

The exercises are arranged in 8 rows and 10 columns. The diagrams show various fretboard positions and fingerings:

- Row 1: Exercises 1-10. Fret 7 on string 6, fret 5 on string 5. Includes stroke directions \wedge and $\wedge\wedge$.
- Row 2: Exercises 11-20. Includes fret 132 and stroke directions $\wedge\wedge\wedge$.
- Row 3: Exercises 21-30. Includes stroke directions $\wedge\wedge\wedge$ and \wedge .
- Row 4: Exercises 31-40. Includes fret 7 and stroke directions \wedge .
- Row 5: Exercises 41-50. Includes fingerings 1, 2, 3 and stroke directions \wedge .
- Row 6: Exercises 51-60. Includes stroke directions // and \wedge .
- Row 7: Exercises 61-70. Includes fingerings 1, 2, 3 and stroke directions \wedge .
- Row 8: Exercises 71-80. Includes fingerings 1, 2, 3 and stroke directions \wedge .