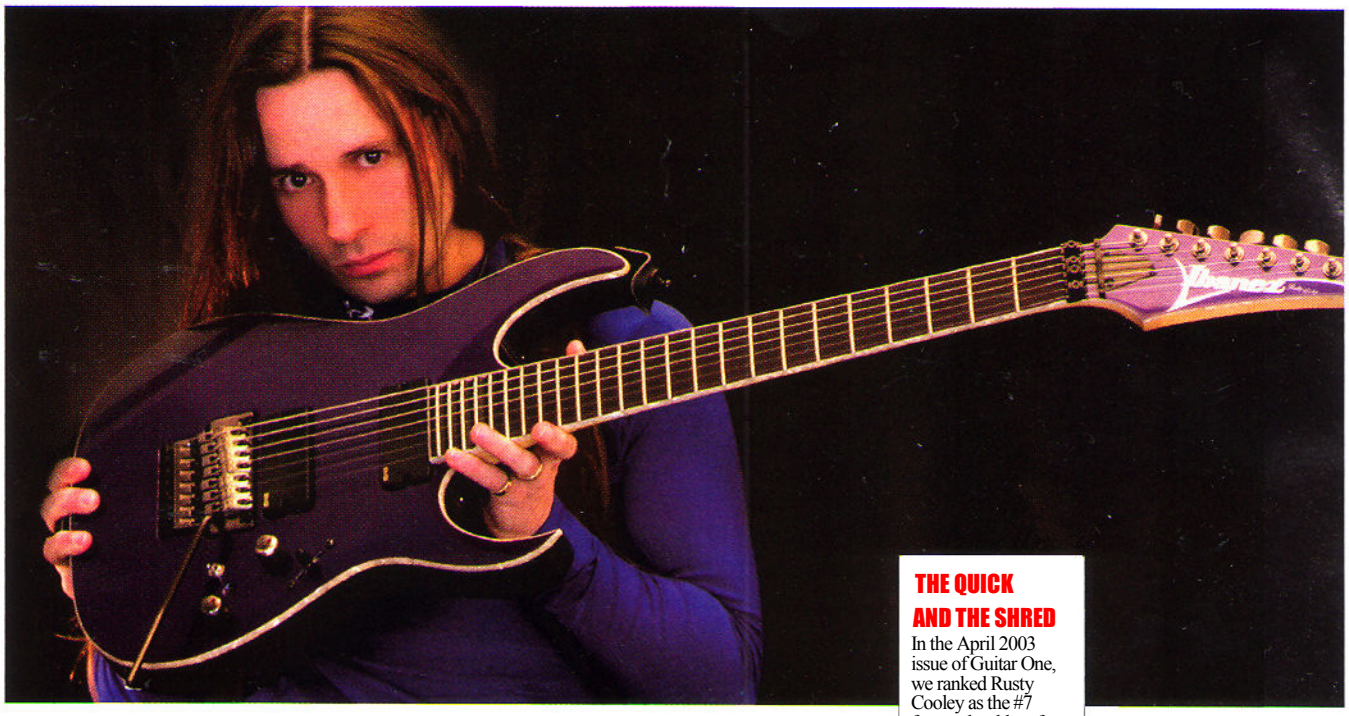


**THE QUICK AND THE SHRED**

In the April 2003 issue of Guitar One, we ranked Rusty Cooley as the #7 fastest shredder of all time (he's since moved up). Check out rustycooley.com to hear a few of his shredentials.

# Stretch Along With Rusty

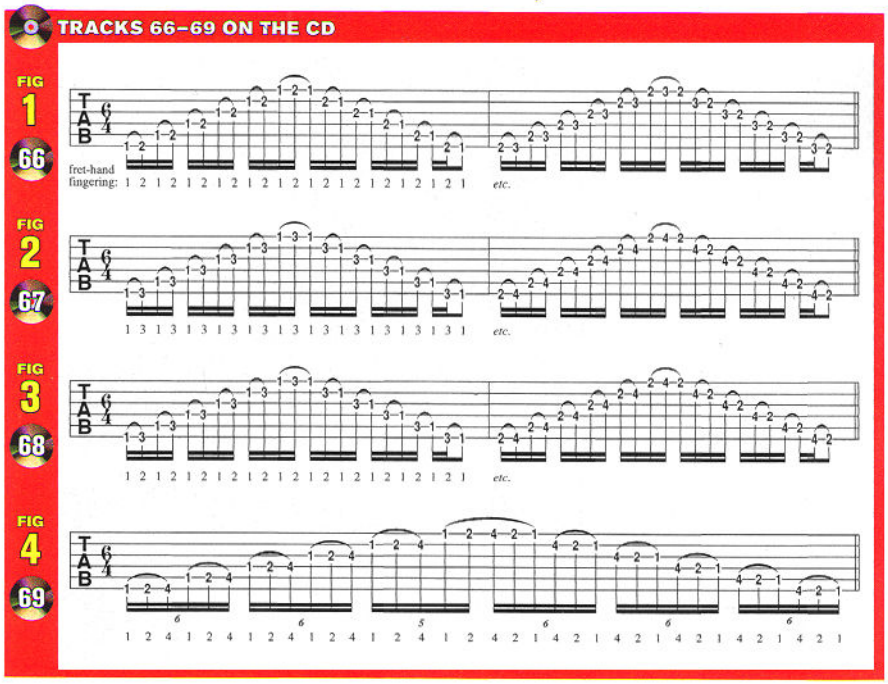
## Mr. Cooley's Legato Workout

When my good friend Mark Tremonti whipped out Rusty Cooley's Shred Manifesto DVD at a recent get-together, I was curious but not particularly excited. A long series of the most nonmusical exercises you can imagine? Who cares? But Mark's enthusiasm prevailed, and soon he, Michael Angelo Batio, and I plugged in.

As the half-hour workout progressed, we stopped more than once, often to ask, "Is that really possible?" Then came the payoff: when we began improv jamming, suddenly every phrase we fingered felt much easier. Our playing had more clarity, strength, and control. Kudos to Rusty for blazing this trail. Here's a little taste of the workout to get you started.

**Fig. 1** begins in position 1, establishing a two-finger pattern (with fingers 1 and 2 on adjacent frets) that travels across the neck and back. (Notice that no notes are picked coming down.) Next, shift the pattern up a fret. Continue in this manner all the way up to position 12, keeping a comfortable pace. For a variation, play the same frets, but use fingers 2 and 3, then 3 and 4. Use alternate (down-up-down) picking throughout this and the following figures.

With **Fig. 2**, the 1-2 (fingers) pattern becomes a 1¬3 pattern, skipping a fret (and a finger). Once you've worked through this, try the pattern with fingers 2 and 4 instead. You may also work on a 1-4 pattern: play frets 1 and 4 on each string, in 1st position; then, for 2nd position, switch to frets 2 and 5; and so on.

In **Fig. 3**, things start to get trick, as Rusty adds an extra fret to the exercises. For example, the 1-2 pattern now stretches to cover frets 1 and 3 in 1st position. (Patterns 2-3 and 3-4 here are killers on the lower, wider frets; if necessary, shift up the neck to begin this exercise in 5th position.) Fig. 4 brings on the three-finger patterns.

Rusty then moves on to three- and four-finger patterns, progressively building a step at a time, and ultimately inserting an extra fret between each finger. This is where the rubber really meets the road, and where the big payoff starts to come. Rusty Cooley's highly recommended Shred Manifesto and other DVDs are available at chopsfromhell.com.