

# Synchronization Exercises

## Ascending

V position

②

4

7

Variation:  
repeat entire set without rests

10

## Descending

13

16

Variation:  
repeat entire set without rests

2

### Crossing Strings: Ascending

19

1 2 1 2 sim.

⑥ ⑤ ④ ③ ② ①

Add another finger and repeat entire set:  
1-2-3; 1-2-3-4

25

Add another finger and repeat entire set:  
1-2-3; 1-2-3-4

28

Add another finger and repeat entire set:  
1-2-3; 1-2-3-4

### Crossing Strings: Descending

30

2 1 2 1

⑥ ⑤ ④ ③ ② ①

Add another finger and repeat entire set:  
3-2-1; 4-3-2-1

36

Add another finger and repeat entire set:  
3-2-1; 4-3-2-1

39

Add another finger and repeat entire set:  
3-2-1; 4-3-2-1