FOCUS AREA	<b>TIME</b>	<b>SPEED</b>
Hand and arm stretches		
Picking Warm up		
Rhythm		
Legato		
Alternate Picking		
String Skipping		
Tapping		
<b>Economy Picking</b>		
Sweep Picking		
Accents		
Jamming		
<b>Chord Studies</b>		
Scales/Modes/Theory		
Other		