



THE ULTIMATE ARPEGGIO WORKOUT

The Ultimate Arpeggio Workout

Of all of the exercises I've found for learning arpeggios – this has been the most helpful. Period.

Playing arpeggios and understanding how they work and move on the guitar are fundamental for soloing and improvisation.

This exercise works on arpeggios AND strengthens your hammer-ons and pull-offs AND teaches you to play any maj7, min7, dominant 7th and min7(b5) anywhere on the neck.

The Workout

- **Choose Key**
- **Play all Maj7, Min7, Dom7, and Min7(b5) Arpeggios According to the Chords in the Key Everywhere on Neck**
- **If you have time, play through the arpeggios in an additional key.**

Concepts:

- **Focus on the Chord Tones – not the Shapes.**
 - Do not focus on memorizing the various forms for each arpeggio. Instead, focus on learning the notes in each chord, then applying them to the arpeggio.
- **Play Hammer-Ons (Ascending) and Pull-Offs (Descending) Between all Pairs that Occur on the Same String.**
 - In other words, if a string only has one note on it, then pick it normally. But if the string has two notes on it, then hammer-on between the notes when ascending and pull-off between the notes when descending.

The Major 7th Forms

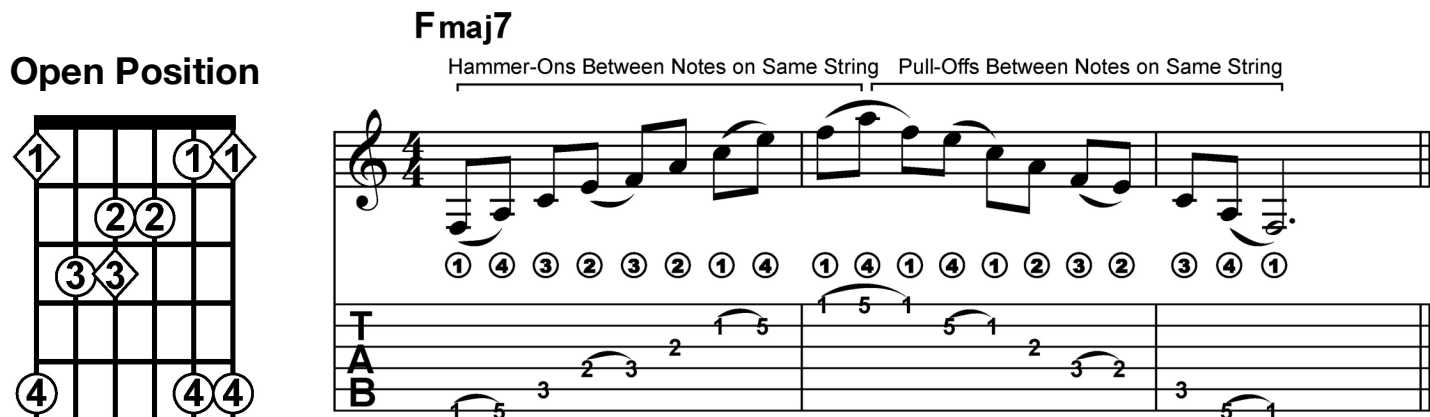
Here are the eight Major 7th arpeggio forms. The root is indicated with the diamond in the diagram. Finger notations are circled. Hammer-ons and pull-offs are notated by the arc between two notes.

Play through the arpeggios first – then add the hammer-ons (ascending) and pull-offs (descending) between notes that occur on the same string. **Fmaj7 = F-A-C-E.**

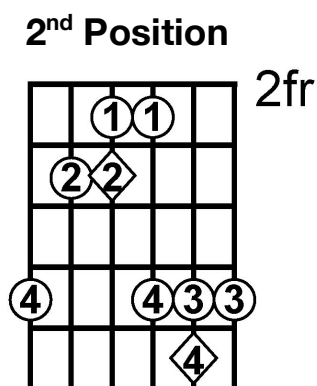
Open Position

Fmaj7

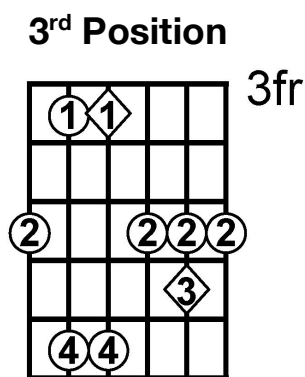
Hammer-Ons Between Notes on Same String Pull-Offs Between Notes on Same String



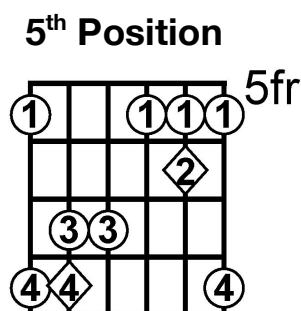
2nd Position 2fr



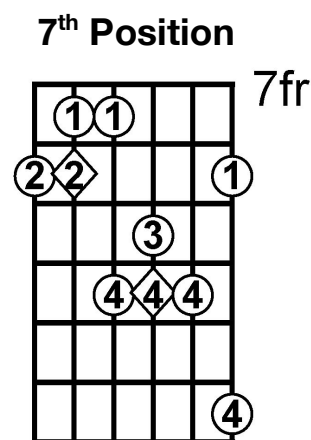
3rd Position 3fr



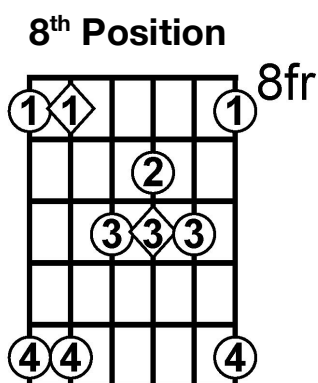
5th Position 5fr



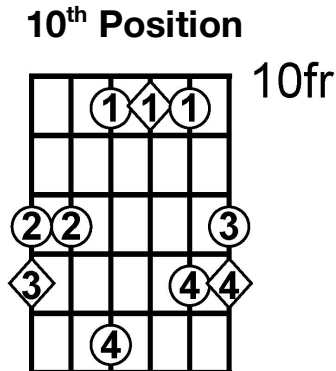
7th Position 7fr



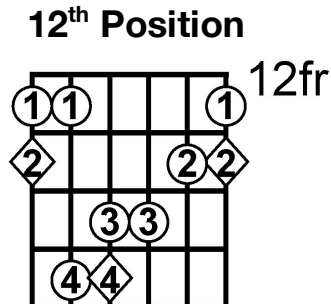
8th Position 8fr



10th Position 10fr



12th Position 12fr

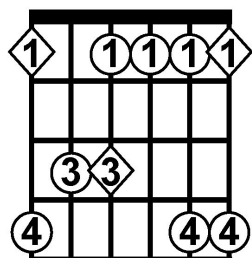


The Minor 7th Forms

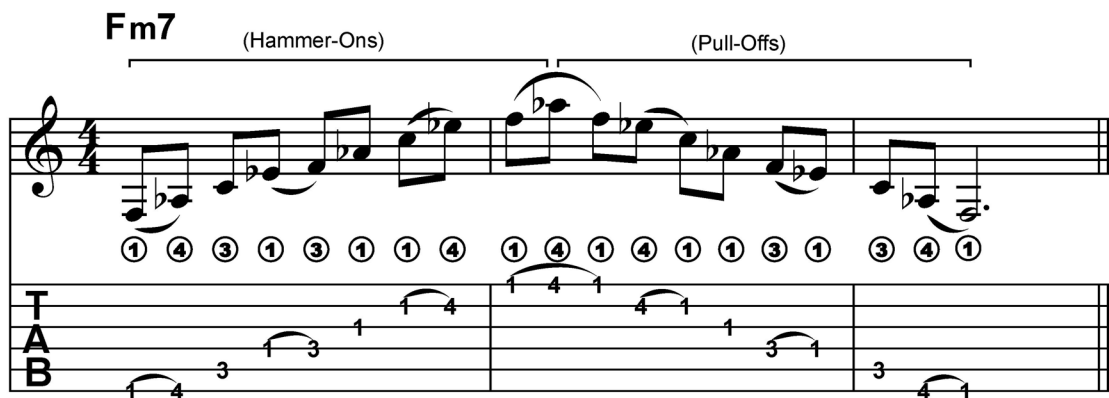
Here are the six Minor 7th arpeggio forms. Hammer-ons and pull-offs are notated with the arc between two notes.

Play through the arpeggios first – then add the hammer-ons (ascending) and pull-offs (descending) between notes that occur on the same string. **Fm7 = F-Ab-C-Eb.**

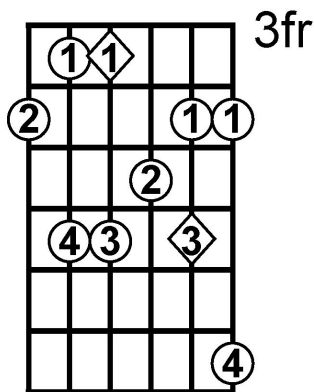
Open Position



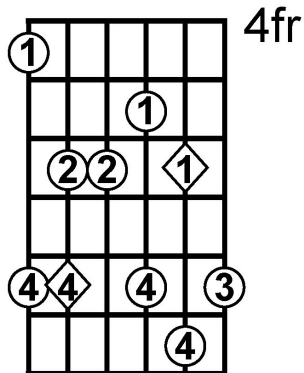
Fm7 (Hammer-Ons) (Pull-Offs)



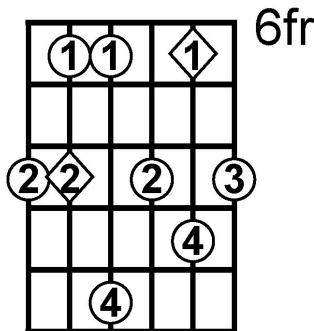
3rd Position



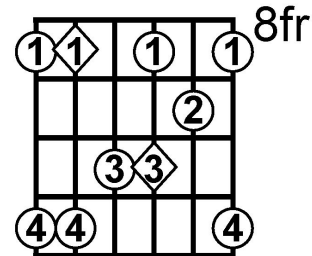
4th Position



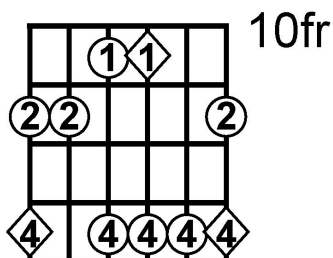
6th Position



8th Position



10th Position

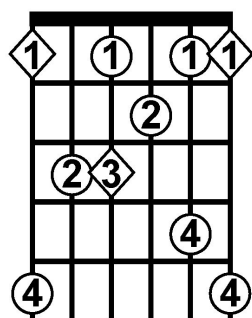


The Dominant 7th Forms

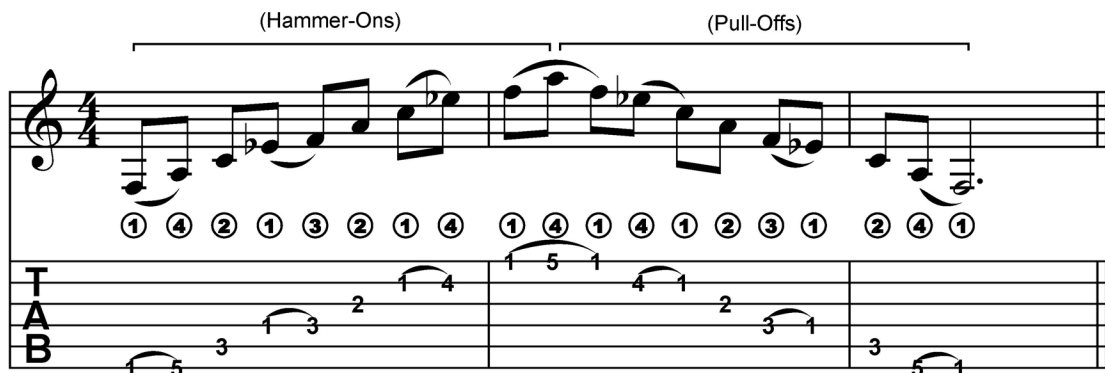
Here are the seven Dominant 7th arpeggio forms.

Play through the arpeggios first – then add the hammer-ons (ascending) and pull-offs (descending) between notes that occur on the same string. **F7 = F-A-C-Eb.**

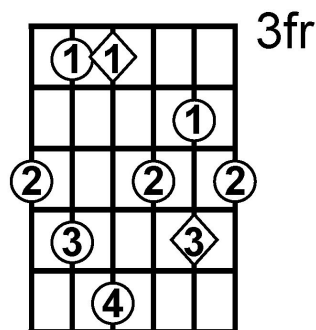
Open Position



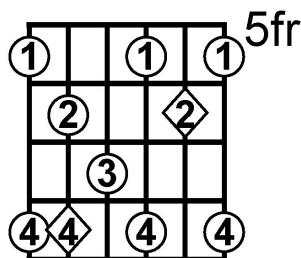
F7



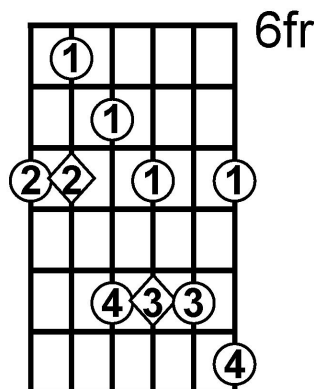
3rd Position



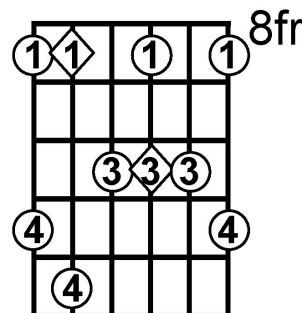
5th Position



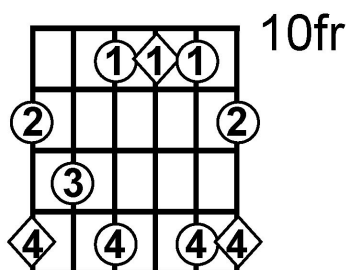
6th Position



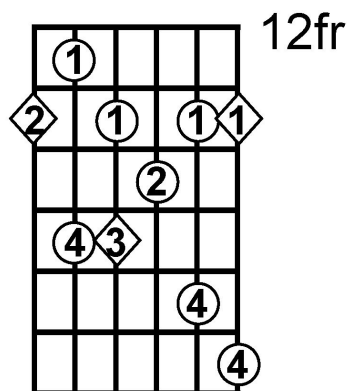
8th Position



10th Position



12th Position



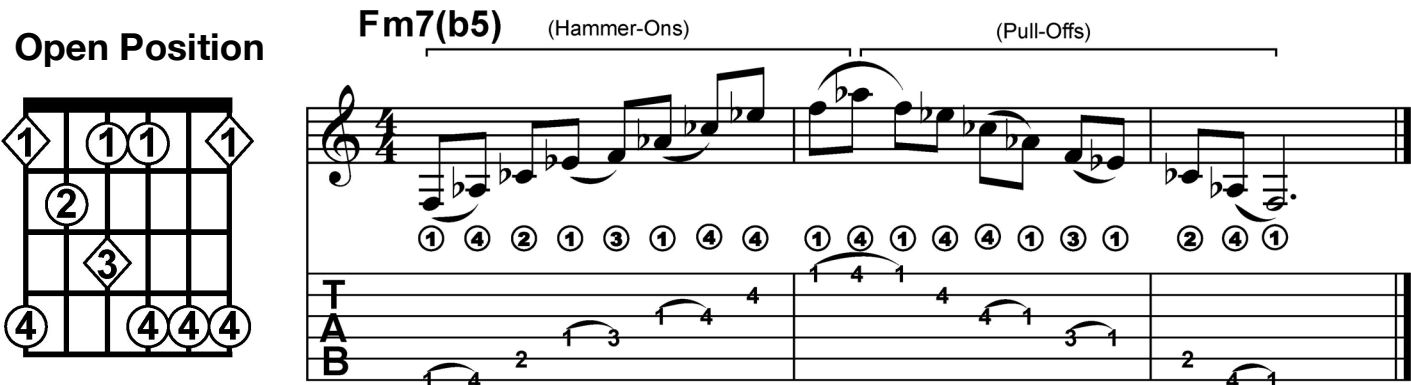
The Min7(b5) Forms

Here are the seven Min7(b5) arpeggio forms.

Play through the arpeggios first – then add the hammer-ons and pull-offs.

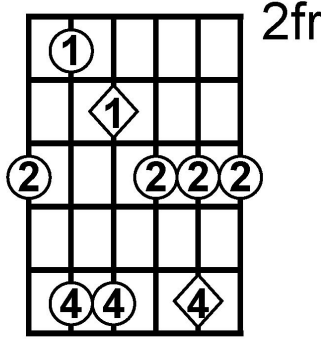
Fm7(b5) = F-Ab-Cb-Eb.

Open Position

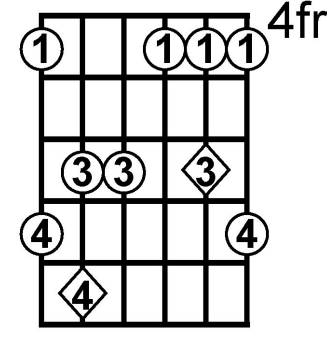


Fm7(b5) (Hammer-Ons) (Pull-Offs)

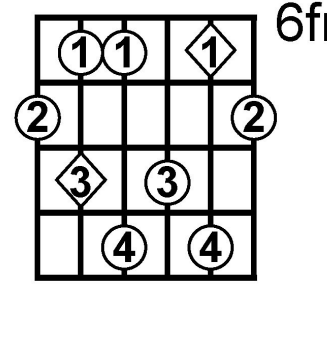
2nd Position 2fr



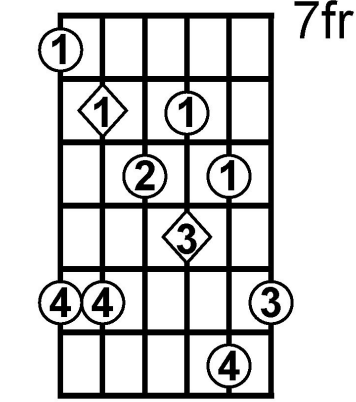
4th Position 4fr



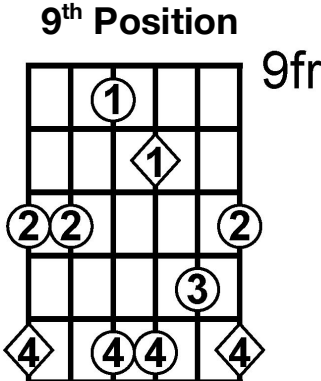
6th Position 6fr



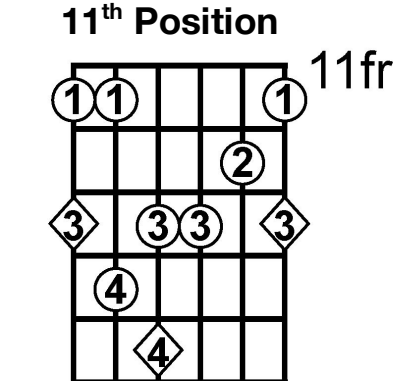
7th Position 7fr



9th Position 9fr



11th Position 11fr



The Workout

Once you know the forms, then begin playing them in according to the specific chords in a key.

The chords in any key form according to a specific pattern. (Shown here in roman numerals.)

I maj7 - ii m7 - iii m7 - IV maj7 - V7 - vi m7 - vii m7(b5)

The Workout: Choose a key, or two if you have time, and play through all of the arpeggios ascending and descending for all of the chords associated with that key – using hammer-ons and pull-offs where needed.

For example, in the key of F, you would play...

Fmaj7 (all 8 arpeggios up the neck and back down)

Gm7 (6 arpeggios)

Am7 (6 arpeggios)

Bbmaj7 (8 arpeggios)

C7 (7 arpeggios)

Dm7 (6 arpeggios)

Em7(b5) (7 arpeggios)

Pick 1 or 2 keys per day.

To go through all 12 keys, it would take you...

- 1 week at 2 keys per day
- or 2 weeks at 1 key per day.