

Exercise The Reverse Spider - Die umgekehrte Spinne (managing the fly-away fingers)

BPM=40-60

Perform the exercise very slowly and ensure the lifting finger stays very close to the fretboard
You can go through the exercises forward-backward and/or connecting exercises as you like

Reverse Spider a

e|8-7-6-5-----

B|-----8-7-6-5-----

G|-----8-7-6-5-----

D|-----8-7-6-5-----

A|-----8-7-6-5-----

E|-----8-7-6-5-----

Reverse Spider b

-----8-7-6-5--|

-----8-7-6-5-----

-----8-7-6-5-----

-----8-7-6-5-----

-----8-7-6-5-----

(8-7-6-5)-----

Reverse Spider c

e|6-5-----

B|-----4-3-----

G|-----6-5-----

D|-----4-3-----

A|-----6-5-----

E|-----4-3-----

Reverse Spider d

-----4-3|

-----6-5-----

-----4-3-----

-----6-5-----

-----4-3-----

-----6-5-----

Reverse Spider e

-----6-5|

-----4-3-----

-----6-5-----

-----4-3-----

-----6-5-----

-----4-3-----

Reverse Spider f

-----4-3|

-----6-5-----

-----4-3-----

-----6-5-----

-----4-3-----

-----6-5-----

Reverse Spider g

e|6-4-----

B|-----5-3-----

G|-----6-4-----

D|-----5-3-----

A|-----6-4-----

E|-----5-3-----

Reverse Spider h

-----5-3|

-----6-4-----

-----5-3-----

-----6-4-----

-----5-3-----

-----6-4-----

Reverse Spider i

-----6-4|

-----5-3-----

-----6-4-----

-----5-3-----

-----6-4-----

-----5-3-----

Reverse Spider j

-----5-3|

-----6-4-----

-----5-3-----

-----6-4-----

-----5-3-----

-----6-4-----

Reverse Spider k

e|6-3-----

B|-----5-4-----

G|-----6-3-----

D|-----5-4-----

A|-----6-3-----

E|-----5-4-----

Reverse Spider l

-----5-4|

-----6-3-----

-----5-4-----

-----6-3-----

-----5-4-----

-----6-3-----

Reverse Spider m

-----6-3|

-----5-4-----

-----6-3-----

-----5-4-----

-----6-3-----

-----5-4-----

Reverse Spider n

-----5-4|

-----6-3-----

-----5-4-----

-----6-3-----

-----5-4-----

-----6-3-----

Reverse Spider o

e|6-----

B|-----5-4-3-----

G|-----6-----

D|-----5-4-3-----

A|-----6-----

E|-----5-4-3-----

Reverse Spider p

-----5-4-3|

-----6-----

-----5-4-3-----

-----6-----

-----5-4-3-----

-----6-----

Reverse Spider q

-----6|

-----5-4-3-----

-----6-----

-----5-4-3-----

-----6-----

-----5-4-3-----

Reverse Spider r

-----5-4-3|

-----6-----

-----5-4-3-----

-----6-----

-----5-4-3-----

-----6-----

Reverse Spider 6s

e|6-5-4-----

B|-----3-----

G|-----6-5-4-----

D|-----3-----

A|-----6-5-4-----

E|-----3-----

Reverse Spider 6t

-----3|

-----6-5-4-----

-----3-----

-----6-5-4-----

-----3-----

-----6-5-4-----

Reverse Spider 6u

-----6-5-4|

-----3-----

-----6-5-4-----

-----3-----

-----6-5-4-----

-----3-----

Reverse Spider 6v

-----3|

-----6-5-4-----

-----3-----

-----6-5-4-----

-----3-----

-----6-5-4-----