

100 Strumming Exercises

These exercises ARE about chord changes. Here we will have a four chord progression. After a few of the same progressions in each series of exercises we will change the chord progression around a little. The tempo has also increased from 80 bpm to 120 bpm.

Exercises 51-75

Exercise 51 (Am – F – G – C)

Am: x02033 (Fingerings: 1 on 4th, 2 on 2nd, 3 on 3rd; Strumming: III, V)

F: x33211 (Fingerings: 1 on 1st, 2 on 2nd, 3 on 3rd, 4 on 4th; Strumming: III, V)

G: 320033 (Fingerings: 1 on 2nd, 2 on 3rd, 3 on 5th, 4 on 6th; Strumming: III, V)

C: x32010 (Fingerings: 1 on 4th, 2 on 2nd, 3 on 3rd; Strumming: III, V)

1 e + a 2 e + a 3 e + a 4 e + a

Exercise 52 (Am – F – G – C)

1 e + a 2 e + a 3 e + a 4 e + a

Exercise 53 (Am – F – G – C)

1 e + a 2 e + a 3 e + a 4 e + a

Exercise 54 (Am – F – G – C)

1 e + a 2 e + a 3 e + a 4 e + a

Exercise 55 (Am – F – G – C)

Exercise 56 (Em – D – C – F)

Em D D C

E B E G B E A D A D F# A D A D F# E C E G C E

OR

F

F C F A C F

Exercise 57 (Em – D – C – F)

Exercise 58 (Em – D – C – F)

Exercise 59 (Em – D – C – F)

Exercise 60 (Em – D – C – F)

Exercise 61 (C#m – B – E - A)

Exercise 62 (C#m – B – E - A)

Exercise 63 (C#m – B – E - A)

Exercise 64 (C#m – B – E - A)

1 e + a 2 e + a 3 e + a 4 e + a

Exercise 65 (C#m – B – E - A)

1 e + a 2 e + a 3 e + a 4 e + a

Exercise 66 (B – E – A - D)

B E A D

F# B F# B E♭ F# E B E A♭ B E E A E A C# E A D A D F#

OR

D

A D A D F#

1 e + a 2 e + a 3 e + a 4 e + a

Exercise 67 (B – E – A - D)

1 e + a 2 e + a 3 e + a 4 e + a

Exercise 68 (B – E – A - D)

1 e + a 2 e + a 3 e + a 4 e + a

Exercise 69 (B – E – A - D)

1 e + a 2 e + a 3 e + a 4 e + a

Exercise 70 (B – E – A - D)

1 e + a 2 e + a 3 e + a 4 e + a

Exercise 71 (Am – F – G - F)

Am F G

E A E A C E F C F A C F G B D G B G

1 e + a 2 e + a 3 e + a 4 e + a

Exercise 72 (Am – F – G - F)

1 e + a 2 e + a 3 e + a 4 e + a

Exercise 73 (Am – F – G - F)

1 e + a 2 e + a 3 e + a 4 e + a

Exercise 74 (Am – F – G – F)

1 e + a 2 e + a 3 e + a 4 e + a

Exercise 75 (Am – F – G – F)

1 e + a 2 e + a 3 e + a 4 e + a