

This sheet of music contains ten staves of guitar exercises, each consisting of four measures. The exercises are numbered 1 through 40. Each measure is annotated with fingerings (1-4) above the notes. The exercises are as follows:

- Staff 1: Exercises 1-4. Exercise 1: Four measures of quarter notes, each with a different fingering (1, 2, 3, 4).
- Staff 2: Exercises 5-8. Exercise 5: Four measures of quarter notes, each with a different fingering (1, 2, 3, 4).
- Staff 3: Exercises 9-12. Exercise 9: Four measures of quarter notes, each with a different fingering (1, 2, 3, 4).
- Staff 4: Exercises 13-16. Exercise 13: Four measures of quarter notes, each with a different fingering (1, 2, 3, 4).
- Staff 5: Exercises 17-20. Exercise 17: Four measures of quarter notes, each with a different fingering (1, 2, 3, 4).
- Staff 6: Exercises 21-24. Exercise 21: Four measures of quarter notes, each with a different fingering (1, 2, 3, 4).
- Staff 7: Exercises 25-28. Exercise 25: Four measures of quarter notes, each with a different fingering (1, 2, 3, 4).
- Staff 8: Exercises 29-32. Exercise 29: Four measures of quarter notes, each with a different fingering (1, 2, 3, 4).
- Staff 9: Exercises 33-36. Exercise 33: Four measures of quarter notes, each with a different fingering (1, 2, 3, 4).
- Staff 10: Exercises 37-40. Exercise 37: Four measures of quarter notes, each with a different fingering (1, 2, 3, 4).

1 + 2 + 3 + 4 + 1 + 2 + 3 + 4 + 1 + 2 + 3 + 4 + 1 + 2 + 3 + 4 +

2 3 4

1 + 2 + 3 + 4 + 1 + 2 + 3 + 4 + 1 + 2 + 3 + 4 + 1 + 2 + 3 + 4 +

5 6 7 8

1 + 2 + 3 + 4 + 1 + 2 + 3 + 4 + 1 + 2 + 3 + 4 + 1 + 2 + 3 + 4 +

9 10 11 12

1 + 2 + 3 + 4 + 1 + 2 + 3 + 4 + 1 + 2 + 3 + 4 + 1 + 2 + 3 + 4 +

13 14 15 16

1 + 2 + 3 + 4 + 1 + 2 + 3 + 4 + 1 + 2 + 3 + 4 + 1 + 2 + 3 + 4 +

17 18 19 20

1 + 2 + 3 + 4 + 1 + 2 + 3 + 4 + 1 + 2 + 3 + 4 + 1 + 2 + 3 + 4 +

21 22 23 24

1 + 2 + 3 + 4 + 1 + 2 + 3 + 4 + 1 + 2 + 3 + 4 + 1 + 2 + 3 + 4 +

25 26 27 28

1 + 2 + 3 + 4 + 1 + 2 + 3 + 4 + 1 + 2 + 3 + 4 + 1 + 2 + 3 + 4 +

29 30 31 32

1 + 2 + 3 + 4 + 1 + 2 + 3 + 4 + 1 + 2 + 3 + 4 + 1 + 2 + 3 + 4 +

33 34 35 36

1 + 2 + 3 + 4 + 1 + 2 + 3 + 4 + 1 + 2 + 3 + 4 + 1 + 2 + 3 + 4 +

37 38 39 40

1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4

1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4

1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4

1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4

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