Assignment: Ascend as high as you can...then descend back but in the key of Gb...then up in the key of B...then back down in E...and so on until you end up in Db again. When descending you needn't use the "ties" unless you're a sustain junkie.
"4-Note Diatonic 4th Chord Studies on Middle 4 Strings" - Ted Greene, 1987-05-15  p. 3
Do as above... Note: you may have to ascend and descend in one key at a time first with some of these studies to get your feet wet.

The following may seem superfluous (and they very well may be to some with limited time or less curiosity), but for those who truly love harmony, the subtle differences which result are worth the time.
A NOTE DINTONIC 4TH CHORD STUDIES ON THE MIDDLE STRINGS

ASSIGNMENT:

1. Do as above... Next, go up a half step,... Then back up in the reverse... This block shown in E... and then...

2. Do as above... Note: You may have to ASCEND and DESCEND in one key at a time, based on the order of these studies to get your best out.

3. Do as above...

4. Do as above...

The following may seem superfluous (and they may well be to some who limited time or less curiosity) but for those who truly have become the subtle differences which would be worth the time.

5. Do as above...

6. Do as above...