Looper Exercise Ladder

Page 1: your loop setup and steps 1 to 5 (timing). Fill in the tempo boxes as you climb.

1. My looper and settings

Looper or app	Time signature	Bars in my loop	Loop length (seconds)	Loop tempo (bpm)

One minute setup: clean tone; loop level a little lower than your live guitar; count a full bar in with your foot; press record on beat 1 and close the loop on the next beat 1; listen to the join and undo if it bumps. Simple loopers do not show a tempo, so use the free calculator on the page: tap along or time the loop.

How to climb: stay on a step until you play **three clean rounds in a row** of about a minute each, then raise the tempo by about 5 percent or move up a step. If a step falls apart, drop back one step or slow down by 10 percent. Tick a day box each day you practise the step.

2. The ladder, steps 1 to 5: timing

#	Exercise	What to play	Self check	Try at (bpm)	My start bpm	Solid bpm	Day 1	Day 2	Day 3
1	**One bar, one chord**	Record one bar of G, four down strums. Play along.	No audible join; 8 rounds without drifting	70					
2	**Two bar strum loop**	G then C, one bar each, eighth notes down and up.	Both changes land on beat 1, including at the join	70					
3	**Four bar progression**	G, D, Em, C. Time 10 repeats and check the tempo.	Tempo matches what you meant, within a few bpm	70					
4	**Lock in unison**	Play exactly the same part over the loop.	Sounds like one bigger guitar, no flamming	70					
5	**Off beat chops**	Short muted chords only on the "and" of each beat.	Every chop sits halfway between two strums	70					

Reality check: your loop shares your timing habits, so finish each session by playing the same part over a drum loop.

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Page 2: steps 6 to 10 (riffs and lead) and a loop log.

3. The ladder, steps 6 to 10: riffs and lead

#	Exercise	What to play	Self check	Try at (bpm)	My start bpm	Solid bpm	Day 1	Day 2	Day 3
6	**Bass line plus chords**	Record root notes on the low strings, then overdub chords.	Bass and chords change together	65					
7	**Riff layering**	Record a riff, then add a second riff, octave or harmony.	Every layer lines up at the join; undo bad takes	65					
8	**Target notes**	One note per bar: the root on beat 1, then the third.	You land on the new note as the chord changes	70					
9	**Call and response**	E minor pentatonic: play 2 bars, rest 2 bars.	You start and stop on time and count the rests	70					
10	**Three minute solo, recorded**	Two layer loop, solo for 3 minutes, record on your phone.	Listen back and mark rushed or dragged spots	70					

4. Loop log

Date	Step	Tempo (bpm)	Loop (seconds)	What went wrong	What to try next time

Lead tip: for steps 8 to 10 over G, D, Em and C, the E minor pentatonic notes are E, G, A, B and D. Land on a chord tone when the chord changes, and leave space between phrases.