

BASS EXERCISES FOR BEGINNERS

STRENGTH. STAMINA. FLEXIBILITY. CONTROL

When you're just starting out, or even if you've been playing for a while, getting your **stupid dumb fingers** to do the actual thing you want... can be a battle.

But hey, don't worry, I've got your back with these 4 stupidly simple bass exercises.

[Click here for the full lesson on Youtube to make sure you play em right.](#)

[And click here for the extended audio playalong tracks.](#)

EXERCISE 1

STRENGTH BUILDER

Gives you the power to avoid the rattle of doom, plus improves your note length, shifting, and plucking.

Microshift as needed, fret at the end of the fret wire with enough pressure, and make your lift-offs quick to avoid rattle.

4/4

B 2 2 | 3 3 | 5 5 | 4 4

EXERCISE 2

STREEEEEEETTTTTTTCHHHHH

Will wake you up from your flexibility nightmares and increase your reach.

Hold your fingers down and in position as you progress index, middle, ring, pinky.

Then shift down and repeat, finding your stretch threshold.

Microshift as needed from there, and watch your stretch increase over time.

Musical notation for the first part of Exercise 2. The staff shows a sequence of notes: G2, A2, B2, C3, D3, E3, F3, G3, A3, B3, C4, D4, E4, F4, G4. The fretboard diagram below shows the corresponding fret numbers: 9, 10, 11, 12, 8, 9, 10, 11, 7, 8, 9, 10, 6, 7, 8, 9.

Musical notation for the second part of Exercise 2. The staff shows a sequence of notes: G2, A2, B2, C3, D3, E3, F3, G3, A3, B3, C4, D4, E4, F4, G4. The fretboard diagram below shows the corresponding fret numbers: 5, 6, 7, 8, 4, 5, 6, 7, 7.

EXERCISE 3

STAMINA PUMPER

Trains your endurance so you don't lose steam after 4 bars and crash before the song ends.

Play it just like Exercise 2, but keep those plucking fingers alternating index-middle and don't forget to breathe. 😊

9-9-9-9-10-10-10-10 11-11-11-11-12-12-12-12 8-8-8-8-9-9-9-9 10-10-10-10-11-11-11-11

7-7-7-7-8-8-8-8 9-9-9-9-10-10-10-10 6-6-6-6-7-7-7-7 8-8-8-8-9-9-9-9

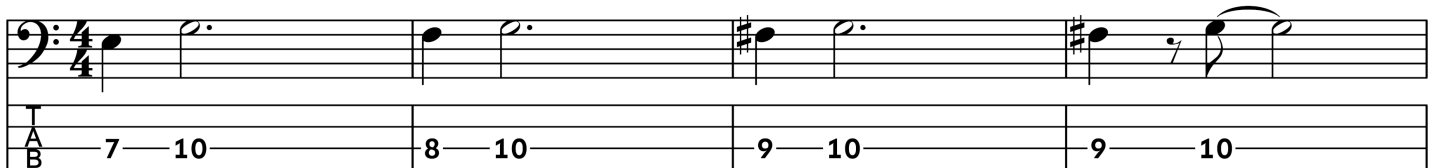
5-5-5-5-6-6-6-6 7-7-7-7-8-8-8-8 4-4-4-4-5-5-5-5 6-6-6-6-7-7-7-7 7

EXERCISE 4

FINGER CONTROLLER

Stop flipping off the audience and tame your flying fingers.

Keep ALL the fingers down behind your fretting finger, i.e. if the pinky is fretting, index middle and ring should all be pressing down as well.



The image shows a musical exercise on a bass clef staff in 4/4 time. The first measure has a whole note on the 7th fret. The second measure has a whole note on the 10th fret. The third measure has a whole note on the 8th fret. The fourth measure has a whole note on the 9th fret, followed by a half note on the 10th fret. Below the staff is a fretboard diagram with four measures. The first measure shows frets 7 and 10. The second measure shows frets 8 and 10. The third measure shows frets 9 and 10. The fourth measure shows frets 9 and 10. The diagram is labeled with 'T' for thumb, 'A' for index, and 'B' for bass.

Whether you're trying to ditch rattle, or stretch, or fix flying fingers... The hardest part of new technique habits is **consistency**.

Which is where my [Beginner to Badass](#) course saves the day - by following along and playing music with me one lesson after the next, you'll get frequent technique habit checks, and test your awareness of good vs bad technique.

Also, on a weekly basis somebody unprompted says it's one of the best things they've spent money on in their life -

Like I said, I still have more than half to go, but if this is the trajectory its definitely worth the money. [One of the best things I've spent money on in my life.](#)

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Just sayin'. 😎

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