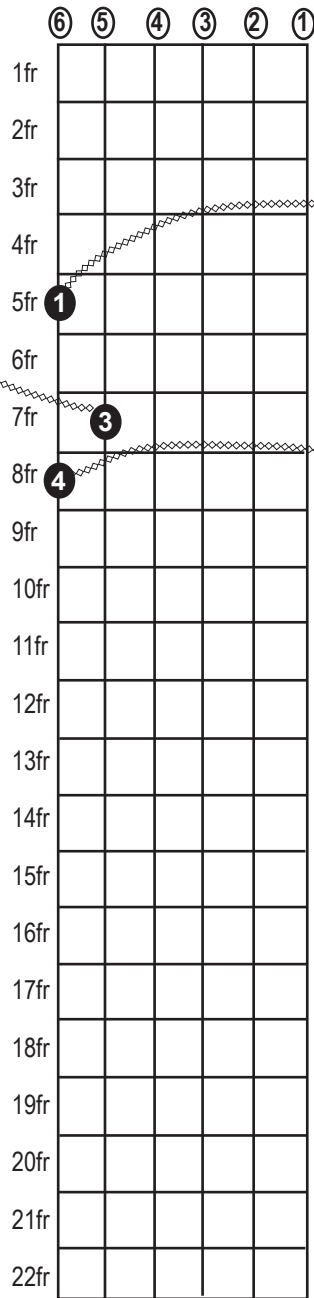
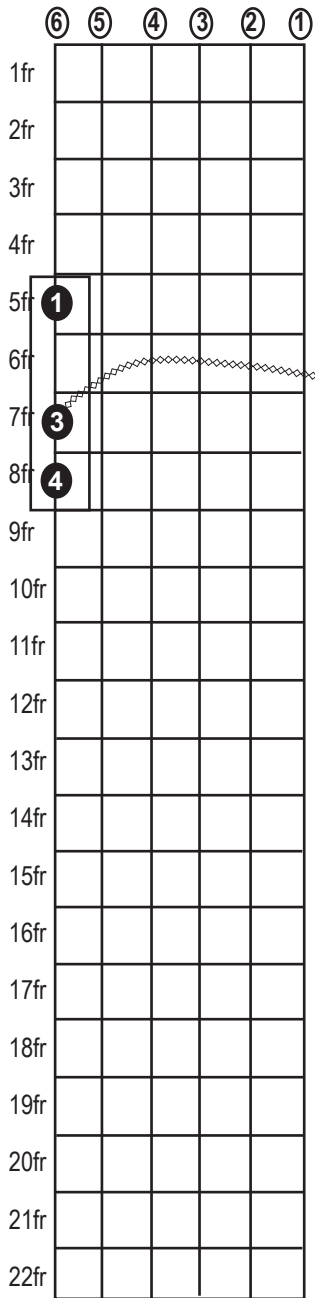
5.37 - Spider Exercise ([1]-2-4) - (p34)

___ / ___ / ___



5.38 - Spider Exercise (1-[3]-4) - (p35)

___ / ___ / ___



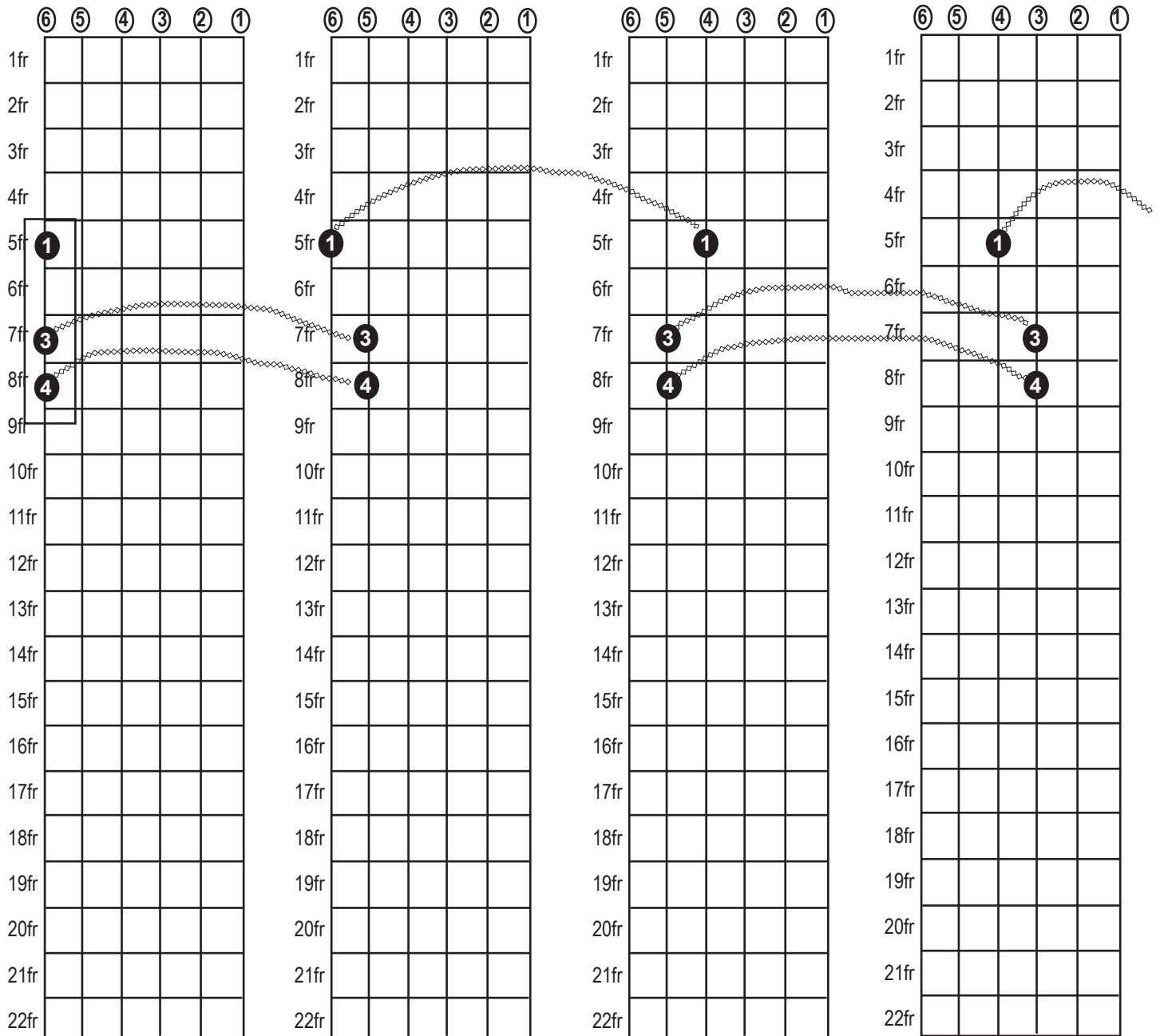
5.38 - Spider Exercise (1-[3]-4) - (p36)

___ / ___ / ___

The diagram illustrates a spider exercise across four fretboards. Each fretboard is labeled with strings 6, 5, 4, 3, 2, 1 at the top and frets 1fr through 22fr on the left. The exercise path is shown as a series of connected zig-zag lines between frets on adjacent strings. The path starts at fret 4 on string 1, moves to fret 5 on string 2, then to fret 3 on string 3, and finally to fret 4 on string 4. This sequence is repeated across four fretboards, with the path shifting up the neck. The first fretboard shows the path from fret 4 to 5 to 3 to 4. The second fretboard shows the path from fret 5 to 6 to 4 to 5. The third fretboard shows the path from fret 6 to 7 to 5 to 6. The fourth fretboard shows the path from fret 7 to 8 to 6 to 7. Circled numbers 1, 2, 3, and 4 indicate the fret positions for each string in the sequence.

5.39 - Spider Exercise (1-[34]) - (p37)

___ / ___ / ___



5.39 - Spider Exercise (1-[34]) - (p38)

___ / ___ / ___

The image displays four guitar fretboard diagrams, each with strings labeled 1 through 6 at the top and frets labeled 1fr through 22fr on the left. The diagrams illustrate a spider exercise path:

- Diagram 1:** Shows a path starting at fret 1 on string 2 (marked with a circled 1), moving to fret 3 on string 3 (marked with a circled 3), then to fret 4 on string 4 (marked with a circled 4), and finally to fret 5 on string 5 (marked with a circled 5).
- Diagram 2:** Shows a path starting at fret 1 on string 2 (marked with a circled 1), moving to fret 3 on string 3 (marked with a circled 3), then to fret 4 on string 4 (marked with a circled 4), and finally to fret 5 on string 5 (marked with a circled 5).
- Diagram 3:** Shows a path starting at fret 1 on string 2 (marked with a circled 1), moving to fret 3 on string 3 (marked with a circled 3), then to fret 4 on string 4 (marked with a circled 4), and finally to fret 5 on string 5 (marked with a circled 5).
- Diagram 4:** An empty fretboard diagram for practice.

5.40 - Spider Exercise (1-3[4]) - (p39)

___ / ___ / ___

The exercise consists of four diagrams, each showing a fretboard from 1st to 22nd fret and 1st to 6th string. The diagrams are numbered 1, 2, 3, and 4, corresponding to the exercise steps.

- Diagram 1:** Shows a sequence of notes starting at fret 4, string 6 (note 1), moving to fret 5, string 5 (note 2), then to fret 7, string 3 (note 3), and finally to fret 8, string 4 (note 4). A dotted line connects these notes in a zig-zag pattern.
- Diagram 2:** Shows the sequence starting at fret 5, string 5 (note 1), moving to fret 7, string 3 (note 3), and finally to fret 8, string 4 (note 4).
- Diagram 3:** Shows the sequence starting at fret 5, string 5 (note 1), moving to fret 7, string 3 (note 3), and finally to fret 8, string 4 (note 4).
- Diagram 4:** Shows the sequence starting at fret 4, string 6 (note 1), moving to fret 5, string 5 (note 2), then to fret 7, string 3 (note 3), and finally to fret 8, string 4 (note 4).

5.40 - Spider Exercise (1-3[4]) - (p40)

___ / ___ / ___

The exercise consists of four fretboard diagrams, each with 22 frets and 6 strings. The strings are numbered 1 to 6 from top to bottom. The frets are numbered 1fr to 22fr from top to bottom. The diagrams show a sequence of notes connected by a dotted line, with some notes circled in black. The first diagram shows a sequence of notes: 1 (3rd fret, 3rd string), 3 (7th fret, 3rd string), 4 (8th fret, 2nd string), 1 (5th fret, 1st string), 3 (7th fret, 3rd string), 4 (8th fret, 2nd string), 1 (5th fret, 1st string). The second diagram shows: 1 (5th fret, 1st string), 3 (7th fret, 3rd string), 4 (8th fret, 2nd string), 1 (5th fret, 1st string). The third diagram shows: 1 (5th fret, 1st string), 3 (7th fret, 3rd string), 4 (8th fret, 2nd string), 1 (5th fret, 1st string). The fourth diagram is empty.