

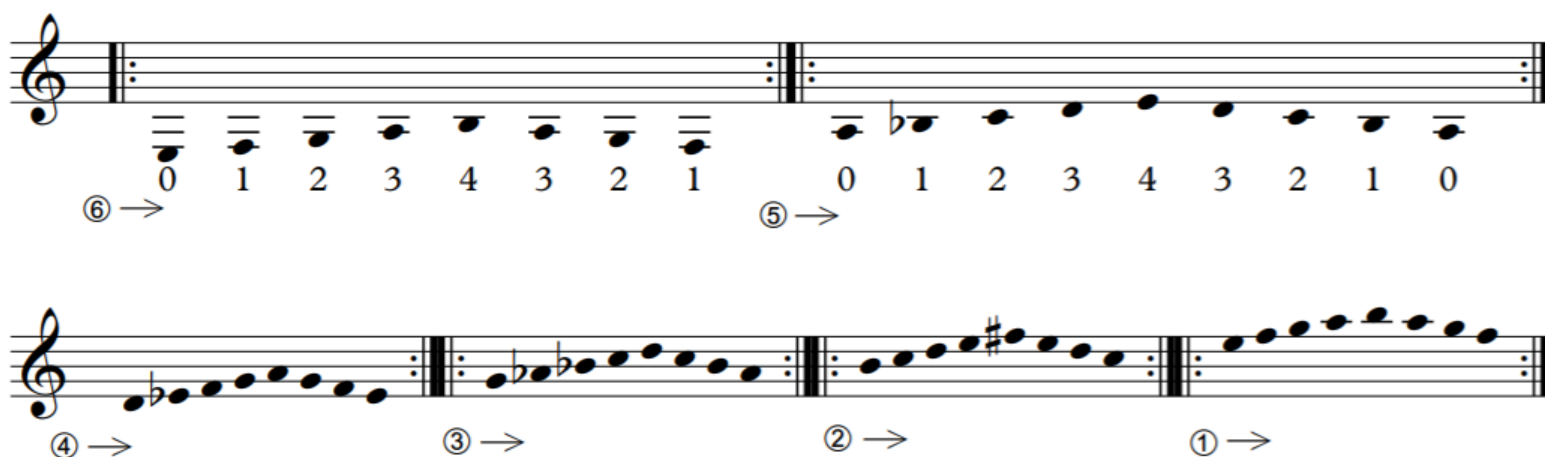
# EXERCISE #3

## HORIZONTAL STRETCHING

Now that we have sufficiently stretched our hands vertically, it's time to do so horizontally! With this exercise, it is especially important to go slowly. In fact, the slower you go, the more effective it will be. If the stretch starting on the 1st fret is too large, try moving up to the 5th. As you may have noticed, the frets get closer together the higher up the fret board you go, so starting higher up will make it easier for beginners and individuals with small hands.



### a. 1 fret gap



### b. 2 fret gap



## ARTYOM'S TIPS

- Don't turn your hand to a "violin" position. While it makes the stretch easier, it defeats the purpose of the exercise.
- You may, however, release the thumb from the back of the neck. This does not hamper the effectiveness of the stretch.