



# How to Practice with a Metronome

## STRUM PATTERN COUNTS

- a. Down Up Down Up (4/4) = 1 & 2 & 3 & 4 &
- b. Down Down Up (2/4) = 1 2 &
- c. Down Down Up Up Down Up (4/4) = 1 2 & & 4 &
- d. Down Down Up Down Up (4/4) = 1 2 & 4 &
- e. Down Down Up Down Up (3/4) = 1 2 & 3 &
- f. Down Up Clap (2/4) = 1 & 2
- g. Down Down Down Up Down Up (4/4) = 1 2 3 & 4 &

## PRACTICE TEMPOS

Day 1: 60, 62, 64, 66

Day 2: 62, 64, 66, 68

Day 3: 64, 66, 68, 70

Day 4: 66, 68, 70, 72

Day 5: 68, 70, 72, 74

Day 6: 70, 72, 74, 76

Day 7: 72, 74, 76, 78

# **CHORD PROGRESSIONS:**

Select 2 strumming patterns to focus on each week. If 60bpm feels too slow, start your metronome at 70-75bpm. Gradually increase your starting point tempo each week.

**1: C (2x) - Am (2x) - F (2x) - G7 (2x)**

**2: Am (2x) - G (2x) - C (2x) - F (2x)**

**3: Dm (1x) - F (1x) - Am (2x)**

**4: F (4x) - Fm (4x) - C (4x) - A7 (4x)**

**5: Gm (2x) - C (2x) - F (2x) - Dm (2x) -  
Gm (2x) - C (2x) - F (4x)**