

BASS ISOMETRICS

A technical exercise to strengthen the left hand and improve finger independence.

● = FINGER STAYS ON FRET

○ = FINGER HAMMERS ON

Start with fingers ○ off the fingerboard, pluck D string and hammer on, then pluck G string and hammer on. After this initial sequence, only 1 finger should be off the fingerboard at a time. Practice slowly, focussing on a clear sound and a steady tempo

