

TWO-FINGER EXERCISES UP THE NECK

1 2 1 2 1 2 1 2 1 2 1 2 2 1 2 1 2 1 2 1 2 1

2 3 2 3 2 3 2 3 2 3 2 3 3 2 3 2 3 2 3 2 3 2

3 4 3 4 3 4 3 4 3 4 3 4 4 3 4 3 4 3 4 3 4 3

Two-Finger Exercises Up the Neck

1 3 1 3 1 3 1 3 1 3 1 3 3 1 3 1 3 1

2 4 2 4 2 4 2 4 2 4 4 2 4 2 4 2 4 2 4 2

1 4 1 4 1 4 1 4 1 4 1 4 4 1 4 1 4 1 4 1

Two-Finger Exercises Up the Neck

1 2 1 2 1 2 1 2 1 2 1 2 2 1 2 1 2 1 2 1 2 1 2 1

TAB: 2-3 2-3 2-3 2-3 2-3 3-2 3-2 3-2 3-2 3-2 3-2 3-2

1 2 1 2 1 2 1 2 1 2 1 2 2 1 2 1 2 1 2 1 2 1 2 1

2 3 2 3 2 3 2 3 2 3 2 3 3 2 3 2 3 2 3 2 3 2 3 2

TAB: 3-4 3-4 3-4 3-4 3-4 4-3 4-3 4-3 4-3 4-3 4-3 4-3

2 3 2 3 2 3 2 3 2 3 2 3 3 2 3 2 3 2 3 2 3 2 3 2

3 4 3 4 3 4 3 4 3 4 3 4 4 3 4 3 4 3 4 3 4 3 4 3

TAB: 4-5 4-5 4-5 4-5 4-5 5-4 5-4 5-4 5-4 5-4 5-4 5-4

3 4 3 4 3 4 3 4 3 4 3 4 4 3 4 3 4 3 4 3 4 3 4 3

Two-Finger Exercises Up the Neck

4

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1 3 1 3 1 3 1 3 1 3 1 3 1 3 1 3 3 1 3 1 3 1

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

2 4 2 4 2 4 2 4 2 4 2 4 4 2 4 2 4 2 4 2 4 2

1 4 1 4 1 4 1 4 1 4 1 4 4 1 4 1 4 1 4 1 4 1

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1 4 1 4 1 4 1 4 1 4 1 4 4 1 4 1 4 1 4 1 4 1