

Alternate Picking Endurance Workout

Standard tuning

♩ = 100

E-Gt

1

Etc.

2

mf

□ V □ V □ V □ V

T
A
B

2-4-5 2-4-5-4-2-7-5-4 7-5-4-5-7 5-7-9 5-7-9-7-5-11-9-7 10-9-7-9-10

3

4

T
A
B

9-10-12 9-11-12-11-9-14-12-11 14-12-10-12-14 12-14-16 12-14-16-14-12-14-12-11 14-12-10-12-14

5

6

T
A
B

9-10-12 9-11-12-11-9-11-9-7 10-9-7-9-10 5-7-9 5-7-9-7-5-7-5-4 7-5-4-5-7

7

8

T
A
B



2-4-5 2-4-5-4-2 6-4-2 5-4-2-4-5 4-5-7 4-6-7-6-4-9-7-6 9-7-5-7-9

9

10



T
A
B

7-9-11 7-9-11-9-7-12-11-9 12-11-9-11-12 11-12-14 11-12-14-12-11-16-14-12 16-14-12-14-16

11  12 



T
A
B

11-12-14 11-12-14-12-11-12-11-9 12-11-9-11-12 7-9-11 7-9-11-9-7-9-7-6 9-7-5-7-9

13  14 



T
A
B

4-5-7 4-6-7-6-4-6-4-2 5-4-2-4-5 2-4-6 2-4-6-4-2-7-6-4 7-6-4-6-7

15  16 



T
A
B

6-7-9 6-7-9-7-6-11-9-7 11-9-7-9-11 9-11-12 9-11-13-11-9-14-13-11 14-12-11-12-14

17  18 



T
A
B

12-14-16 13-14-16-14-13-14-13-11 14-12-11-12-14 9-11-12 9-11-13-11-9-11-9-7 11-9-7-9-11

19  20 


T
A
B

6-7-9 6-7-9-7-6-7-6-4 7-6-4-6-7 2-4-6 2-4-6-4-2 7-5-3 6-4-2-4-6

21  22 


T
A
B

4-6-7 5-7-9-7-5-10-9-7 9-7-6-7-9 7-9-11 9-10-12-10-9-14-12-10 13-11-9-11-13

23  24


TAB

11-13-14	12-14-15-14-12-17-15-14	16-14-13-14-16	11-13-14	12-14-15-14-12-14-12-10	13-11-9-11-13
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25  26


TAB

7-9-11	9-10-12-10-9-10-9-7	9-7-6-7-9	4-6-7	5-7-9-7-5-7-5-3	6-4-2-4-6
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27  28


TAB

3-5-7	4-5-7-5-4-9-7-5	9-7-5-7-9	7-9-10	7-9-10-9-7-12-10-9	12-10-9-10-12
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29  30


TAB

10-12-14	10-12-14-12-10-16-14-12	15-14-12-14-15	10-12-14	10-12-14-12-10-12-10-9	12-10-9-10-12
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31  32


TAB

7-9-10	7-9-10-9-7-9-7-5	9-7-5-7-9	3-5-7	4-5-7-5-4	7-5-3	6-4-2-4-6
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33  34


TAB

4-6-7	5-7-9-7-5-10-9-7	9-7-6-7-9	7-9-11	9-10-12-10-9-14-12-10	13-11-9-11-13
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35  36


T
A
B

11-13-14 12-14-15-14-12-17-15-14 16-14-13-14-16 11-13-14 12-14-15-14-12-14-12-10 13-11-9-11-13

37  38


T
A
B

7-9-11 9-10-12-10-9-10-9-7 9-7-6-7-9 4-6-7 5-7-9-7-5-7-5-3 6-4-2-4-6

39  40


T
A
B

2-4-6 2-4-6-4-2-7-6-4 7-6-4-6-7 6-7-9 6-7-9-7-6-11-9-7 11-9-7-9-11

41  42


T
A
B

9-11-12 9-11-13-11-9-14-13-11 14-12-11-12-14 12-14-16 13-14-16-14-13-14-13-11 14-12-11-12-14

43  44


T
A
B

9-11-12 9-11-13-11-9-11-9-7 11-9-7-9-11 6-7-9 6-7-9-7-6-7-6-4 7-6-4-6-7

45  46


T
A
B

2-4-6 2-4-6-4-2 6-4-2 5-4-2-4-5 4-5-7 4-6-7-6-4-9-7-6 9-7-5-7-9

47  48


T
A
B

7-9-11 7-9-11-9-7-12-11-9 12-11-9-11-12 11-12-14 11-12-14-12-11-16-14-12 16-14-12-14-16

49  50


T
A
B

11-12-14 11-12-14-12-11-12-11-9 12-11-9-11-12 7-9-11 7-9-11-9-7-9-7-6 9-7-5-7-9

51  52


T
A
B

4-5-7 4-6-7-6-4-6-4-2 5-4-2-4-5 2-4-5 2-4-5-4-2-7-5-4 7-5-4-5-7

53  54


T
A
B

5-7-9 5-7-9-7-5-11-9-7 10-9-7-9-10 9-10-12 9-11-12-11-9-14-12-11 14-12-10-12-14

55  56

T
A
B

12-14-16 12-14-16-14-12-14-12-11 14-12-10-12-14 9-10-12 9-11-12-11-9-11-9-7 10-9-7-9-10

57  58

T
A
B

5-7-9 5-7-9-7-5-7-5-4 7-5-4-5-7 2-4-5 2-4-5-4-2-4-2-0 4-2-0-2-4

59

T
A
B

2