This material is not likely to win any popularity contests with your left hand muscles. But you can be assured that any consistent strong effort on your part will be met with an increase in technique, stretching ability, chord knowledge, strength, and above all, your ability to manifest more beauty on the guitar.

After your hands get acquainted with a few of these chords, take a little at a time and try the following transpositions:

1) Do examples 1) and 2) in descending chromatic keys from high Ab thru B.  
2) Do examples 3) and 4) in descending chromatic keys from Eb thru G.  
3) Do examples 5), 6), 7) and 8) in descending chromatic keys from Ab thru D.  
4) Do example 8a) in descending chromatic keys from A thru B.  
5) Do example 9) in descending chromatic keys from E thru Ab.
This material is not likely to win any popularity contests with your left hand muscles. But you can be assured that any consistent, strong effort on your part will be met with an increase in technique, stretching ability, chord knowledge, strength, and above all your ability to manifest more beauty on the guitar.

After your hands get acquainted with a few of these chords, take a little at a time. Try the following transpositions:

1. Do Ex. 0+2 in descending chromatic keys from high Ab through D.
2. Do Ex. 3 through 6 in descending chromatic keys from Ab through C.
3. Do Ex. 7 through 10 in descending chromatic keys from Ab through D.
4. Do Ex. 11 through 14 in descending chromatic keys from A through B.
5. Do Ex. 15 through 18 in descending chromatic keys from C through Ab.