

4-finger exercise

1st string



**T**  
**A**  
**B**

0 1 2 3 4 4 3 2 1 0

2nd

0 1 2 3 4 4 3 2 1 0

3rd

0 1 2 3 4 4 3 2 1 0

4th

0 1 2 3 4 4 3 2 1 0

5th

0 1 2 3 4 4 3 2 1 0

6th string



0 1 2 3 4 4 3 2 1 0