

Ultimate Music Theory Workout

Shred

Notes On The Fretboard Sharps

Musical notation for Sharps exercise. The staff shows a sequence of notes: G2, A2, B2, C3, D3, E3, F#3, G3, A3, B3, C4, D4, E4, F#4, G4. The fretboard below shows the corresponding fret numbers: 0, 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12.

Flats

Musical notation for Flats exercise. The staff shows a sequence of notes: G2, F#2, F2, E2, D2, C2, B1, A1, G1, F1, E1, D1, C1, B0, A0. The fretboard below shows the corresponding fret numbers: 12, 11, 10, 9, 8, 7, 6, 5, 4, 3, 2, 1, 0.

Intervals

minor 2nd

♩ = 130

Wherever I May Roam

♩ = 100

Musical notation for minor 2nd exercise. The staff shows a sequence of notes: G2, A2, B2, C3, D3, E3, F#3, G3, A3, B3, C4, D4, E4, F#4, G4. The fretboard below shows the corresponding fret numbers: 0, 7, 7, 8, 7, 0, 5, 5, 7, 8, 0, 7, 7, 8, 7.

Major 2nd

♩ = 165

Breaking The Law

♩ = 100

Musical notation for Major 2nd exercise. The staff shows a sequence of notes: G2, A2, B2, C3, D3, E3, F#3, G3, A3, B3, C4, D4, E4, F#4, G4. The fretboard below shows the corresponding fret numbers: 0, 2, 3, 0, 2, (2) 3, 0, 2, 3, 1, 3, 5, 1, 3, (3) 5, 3, 3, 2.

minor 3rd

♩ = 70

Iron Man

♩ = 100

Musical notation for minor 3rd exercise. The staff shows a sequence of notes: G2, A2, B2, C3, D3, E3, F#3, G3, A3, B3, C4, D4, E4, F#4, G4. The fretboard below shows the corresponding fret numbers: 4, 7, 7, 9, 9, 2, 5, 5, 7, 7, 10, 9, 10, 9, 10, 9, 5, 5, 7, 7.

Major 3rd

♩ = 190

Number Of The Beast

♩ = 100

Musical notation for Major 3rd exercise. The staff shows a sequence of notes: G2, A2, B2, C3, D3, E3, F#3, G3, A3, B3, C4, D4, E4, F#4, G4. The fretboard below shows the corresponding fret numbers: 5, 5, 5, 4, 5, 5, 5, 7, 5, 5, 7, 5, 5, 7, 5, 5, 7, 5.

Perfect 4th $\text{♩} = 153$ Fear Of The Dark $\text{♩} = 100$

TAB 6 5 7 7 9 10 (10) 8 10 9 10 (10) 10 10 8 (8) 10 10 10 7

Tritone $\text{♩} = 68$ Black Sabbath $\text{♩} = 100$

TAB 7 5 5 4 5 4

Perfect 5th $\text{♩} = 105$ Star Wars $\text{♩} = 100$

TAB 8 5 3 6 4 3 5 6 6

minor 6th $\text{♩} = 136$ Crazy Train $\text{♩} = 100$

TAB 4 5 2 2 4 2 5 2 4 2 2 5 4 5 2 5 4 0

Major 6th $\text{♩} = 120$ Man In The Mirror $\text{♩} = 100$

TAB 5 5 12 12 14 12 14 16 14 12 12 14

minor 7th $\text{♩} = 105$ Man In A Box $\text{♩} = 100$

TAB 6 5 5 0 0 0 5 0 0 0 5 0 0 0 5 0 0 0 5 0 0 0 5 7 5

P.M. -+ P.M. P.M. -+ P.M. -+ P.M.

Major 7th
Take On Me
♩ = 170
♩ = 100

7 5 2 4 5

Octave
Immigrant Song
♩ = 113
♩ = 100

8 5 4 4 4 4
2-2-2-2-0-2-2-2-2-0 2-2-2-2-0-2-2-2-2-0

SCALES
E Blues
Sad But True
♩ = 90

12-15 12-13-14 12-14
P.M. P.M.
2-2-2-2-5-0-1-0-3-0 2-2-2-2-5-0-1-0-3-0

A Minor Scale
Breaking The Law

5-7-8 5-7-8 5-7 9-5-7-9 6-8-10 7 8-10

A Harmonic Minor Scale

5-7-8 5-7-8 6-7 9-5-7-9 6-9-10 7 8-10

♩ = 125
Metallica's Orion
♩ = 90

7-5-5 4-5-5 4-4-4-4 4-4-4-4
P.M. P.M. P.M. P.M. P.M. P.M. P.M. P.M. P.M. P.M.
0-0-0-0-0-0 0-0-0-0-0 7-7-7-7-5-5 7-7-7-7-6-6 7

C Major

TAB 3 5 7 3 5 7 4 5 | 7 5 6 8 5 7 8

Free Falling

♩ = 69

TAB | 2 3 2 0 | 3 3 0 0 2 3 | 3 3 2 0 | 0 3 2 0

♩ = 90

C Ionian

TAB 3 5 7 3 5 7 4 5 | 7 5 6 8 5 7 8

With Or Without You

♩ = 110

TAB | 2 3 2 0 | 0 0 0 0 0 0 0 0 | 0 3 2 2 2 2 2 2 | 3 3 0 0 | 3 3 3 3 3 3 3

♩ = 90

D Dorian

TAB 5 7 8 5 7 9 5 7 | 9 6 8 10 7 8 10

Shine On You Crazy Diamond

let ring -----

TAB 3 6 5 | 0

E Phrygian

TAB 7 8 10 7 9 10 7 9 | 10 8 10 12 8 10 12

Symphony Of Destruction ♩ = 140 ♩ = 90

TAB: 3 2 2 | 3 2 2 | 1 3 1 | 3 2 2

F Lydian

TAB: 8 10 12 | 9 10 12 | 9 10 | 12 10 12 13 | 10 12 13

Here Comes My Girl ♩ = 130 ♩ = 90

TAB: 2 2 2 0 | 4 4 4 0 | 4 5 7 | 2 2 2 0 | 4 4 4 0 | 4 5 7

G Mixolydian

TAB: 10 12 14 | 10 12 14 | 10 12 | 14 12 13 15 | 12 13 15

Thunderstruck ♩ = 130 ♩ = 90

TAB: 4 0 7 0 4 0 7 0 4 0 7 0 4 0 7 0 | 5 0 8 0 5 0 8 0 5 0 8 0 5 0 8 0

A Aeolian

TAB: 12 14 15 | 12 14 15 | 12 14 | 16 13 15 17 | 13 15 17

♩ = 110 One ♩ = 90

TAB: 2 4 2 0 | 3 3 | 2 4 2 0 | 3 3 | 4 0 0

B Locrian ♩ = 200

TAB: 14 15 17 | 14 15 17 | 14 16 | 17 15 17 18 | 15 17 19

Painkiller ♩ = 90

TAB: 7 0 0 5 0 0 7 0 | 0 8 0 0 7 0 3 0 | 7 0 0 5 0 0 7 0 | 0 8 0 0 6 6

CHORDS

1 3 5 C Cm Cdim Caug

TAB: 5 5 3 | 3 3 5 | 2 4 5 | 4 5 5

Chords In The Key Of C

C Dm Em F G Am Bdim C

TAB: 5 5 3 | 6 6 7 5 | 8 8 7 7 | 10 10 8 8 | 12 12 10 10 | 13 13 12 12 | 15 15 14 14 | 17 17 15 15

Chord Inversions

C C/E C/G Am Am/C Am/E

TAB: 0 2 3 | 1 0 2 | 0 1 0 | 0 1 2 | 5 5 5 | 8 10 9

Melody

TAB

Rhythm

TAB

Harmony

F G/F Dm E E7 Am

TAB

Rhythm Basics

Whole Note Half Note Quarter Note Eighth Note Sixteenth Note

TAB

Reading Music

E G B D F F A C E

TAB

Note Reading Exercise

TAB