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*Blazing Speed in just 18 weeks!*

**SHRED-MACHINE**

**DIRECTIONS**

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## Overview and Directions

Welcome to Shred-Machine, the program where in 18 weeks not only will you be able to play blazingly fast, but you'll also be able to improvise the guitar solos that you've always dreamed of playing. **This program has been tested and is proven to work for those who faithfully follow it for the full 18 weeks.**

**The way the program works is as follows:** each week you will play along with the provided backing track for three 10 minute sessions with a two minute rest break in between each. You will do this for 6 straight days followed by a one day break. Each week has a tempo goal that you need to achieve by the end of the week. You will then start the next week's lesson which has a faster tempo goal. During each 10 minute session, you will play uninterrupted eighth notes, triplets or sixteenth notes (as stipulated for that given week) without any hammer-ons pull-offs, slides, bends, etc. It's all picking and each note must be cleanly picked.

In each week you will find a **Rhythm chart**, a **Lead sheet**, **scale sheets**, **backing tracks** and a **video tutorial**. Use these for each week's session.

The **Rhythm chart** shows the rhythm guitar part for the backing track. Have this in front of you at all times so you can follow along with the key and chord changes as you play along with the backing track.

The **Lead sheet** gives a sample guitar solo that you can play with the backing track. The lead sheet is written so that the techniques that you want to develop (sweeping arpeggios and blistering scalar runs) will be attained. It is highly suggested that you use this sheet each week.

The **scale charts** show the scales and arpeggio shapes that you should be using for each week. Using these scale charts is of critical importance in the first few weeks of the program where the tempo is slow enough that you can begin to memorize these shapes. This is where the improvisation part comes in and you add new weapons to your soloing arsenal. It won't be long before the tempo will be getting faster and you will need to use your memory especially when switching keys. You may find yourself creating your own little repeating guitar solos on the fly as you go through each week. Use the scale charts.

**When using the backing tracks, it is important that you are able to play along with the fastest tempo track by the end of the week.** Start slow, make sure you can play the scales and arpeggios at the provided tempo smoothly, evenly and uninterrupted before you start to play along with the faster tracks. Listen carefully to the click track in the background so that you can play the correct notes (eighth, triplets, etc.).

When watching each week's video, **pay close attention to the tips that are offered.** These will help you get the most out of each week's session and will give you a real example of what you will be hearing and playing. There is a great motivational quote at the end of each one that will help spur you along the way towards your goals.

**Economy picking should be used at all times.** While there are other types of picking out there, if you want to play very fast, you will need to master this picking method. If you are not familiar with this, **there are three simple rules:** 1 – When switching strings to a string closer to the floor, you must down pick it; 2 – When switching strings to a string closer to the ceiling you must up pick it; 3 – If you are

picking more than one note on a single string, you must always alternate your picking (down-up-down-up etc.). See our free video on Economy picking for a demo of this technique. If you follow Economy picking rules, you will naturally use sweep picking for your arpeggios.

When playing guitar during your sessions here, **always make sure that you have your thumb in the approximate center of the back of the neck.** This will ensure that you are efficiently playing each single string and not accidentally laying your fingers on other strings. Thumbs wrapped around the neck will not work here. **Make sure your guitar is positioned on your body so that you can easily put your thumb in the middle of the back of the neck.**

When you play with the backing tracks, you should play one pass using the lead sheet and then do a few passes improvising (playing scales and arpeggios) and then come back to the lead sheet. Above all make sure that you are always playing constant uninterrupted notes. No breaks!

**This program will work if you follow the schedule.** No missed days, no shortened practice sessions. If you do it. You get it. If you don't, you don't. In order to help yourself out, setup a consistent time of the day that works for you (early morning, late evening, lunchtime, etc.). If you need to do different times on different days, that's fine. Just create your schedule and stick to it.

Lastly, there will be times through this program where you will think that you're not making any progress or it will get hard. These are actually the times when you are making the most progress. This is the time when it is most important to keep it up! Your next break through is right around the corner!

Think of this program as training to be a professional athlete. Trust in the program. It works. You should start to see great progress around week 6.

Mark Twain said "The secret of getting ahead is getting started." **So get started!**

## Materials Needed / Week by Week Breakdown

What follows is a week by week breakdown of all of the materials that you will need to do each week of Shred-Machine. The Review weeks (weeks 6, 12 and 18) also contain a day-by-day breakdown.

### Week 1

72 beats per minute by week end playing uninterrupted eighth notes.

File Name	File Type
Week 1 Video Directions	Video
Week 1 Lead Sheet	Sheet Music
Week 1 Rhythm Chart	Sheet Music
A minor C major Pentatonic Boxes	Scale/Arpeggio Chart
A minor C major Diatonic scale patterns	Scale/Arpeggio Chart
Week 1 Am C 63 bpm	Backing Track
Week 1 Am C 66 bpm	Backing Track
Week 1 Am C 69 bpm	Backing Track
Week 1 Am C 72 bpm	Backing Track

## Week 2

84 beats per minute by week end playing uninterrupted eighth notes.

File Name	File Type
Week 2 Video Directions	Video
Week 2 Lead Sheet	Sheet Music
Week 2 Rhythm Chart	Sheet Music
D minor A phrygian Arpeggios	Scale/Arpeggio Chart
D minor A phrygian Pentatonic Boxes	Scale/Arpeggio Chart
D minor A phrygian Diatonic scale patterns	Scale/Arpeggio Chart
E minor Arpeggios	Scale/Arpeggio Chart
E minor G major Pentatonic Boxes	Scale/Arpeggio Chart
E minor G major Diatonic scale patterns	Scale/Arpeggio Chart
Week 2 Em A Phrygian 69 bpm	Backing Track
Week 2 Em A Phrygian 72 bpm	Backing Track
Week 2 Em A Phrygian 76 bpm	Backing Track
Week 2 Em A Phrygian 80 bpm	Backing Track
Week 2 Em A Phrygian 84 bpm	Backing Track

## Week 3

96 beats per minute by week end playing uninterrupted eighth notes.

File Name	File Type
Week 3 Video Directions	Video
Week 3 Lead Sheet	Sheet Music
Week 3 Rhythm Chart	Sheet Music
A minor Arpeggios	Scale/Arpeggio Chart
A minor C major Pentatonic Boxes	Scale/Arpeggio Chart
A minor C major Diatonic scale patterns	Scale/Arpeggio Chart
B minor Arpeggios	Scale/Arpeggio Chart
B minor D major Pentatonic Boxes	Scale/Arpeggio Chart
B minor D major Diatonic scale patterns	Scale/Arpeggio Chart
G minor Arpeggios	Scale/Arpeggio Chart
G minor Pentatonic Boxes	Scale/Arpeggio Chart
G minor Diatonic scale patterns	Scale/Arpeggio Chart
Week 3 Bm Am Gm 80 bpm	Backing Track
Week 3 Bm Am Gm 84 bpm	Backing Track
Week 3 Bm Am Gm 88 bpm	Backing Track
Week 3 Bm Am Gm 92 bpm	Backing Track
Week 3 Bm Am Gm 96 bpm	Backing Track

## Week 4

108 beats per minute by week end playing uninterrupted eighth notes.

File Name	File Type
Week 4 Video Directions	Video
Week 4 Lead Sheet	Sheet Music
Week 4 Rhythm Chart	Sheet Music
E minor Arpeggios	Scale/Arpeggio Chart
E major Arpeggios	Scale/Arpeggio Chart
E minor G major Pentatonic Boxes	Scale/Arpeggio Chart
E minor G major Diatonic scale patterns	Scale/Arpeggio Chart
A major E mixolydian Pentatonic Boxes	Scale/Arpeggio Chart
A major E mixolydian Diatonic scale charts	Scale/Arpeggio Chart
Week 4 E mixolydian E minor 92 bpm	Backing Track
Week 4 E mixolydian E minor 96 bpm	Backing Track
Week 4 E mixolydian E minor 100 bpm	Backing Track
Week 4 E mixolydian E minor 104 bpm	Backing Track
Week 4 E mixolydian E minor 108 bpm	Backing Track

## Week 5

120 beats per minute by week end playing uninterrupted eighth notes.

File Name	File Type
Week 5 Video Directions	Video
Week 5 Lead Sheet	Sheet Music
Week 5 Rhythm Chart	Sheet Music
A minor C major Pentatonic boxes w/blue note	Scale/Arpeggio Chart
G minor Bb major Pentatonic Boxes w/blue note	Scale/Arpeggio Chart
E minor G major Pentatonic Boxes w/blue note	Scale/Arpeggio Chart
Week 5 Blues in A G E 104 bpm	Backing Track
Week 5 Blues in A G E 108 bpm	Backing Track
Week 5 Blues in A G E 112 bpm	Backing Track
Week 5 Blues in A G E 116 bpm	Backing Track
Week 5 Blues in A G E 120 bpm	Backing Track

## Week 6

132 beats per minute by week end playing uninterrupted eighth notes. Day column also included so you know which files to use for each day of the week.

File Name	File Type	Day
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Week 6 Video Directions	Video	N/A
Week 1 Lead Sheet	Sheet Music	1
Week 1 Rhythm Chart	Sheet Music	1
A minor C major Pentatonic Boxes	Scale/Arpeggio Chart	1
A minor C major Diatonic scale patterns	Scale/Arpeggio Chart	1
Week 6 Exercise 1A 116 bpm	Backing Track	1
Week 6 Exercise 1A 120 bpm	Backing Track	1
Week 6 Exercise 1A 126 bpm	Backing Track	1
Week 6 Exercise 1A 132 bpm	Backing Track	1
Week 2 Lead Sheet	Sheet Music	2
Week 2 Rhythm Chart	Sheet Music	2
D minor A phrygian Arpeggios	Scale/Arpeggio Chart	2
D minor A phrygian Pentatonic Boxes	Scale/Arpeggio Chart	2
D minor A phrygian Diatonic scale patterns	Scale/Arpeggio Chart	2
E minor Arpeggios	Scale/Arpeggio Chart	2
E minor G major Pentatonic Boxes	Scale/Arpeggio Chart	2
E minor G major Diatonic scale patterns	Scale/Arpeggio Chart	2
Week 6 Exercise 2A 116 bpm	Backing Track	2
Week 6 Exercise 2A 120 bpm	Backing Track	2
Week 6 Exercise 2A 126 bpm	Backing Track	2
Week 6 Exercise 2A 132 bpm	Backing Track	2
Week 3 Lead Sheet	Sheet Music	3
Week 3 Rhythm Chart	Sheet Music	3
A minor Arpeggios	Scale/Arpeggio Chart	3
A minor C major Pentatonic Boxes	Scale/Arpeggio Chart	3
A minor C major Diatonic scale patterns	Scale/Arpeggio Chart	3
B minor Arpeggios	Scale/Arpeggio Chart	3
B minor D major Pentatonic Boxes	Scale/Arpeggio Chart	3
B minor D major Diatonic scale patterns	Scale/Arpeggio Chart	3
G minor Arpeggios	Scale/Arpeggio Chart	3
G minor Pentatonic Boxes	Scale/Arpeggio Chart	3
G minor Diatonic scale patterns	Scale/Arpeggio Chart	3
Week 6 Exercise 3A 116 bpm	Backing Track	3
Week 6 Exercise 3A 120 bpm	Backing Track	3
Week 6 Exercise 3A 126 bpm	Backing Track	3
Week 6 Exercise 3A 132 bpm	Backing Track	3
Week 4 Lead Sheet	Sheet Music	4
Week 4 Rhythm Chart	Sheet Music	4
E minor Arpeggios	Scale/Arpeggio Chart	4
E major Arpeggios	Scale/Arpeggio Chart	4
E minor G major Pentatonic Boxes	Scale/Arpeggio Chart	4

E minor G major Diatonic scale patterns	Scale/Arpeggio Chart	4
A major E mixolydian Pentatonic Boxes	Scale/Arpeggio Chart	4
A major E mixolydian Diatonic scale charts	Scale/Arpeggio Chart	4
Week 6 Exercise 4A 116 bpm	Backing Track	4
Week 6 Exercise 4A 120 bpm	Backing Track	4
Week 6 Exercise 4A 126 bpm	Backing Track	4
Week 6 Exercise 4A 132 bpm	Backing Track	4
Week 5 Lead Sheet	Sheet Music	5
Week 5 Rhythm Chart	Sheet Music	5
A minor C major Pentatonic boxes w/blue note	Scale/Arpeggio Chart	5
G minor Bb major Pentatonic Boxes w/blue note	Scale/Arpeggio Chart	5
E minor G major Pentatonic Boxes w/blue note	Scale/Arpeggio Chart	5
Week 6 Exercise 5A 116 bpm	Backing Track	5
Week 6 Exercise 5A 120 bpm	Backing Track	5
Week 6 Exercise 5A 126 bpm	Backing Track	5
Week 6 Exercise 5A 132 bpm	Backing Track	5
Choose which day you would like to do	N/A	6

## Week 7

96 beats per minute by week end playing uninterrupted triplet notes.

File Name	File Type
Week 7 Video Directions	Video
Week 7 Lead Sheet	Sheet Music
Week 7 Rhythm Chart	Sheet Music
E minor Arpeggios	Scale/Arpeggio Chart
G major Arpeggios	Scale/Arpeggio Chart
E minor G major Pentatonic Boxes	Scale/Arpeggio Chart
E minor G major Diatonic scale patterns	Scale/Arpeggio Chart
Week 7 Em G 80 bpm	Backing Track
Week 7 Em G 84 bpm	Backing Track
Week 7 Em G 88 bpm	Backing Track
Week 7 Em G 92 bpm	Backing Track
Week 7 Em G 96 bpm	Backing Track

## Week 8

104 beats per minute by week end playing uninterrupted triplet notes.

File Name	File Type
Week 8 Video Directions	Video
Week 8 Lead Sheet	Sheet Music



Week 8 Rhythm Chart	Sheet Music
B minor Arpeggios	Scale/Arpeggio Chart
B minor D major Pentatonic Boxes	Scale/Arpeggio Chart
B minor D major Diatonic scale patterns	Scale/Arpeggio Chart
A minor Arpeggios	Scale/Arpeggio Chart
A minor C major Pentatonic Boxes	Scale/Arpeggio Chart
A minor C major Diatonic scale patterns	Scale/Arpeggio Chart
Week 8 Bm E Phrygian 92 bpm	Backing Track
Week 8 Bm E Phrygian 96 bpm	Backing Track
Week 8 Bm E Phrygian 100 bpm	Backing Track
Week 8 Bm E Phrygian 104 bpm	Backing Track

## Week 9

112 beats per minute by week end playing uninterrupted triplet notes.

File Name	File Type
Week 9 Video Directions	Video
Week 9 Lead Sheet	Sheet Music
Week 9 Rhythm Chart	Sheet Music
F# minor Arpeggios	Scale/Arpeggio Chart
F# minor A major Pentatonic Boxes w/blue note	Scale/Arpeggio Chart
F# minor A major Diatonic scale patterns	Scale/Arpeggio Chart
E minor Arpeggios	Scale/Arpeggio Chart
E minor G major Pentatonic Boxes w/blue note	Scale/Arpeggio Chart
E minor G major Diatonic scale patterns	Scale/Arpeggio Chart
D minor Arpeggios	Scale/Arpeggio Chart
D minor F major Pentatonic Boxes w/blue note	Scale/Arpeggio Chart
D minor F major Diatonic scale patterns	Scale/Arpeggio Chart
Week 9 F#m Em Dm 100 bpm	Backing Track
Week 9 F#m Em Dm 104 bpm	Backing Track
Week 9 F#m Em Dm 108 bpm	Backing Track
Week 9 F#m Em Dm 112 bpm	Backing Track

## Week 10

120 beats per minute by week end playing uninterrupted triplet notes.

File Name	File Type
Week 10 Video Directions	Video
Week 10 Lead Sheet	Sheet Music
Week 10 Rhythm Chart	Sheet Music
A mixolydian (A major) Arpeggios	Scale/Arpeggio Chart

A mixolydian B minor D major Pentatonic Boxes	Scale/Arpeggio Chart
A mixolydian B minor D major Diatonic scale patterns	Scale/Arpeggio Chart
A minor Arpeggios	Scale/Arpeggio Chart
A minor C major Pentatonic Boxes	Scale/Arpeggio Chart
A minor C major Diatonic scale patterns	Scale/Arpeggio Chart
Week 10 A Mixolydian A Minor 108 bpm	Backing Track
Week 10 A Mixolydian A Minor 112 bpm	Backing Track
Week 10 A Mixolydian A Minor 116 bpm	Backing Track
Week 10 A Mixolydian A Minor 120 bpm	Backing Track

## Week 11

128 beats per minute by week end playing uninterrupted triplet notes.

File Name	File Type
Week 11 Video Directions	Video
Week 11 Lead Sheet	Sheet Music
Week 11 Rhythm Chart	Sheet Music
E minor G major Pentatonic Boxes w/blue note	Scale/Arpeggio Chart
D minor F major Pentatonic Boxes w/blue note	Scale/Arpeggio Chart
B minor D major Pentatonic Boxes w/blue note	Scale/Arpeggio Chart
Week 11 Blues in E D B 116 bpm	Backing Track
Week 11 Blues in E D B 120 bpm	Backing Track
Week 11 Blues in E D B 124 bpm	Backing Track
Week 11 Blues in E D B 128 bpm	Backing Track

## Week 12

136 beats per minute by week end playing uninterrupted triplet notes. Day column also included so you know which files to use for each day of the week.

File Name	File Type	Day
Week 12 Video Directions	Video	N/A
Week 7 Lead Sheet	Sheet Music	1
Week 7 Rhythm Chart	Sheet Music	1
E minor Arpeggios	Scale/Arpeggio Chart	1
G major Arpeggios	Scale/Arpeggio Chart	1
E minor G major Pentatonic Boxes	Scale/Arpeggio Chart	1
E minor G major Diatonic scale patterns	Scale/Arpeggio Chart	1
Week 12 Exercise 1B 124 bpm	Backing Track	1
Week 12 Exercise 1B 128 bpm	Backing Track	1
Week 12 Exercise 1B 132 bpm	Backing Track	1
Week 12 Exercise 1B 136 bpm	Backing Track	1

Week 8 Lead Sheet	Sheet Music	2
Week 8 Rhythm Chart	Sheet Music	2
B minor Arpeggios	Scale/Arpeggio Chart	2
B minor D major Pentatonic Boxes	Scale/Arpeggio Chart	2
B minor D major Diatonic scale patterns	Scale/Arpeggio Chart	2
A minor Arpeggios	Scale/Arpeggio Chart	2
A minor C major Pentatonic Boxes	Scale/Arpeggio Chart	2
A minor C major Diatonic scale patterns	Scale/Arpeggio Chart	2
Week 12 Exercise 2B 124 bpm	Backing Track	2
Week 12 Exercise 2B 128 bpm	Backing Track	2
Week 12 Exercise 2B 132 bpm	Backing Track	2
Week 12 Exercise 2B 136 bpm	Backing Track	2
Week 9 Lead Sheet	Sheet Music	3
Week 9 Rhythm Chart	Sheet Music	3
F# minor Arpeggios	Scale/Arpeggio Chart	3
F# minor A major Pentatonic Boxes w/blue note	Scale/Arpeggio Chart	3
F# minor A major Diatonic scale patterns	Scale/Arpeggio Chart	3
E minor Arpeggios	Scale/Arpeggio Chart	3
E minor G major Pentatonic Boxes w/blue note	Scale/Arpeggio Chart	3
E minor G major Diatonic scale patterns	Scale/Arpeggio Chart	3
D minor Arpeggios	Scale/Arpeggio Chart	3
D minor F major Pentatonic Boxes w/blue note	Scale/Arpeggio Chart	3
D minor F major Diatonic scale patterns	Scale/Arpeggio Chart	3
Week 12 Exercise 3B 124 bpm	Backing Track	3
Week 12 Exercise 3B 128 bpm	Backing Track	3
Week 12 Exercise 3B 132 bpm	Backing Track	3
Week 12 Exercise 3B 136 bpm	Backing Track	3
Week 10 Lead Sheet	Sheet Music	4
Week 10 Rhythm Chart	Sheet Music	4
A mixolydian (A major) Arpeggios	Scale/Arpeggio Chart	4
A mixolydian B minor D major Pentatonic Boxes	Scale/Arpeggio Chart	4
A mixolydian B minor D major Diatonic scale patterns	Scale/Arpeggio Chart	4
A minor Arpeggios	Scale/Arpeggio Chart	4
A minor C major Pentatonic Boxes	Scale/Arpeggio Chart	4
A minor C major Diatonic scale patterns	Scale/Arpeggio Chart	4
Week 12 Exercise 4B 124 bpm	Backing Track	4
Week 12 Exercise 4B 128 bpm	Backing Track	4
Week 12 Exercise 4B 132 bpm	Backing Track	4
Week 12 Exercise 4B 136 bpm	Backing Track	4
Week 11 Lead Sheet	Sheet Music	5
Week 11 Rhythm Chart	Sheet Music	5

E minor G major Pentatonic Boxes w/blue note	Scale/Arpeggio Chart	5
D minor F major Pentatonic Boxes w/blue note	Scale/Arpeggio Chart	5
B minor D major Pentatonic Boxes w/blue note	Scale/Arpeggio Chart	5
Week 12 Exercise 5B 124 bpm	Backing Track	5
Week 12 Exercise 5B 128 bpm	Backing Track	5
Week 12 Exercise 5B 132 bpm	Backing Track	5
Week 12 Exercise 5B 136 bpm	Backing Track	5
Choose which day you would like to do	N/A	6

### Week 13

108 beats per minute by week end playing uninterrupted sixteenth notes.

File Name	File Type
Week 13 Video Directions	Video
Week 13 Lead Sheet (optional)	Sheet Music
Week 13 Rhythm Chart	Sheet Music
B minor Arpeggios	Scale/Arpeggio Chart
B minor D major Pentatonic Boxes w/blue note	Scale/Arpeggio Chart
B minor D major Diatonic scale patterns	Scale/Arpeggio Chart
D major Arpeggios	Scale/Arpeggio Chart
Week 13 Bm D 92 bpm	Backing Track
Week 13 Bm D 96 bpm	Backing Track
Week 13 Bm D 100 bpm	Backing Track
Week 13 Bm D 104 bpm	Backing Track
Week 13 Bm D 108 bpm	Backing Track

### Week 14

114 beats per minute by week end playing uninterrupted sixteenth notes.

File Name	File Type
Week 14 Video Directions	Video
Week 14 Lead Sheet (optional)	Sheet Music
Week 14 Rhythm Chart	Sheet Music
A minor Arpeggios	Scale/Arpeggio Chart
A minor C major Pentatonic boxes w/blue note	Scale/Arpeggio Chart
A minor C major Diatonic scale patterns	Scale/Arpeggio Chart
G minor Arpeggios (play over G phrygian)	Scale/Arpeggio Chart
G minor / D phrygian / Bb major Pentatonic Boxes	Scale/Arpeggio Chart
G minor / D phrygian / Bb major Diatonic patterns	Scale/Arpeggio Chart
Week 14 Am D Phrygian 102 bpm	Backing Track
Week 14 Am D Phrygian 106 bpm	Backing Track

Week 14 Am D Phrygian 110 bpm	Backing Track
Week 14 Am D Phrygian 114 bpm	Backing Track

## Week 15

120 beats per minute by week end playing uninterrupted sixteenth notes.

File Name	File Type
Week 15 Video Directions	Video
Week 15 Lead Sheet (optional)	Sheet Music
Week 15 Rhythm Chart	Sheet Music
C# minor Arpeggios	Scale/Arpeggio Chart
C# minor E major Pentatonic Boxes	Scale/Arpeggio Chart
C# minor E major Diatonic scale patterns	Scale/Arpeggio Chart
B minor Arpeggios	Scale/Arpeggio Chart
B minor D major Pentatonic Boxes w/blue note	Scale/Arpeggio Chart
B minor D major Diatonic scale patterns	Scale/Arpeggio Chart
A minor Arpeggios	Scale/Arpeggio Chart
A minor C major Pentatonic boxes w/blue note	Scale/Arpeggio Chart
A minor C major Diatonic scale patterns	Scale/Arpeggio Chart
Week 15 C#m Bm Am 108 bpm	Backing Track
Week 15 C#m Bm Am 112 bpm	Backing Track
Week 15 C#m Bm Am 116 bpm	Backing Track
Week 15 C#m Bm Am 120 bpm	Backing Track

## Week 16

126 beats per minute by week end playing uninterrupted sixteenth notes.

File Name	File Type
Week 16 Video Directions	Video
Week 16 Lead Sheet (optional)	Sheet Music
Week 16 Rhythm Chart	Sheet Music
D major Arpeggios	Scale/Arpeggio Chart
D mixolydian E minor G major Pentatonic Boxes	Scale/Arpeggio Chart
E minor G major Diatonic scale patterns	Scale/Arpeggio Chart
D minor Arpeggios	Scale/Arpeggio Chart
D minor F major Pentatonic Boxes w/blue note	Scale/Arpeggio Chart
D minor F major Diatonic scale patterns	Scale/Arpeggio Chart
Week 16 D mixolydian D minor 114 bpm	Backing Track
Week 16 D mixolydian D minor 118 bpm	Backing Track
Week 16 D mixolydian D minor 122 bpm	Backing Track
Week 16 D mixolydian D minor 126 bpm	Backing Track

## Week 17

131 beats per minute by week end playing uninterrupted sixteenth notes.

File Name	File Type
Week 17 Video Directions	Video
Week 17 Lead Sheet (optional)	Sheet Music
Week 17 Rhythm Chart	Sheet Music
Bb minor Pentatonic Boxes w/blue note	Scale/Arpeggio Chart
Ab minor Pentatonic Boxes w/blue note	Scale/Arpeggio Chart
F minor Pentatonic Boxes w/blue note	Scale/Arpeggio Chart
Week 17 Blues in Bb Ab F 120 bpm	Backing Track
Week 17 Blues in Bb Ab F 124 bpm	Backing Track
Week 17 Blues in Bb Ab F 128 bpm	Backing Track
Week 17 Blues in Bb Ab F 132 bpm	Backing Track

## Week 18

138 beats per minute by week end playing uninterrupted sixteenth notes. Day column also included so you know which files to use for each day of the week.

File Name	File Type	Day
Week 18 Video Directions	Video	N/A
Week 13 Lead Sheet (optional)	Sheet Music	1
Week 13 Rhythm Chart	Sheet Music	1
B minor Arpeggios	Scale/Arpeggio Chart	1
B minor D major Pentatonic Boxes w/blue note	Scale/Arpeggio Chart	1
B minor D major Diatonic scale patterns	Scale/Arpeggio Chart	1
D major Arpeggios	Scale/Arpeggio Chart	1
Week 18 Exercise 1C 126 bpm	Backing Track	1
Week 18 Exercise 1C 130 bpm	Backing Track	1
Week 18 Exercise 1C 134 bpm	Backing Track	1
Week 18 Exercise 1C 138 bpm	Backing Track	1
Week 14 Lead Sheet (optional)	Sheet Music	2
Week 14 Rhythm Chart	Sheet Music	2
A minor Arpeggios	Scale/Arpeggio Chart	2
A minor C major Pentatonic boxes w/blue note	Scale/Arpeggio Chart	2
A minor C major Diatonic scale patterns	Scale/Arpeggio Chart	2
G minor Arpeggios (play over G phrygian)	Scale/Arpeggio Chart	2
G minor / D phrygian / Bb major Pentatonic Boxes	Scale/Arpeggio Chart	2
G minor / D phrygian / Bb major Diatonic patterns	Scale/Arpeggio Chart	2
Week 18 Exercise 2C 126 bpm	Backing Track	2

Week 18 Exercise 2C 130 bpm	Backing Track	2
Week 18 Exercise 2C 134 bpm	Backing Track	2
Week 18 Exercise 2C 138 bpm	Backing Track	2
Week 15 Lead Sheet (optional)	Sheet Music	3
Week 15 Rhythm Chart	Sheet Music	3
C# minor Arpeggios	Scale/Arpeggio Chart	3
C# minor E major Pentatonic Boxes	Scale/Arpeggio Chart	3
C# minor E major Diatonic scale patterns	Scale/Arpeggio Chart	3
B minor Arpeggios	Scale/Arpeggio Chart	3
B minor D major Pentatonic Boxes w/blue note	Scale/Arpeggio Chart	3
B minor D major Diatonic scale patterns	Scale/Arpeggio Chart	3
A minor Arpeggios	Scale/Arpeggio Chart	3
A minor C major Pentatonic boxes w/blue note	Scale/Arpeggio Chart	3
A minor C major Diatonic scale patterns	Scale/Arpeggio Chart	3
Week 18 Exercise 3C 126 bpm	Backing Track	3
Week 18 Exercise 3C 130 bpm	Backing Track	3
Week 18 Exercise 3C 134 bpm	Backing Track	3
Week 18 Exercise 3C 138 bpm	Backing Track	3
Week 16 Lead Sheet (optional)	Sheet Music	4
Week 16 Rhythm Chart	Sheet Music	4
D major Arpeggios	Scale/Arpeggio Chart	4
D mixolydian E minor G major Pentatonic Boxes	Scale/Arpeggio Chart	4
E minor G major Diatonic scale patterns	Scale/Arpeggio Chart	4
D minor Arpeggios	Scale/Arpeggio Chart	4
D minor F major Pentatonic Boxes w/blue note	Scale/Arpeggio Chart	4
D minor F major Diatonic scale patterns	Scale/Arpeggio Chart	4
Week 18 Exercise 4C 126 bpm	Backing Track	4
Week 18 Exercise 4C 130 bpm	Backing Track	4
Week 18 Exercise 4C 134 bpm	Backing Track	4
Week 18 Exercise 4C 138 bpm	Backing Track	4
Week 17 Lead Sheet (optional)	Sheet Music	5
Week 17 Rhythm Chart	Sheet Music	5
Bb minor Pentatonic Boxes w/blue note	Scale/Arpeggio Chart	5
Ab minor Pentatonic Boxes w/blue note	Scale/Arpeggio Chart	5
F minor Pentatonic Boxes w/blue note	Scale/Arpeggio Chart	5
Week 18 Exercise 5C 126 bpm	Backing Track	5
Week 18 Exercise 5C 130 bpm	Backing Track	5
Week 18 Exercise 5C 134 bpm	Backing Track	5
Week 18 Exercise 5C 138 bpm	Backing Track	5
Choose which day you would like to do	N/A	6