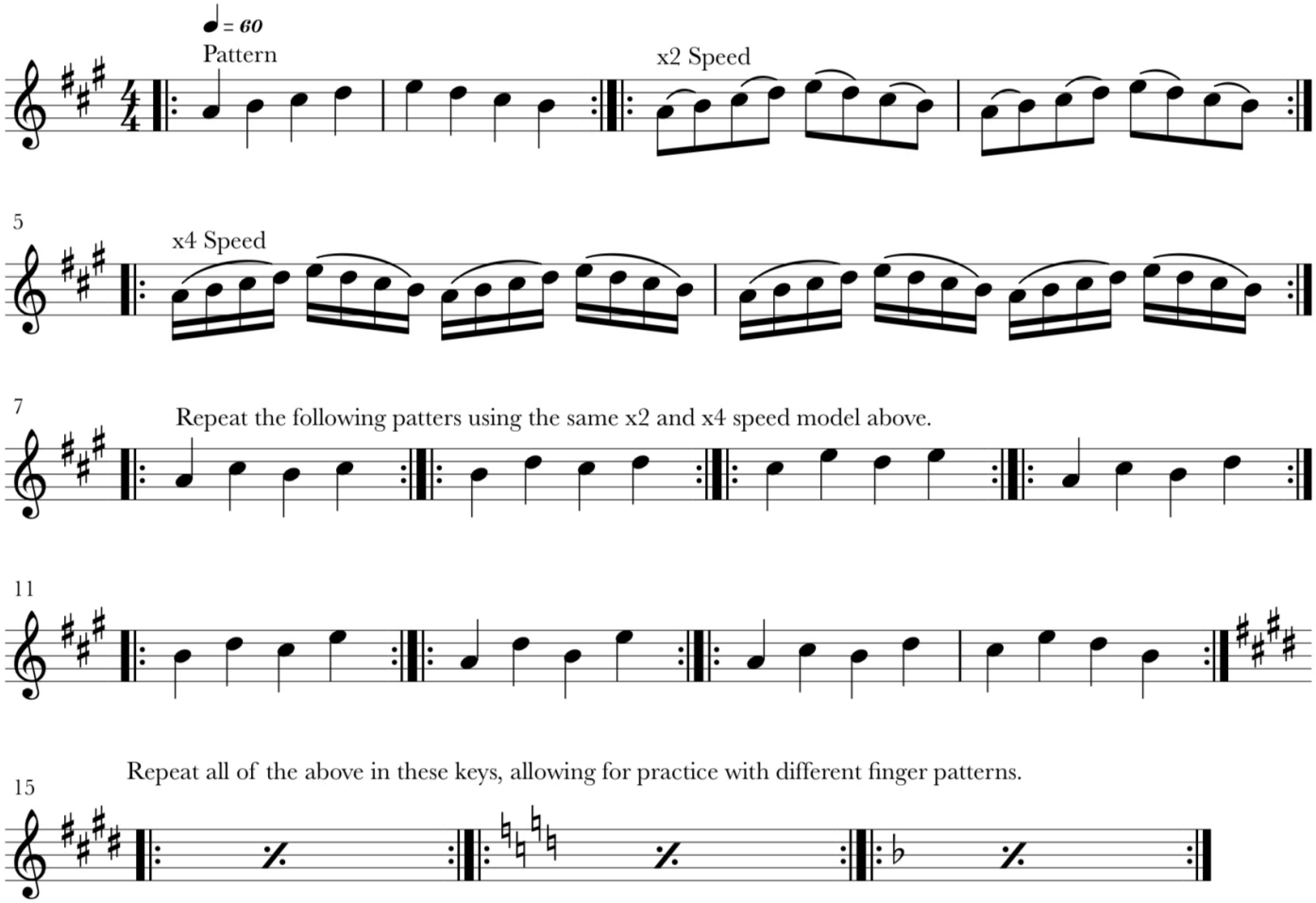
Violin

Left-Hand Dexterity

MWarren

IMPORTANT
For the entire duration of this exercise, it is vital to remember to drop and raise the fingers with explosiveness, while only sustaining enough pressure under each finger necessary to keep the string pressed to the fingerboard. Sustaining more pressure than necessary for long periods will result in straining of the muscles and tendons of the hand and wrist.