

Economy Picking Workout

1. Set metronome to maximum 16th note tempo
2. Choose mode and key
3. Find lowest position in which you can play that mode & key without open strings
4. Determine where the lowest root of that position is and **ascend** the scale in 16th notes with the metronome all the way up to highest note in position, and all the way down to lowest note in position, then back to the root, **4 times in a row**.

For all exercises, you will **play 3 notes per string except for the 1st and 6th strings which will have 4 notes**. (If you are starting on the 6th or 1st strings, you may have some combination that totals 4 notes throughout the exercise, like 3 at the start and 1 at the end, or 2 and 2, etc.)

5. Begin on the same root you started on in step 4, but now **descend** to the lowest note and then ascend to the highest, and then descend back to the root.
6. Start the scale again in the same position an **octave up** from the root from step 4 with the same finger that was used previously. Ascend then descend as prescribed in step 4.

(Note that if you are starting with finger 2, you will pick in the opposite direction from which you are headed, namely: pick up first if you are ascending, and down if you are descending. Reverse picking direction may also apply in certain positions when starting on string 6 or 1.)

7. **Reverse direction** from step 6's root using the routine you used in step 5.
8. If there is **yet another root** in that position (up an octave from step 6's root and 2 octaves from step 4's root), start on that root with the routine from step 4.
9. Reverse direction starting on that root as per step 5.
10. Move to the **next position**. **To change positions:**

If you are on finger 4, change to finger 2. If you are on finger 2, change to finger 1.

If you are on finger 1, then move to the next root up the neck on either the 6th, 5th, or 4th strings in this fashion:

String 5 moves to string 6 which moves to string 4 which moves to string 5.

11. **Repeat** steps 4 to 10 until you are exactly at the same root & position with which you began the exercise.