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)

Exercise 52 (Am – F – G – C)

Exercise 53 (Am – F – G – C)
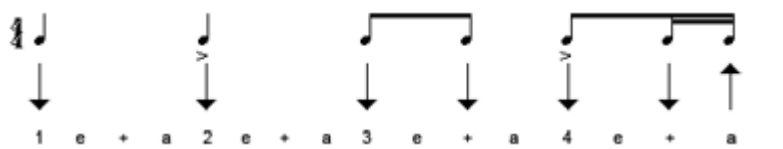

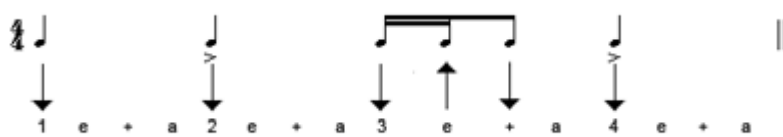Exercise 54 (Am – F – G – C)

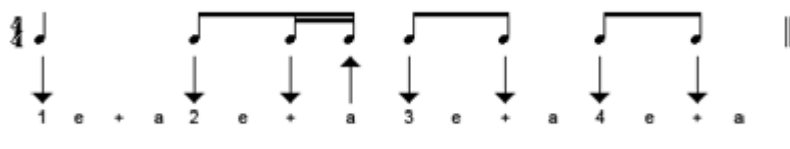Exercise 55 (Am – F – G – C)

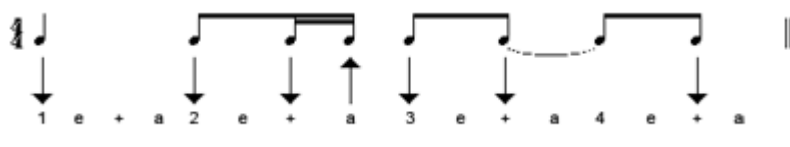Exercise 56 (Em – D – C – F)

OR
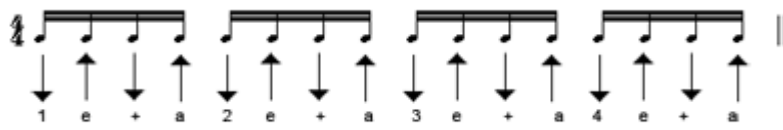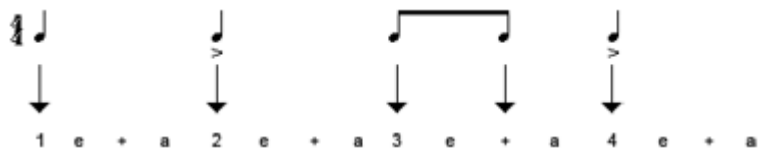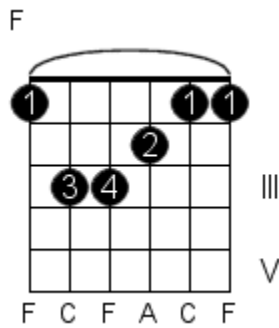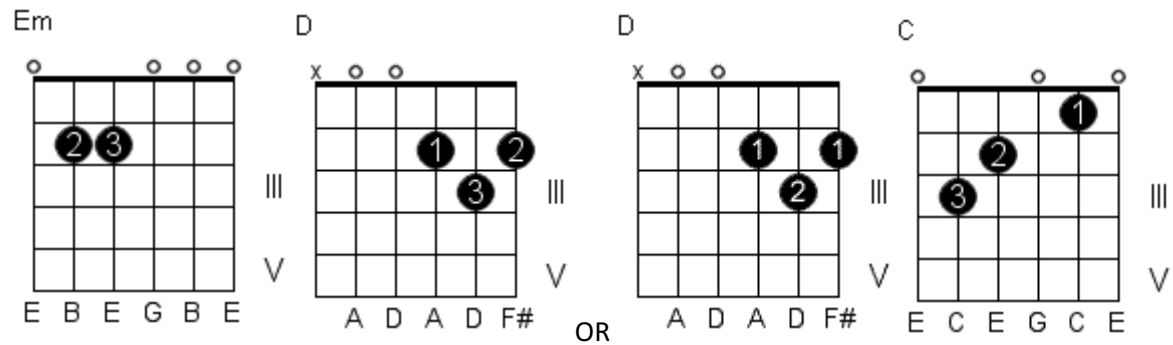
Exercise 57 (Em – D – C – F)

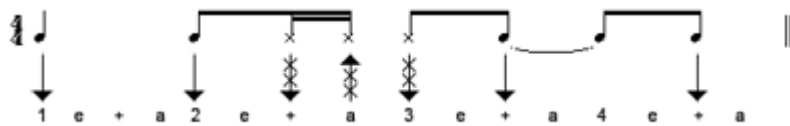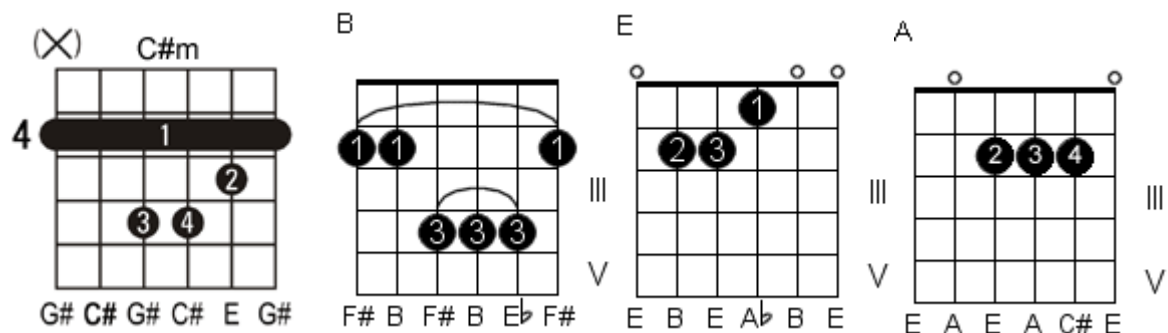Exercise 58 (Em – D – C – F)
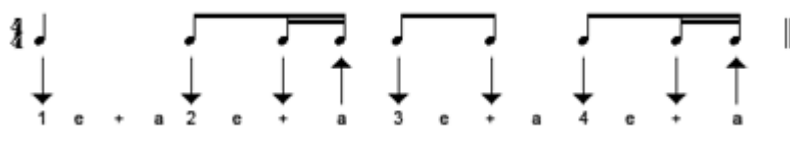
Exercise 59 (Em – D – C – F)
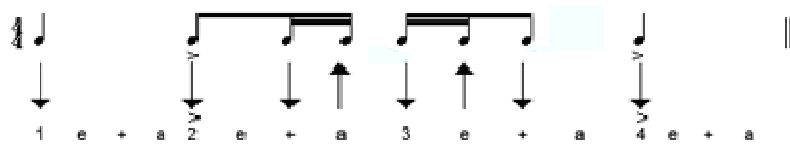

Exercise 60 (Em – D – C – F)

Exercise 61 (C#m – B – E - A)

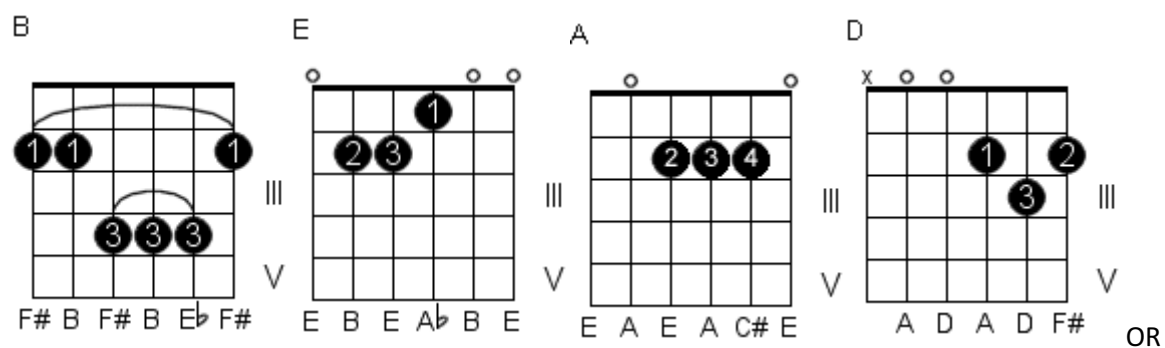Exercise 62 (C#m – B – E - A)

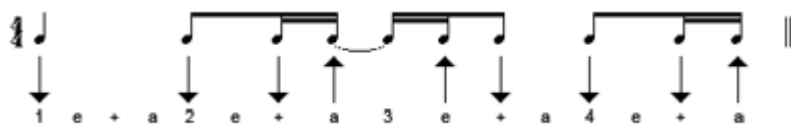Exercise 63 (C#m – B – E - A)

Exercise 64 (C#m – B – E - A)

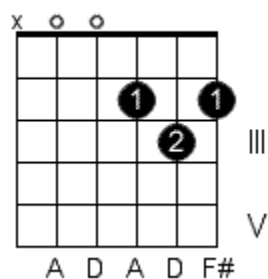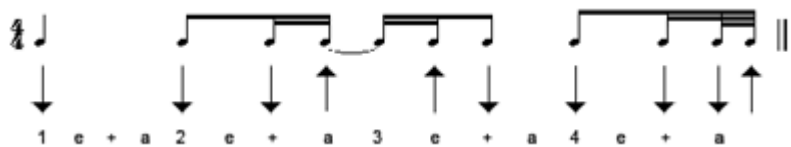Exercise 65 (C#m – B – E - A)

Exercise 66 (B – E – A - D)

B   E   A   D

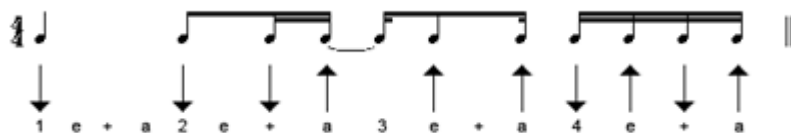F# B F# B Eb F#   E B E Ab B E   E A E A C# E   A D A D F#   OR
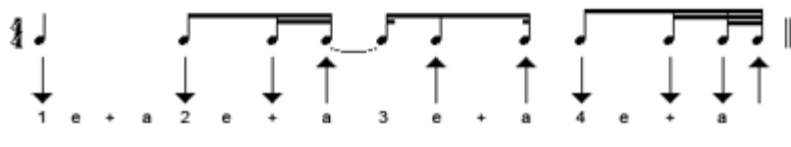
D

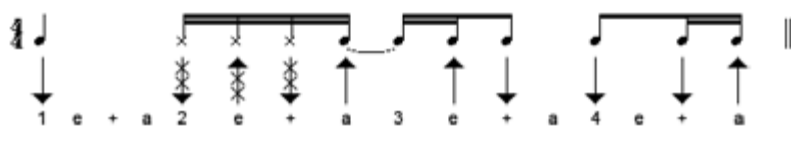A D A D F#

Exercise 67 (B – E – A - D)

Exercise 68 (B – E – A - D)

Exercise 69 (B – E – A - D)
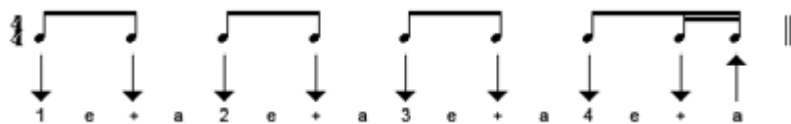
Exercise 70 (B – E – A - D)

Exercise 71 (Am – F – G - F)

Am

F

G

III

V

E A E A C E

III

V

F C F A C F
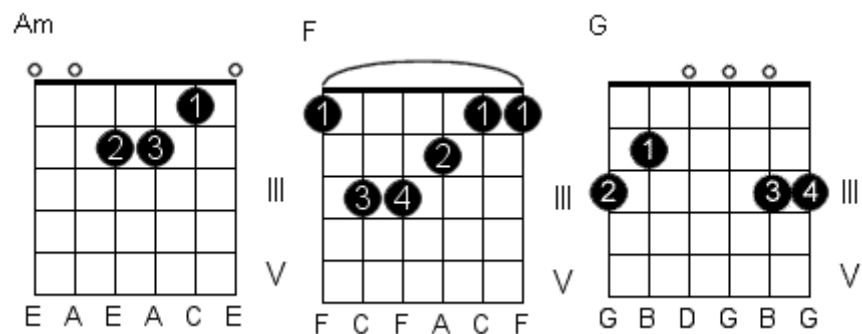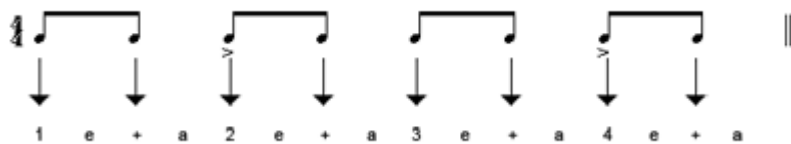
III

V

G B D G B G

Exercise 72 (Am – F – G - F)

Exercise 73 (Am – F – G - F)

Exercise 74 (Am – F – G - F)

Exercise 75 (Am – F – G - F)