

Acoustic Guitar Workout

Metronome Times

All settings are for quarter note beats unless otherwise stated

Chart One

Level	Ex 1	Ex 2	Ex 3	Ex 4	Ex 5
A +	160	100	120	144	96
A	144	96	112	120	88
A -	120	90	108	108	76
B +	100	84	104	92	68
B	88	76	96	76	60
B -	80	64	88	64	52
C +	60	56	72	56	40
C	40	44	56	48	28
C -	32	36	40	36	*
D +	*	*	*	*	*
D	*	*	*	*	*
D -	*	*	*	*	*

Chart Two

Level	Ex 1	Ex 2 (16 th triplets)	Ex 3 (8 th notes)	Ex 4 (8 th notes)	Ex 5
A +	160	96	84	116	96
A	148	88	77	100	88
A -	132	76	70	88	80
B +	108	64	63	76	72
B	92	56	49	60	64
B -	76	48	42	52	56
C +	60	40	35	40	48
C	48	32	*	32	32
C -	36	28	*	*	32
D +	*	*	*	*	*
D	*	*	*	*	*
D -	*	*	*	*	*

*lower levels are for orientation only and no metronome time is available as it would be too slow to be practical - just attempt the task as written in the time allowed

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Chart Three

Level	Ex 1	Ex 2	Ex 3 (8 th notes)	Ex 4	Ex 5
A +	72	72	126	144	96
A	68	68	119	138	88
A -	64	64	112	126	60
B +	56	58	98	114	54
B	52	54	91	96	48
B -	44	48	84	84	42
C +	36	40	77	72	36
C	28	34	63	54	30
C -	*	*	42	36	*
D +	*	*	35	*	*
D	*	*	*	*	*
D -	*	*	*	*	*

Chart Four

Level	Ex 1	Ex 2	Ex 3	Ex 4 (8 th notes)	Ex 5 (16 th triplets)
A +	160	96	105	126	128
A	144	88	102	112	112
A -	128	80	95	98	112
B +	112	68	88	84	96
B	96	60	77	70	96
B -	80	48	70	70	80
C +	64	40	60	56	64
C	48	28	49	42	48
C -	32	*	35	28	32
D +	32	*	*	*	32
D	*	*	*	*	*
D -	*	*	*	*	*

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Chart Five

Level	Ex 1	Ex 2	Ex 3	Ex 4 (8 th notes)	Ex 5 (8 th notes)
A +	96	100	126	120	128
A	92	92	116	108	112
A -	84	88	116	96	112
B +	80	76	105	84	96
B	72	60	95	72	96
B -	56	48	84	60	80
C +	44	40	63	48	80
C	36	28	53	36	64
C -	28	*	42	*	48
D +	*	*	*	*	32
D	*	*	*	*	32
D -	*	*	*	*	*

Chart Six

Level	Ex 1	Ex 2	Ex 3	Ex 4 (8 th notes)	Ex 5 (16 th triplets)
A +	144	120	84	162	140
A	120	114	77	144	112
A -	120	108	70	126	112
B +	96	96	63	108	112
B	96	84	56	90	84
B -	96	72	49	72	84
C +	72	60	42	72	84
C	72	48	35	54	56
C -	72	36	*	36	56
D +	48	*	*	*	*
D	48	*	*	*	*

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