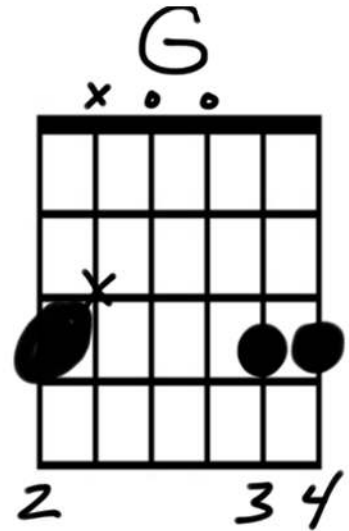
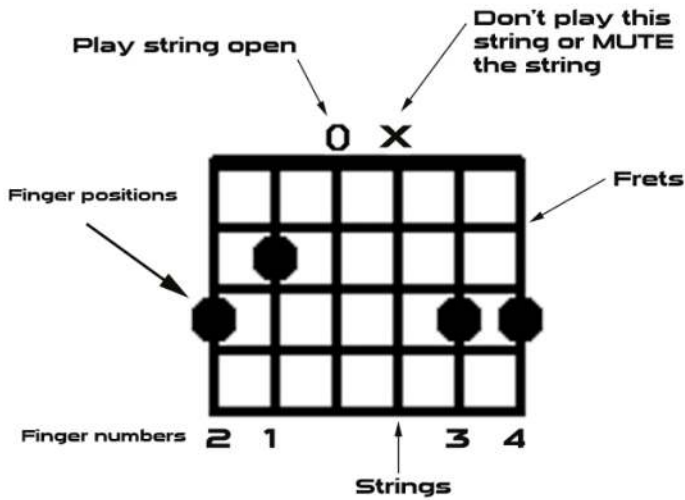


30 DAY CHALLENGE **WTK** WEEK 1

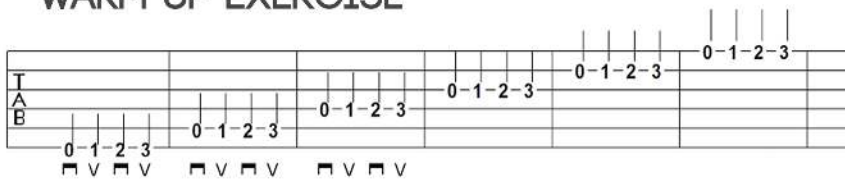
WEEK 1 GOALS:

- LEARN POSTURE
- TOUGHEN FINGERS
- MAKE A PRETTY CHORD

LEFT HAND
OPEN UP
LINE UP
GRAB
TILT



WARM UP EXERCISE



Continue down - up alternating picking.....

