

CAGED workout

CAGED roots & chords:

<https://guitarlessonsithaca.com/wp-content/uploads/2018/12/overview.pdf>

CAGED minor pentatonics:

<https://guitarlessonsithaca.com/wp-content/uploads/2018/12/minor-pentatonics.pdf>

- a) find lowest shape/position that doesn't involve open strings for the key you pick
- b) starting at that shape, play roots only in every shape ascending; repeat shape you started with an octave up, then descending
- c) play roots then chords associated with each shape as per step b
- d) play roots, then chords, then minor pentatonic in each shape as per step b
- e) (same as above) adding blues scale
- f) (same as above) adding major pentatonic
- g) (same as above) adding major scale (ionian)
- h) (same as above) adding minor scale (aeolian)
- i) (same as above) adding dorian, phrygian, lydian, mixolydian, locrian
- j) (same as above) adding harmonic minor
- k) (same as above) adding melodic minor
- l) (same as above) adding modes of harmonic minor
- m) (same as above) adding modes of melodic minor
- n) (same as above) adding other scales such as Diminished, Whole Tone, Neapolitan Major, Neapolitan Minor, Hungarian Major, Double Harmonic Minor, Enigmatic Major, Enigmatic Minor, Indian scales, Japanese scales etc