

MASTER PRACTICE VARIABLE CHART:

Pick a set of chord changes	This is usually a tune from the <i>Real Book</i> .
Pick a rhythmic device	...such as 8ths, 16ths, or triplets of any kind; any subdivision
Pick a harmonic device	...such as arpeggios, chord scales, or upper-structure triads. Choose any of the exercises in this book (and make your own)
Pick a fingering	...such as strict alternating of two or three fingers; try any fingering combination for your right hand
Pick a fretboard restriction	...such as a 4-fret span over all strings or five frets over two strings. Just pick a fret restriction and choose how many strings you will use. Sometimes, I try to run these exercises on only one string!
Pick a fretboard position	This forces you do leave your comfort zone. If you have the first five frets down pat, force yourself to <i>only</i> play on frets 5-10, for example.
Pick a time signature	You don't always have to run "Stella" in 4/4, for example!

Using this chart as your guide, you can easily create a lifetime's worth of exercises designed to challenge you in any number of ways. Remember, you can choose as many or as few of these variables as is necessary to challenge yourself. Ultimately, I'd shoot for being able to tackle 3-5 at a time. If you really want to challenge yourself, you can certainly pick all seven variables!