

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 is still 120 bpm.

Exercises 76-100

Exercise 76 (Dm – C – Bb - F)

Dm **C** **Bb** **F**
 x 0 0 2 3 1 0 0 2 3 1 0 1 1 2 3 4 1 2 3 4
 III III III III
 V V V V
 A D A D F E C E G C E F Bb F Bb D F F C F A C F

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

Exercise 77 (Dm – C – Bb - F)

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

Exercise 78 (Dm – C – Bb - F)

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

Exercise 79 (Dm – C – Bb - F)

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

Exercise 80 (Dm – C – Bb - F)

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

Exercise 81 (G – C – D - A)

G C D D

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

OR

A

E A E A C# E

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

Exercise 82 (G – C – D - A)

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

Exercise 83 (G – C – D - A)

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

Exercise 84 (G - C - D - A)

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

Exercise 85 (G - C - D - A)

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

Exercise 86 (Am - Dm - F - C)

Am Dm F C

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

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

Exercise 87 (Am - Dm - F - C)

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

Exercise 88 (Am - Dm - F - C)

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

Exercise 89 (Am - Dm - F - C)

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

Exercise 90 (Am – Dm – F – C)

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

Exercise 91 (C – Bm – F – G)

C

E C E G C E

Bm

B F# B D F#

F

F C F A C F

G

G D G B D G

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

Exercise 92 (C – Bm – F – G)

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

Exercise 93 (C – Bm – F – G)

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

Exercise 94 (C – Bm – F – G)

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

Exercise 95 (C – Bm – F – G)

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

Exercise 96 (F – Fm – C – E)

F

F C F A C F

Fm

F C F A♭ C F

C

E C E G C E

E

E B E A♭ B E

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

Exercise 97 (F – Fm – C – E)

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

Exercise 98 (F – Fm – C – E)

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

Exercise 99 (F – Fm – C – E)

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

Exercise 100 (F – Fm – C - E)

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