

Swingercise #7: PLACE & LIFT

At the Middle



1. **Place** bow on D string.
2. **Lift** hand out and up, parallel to floor.

At the Frog



1. **Place** bow between bridge and fingerboard.
2. **Lift** hand out and up; keep bow parallel to floor.

At the Tip



Straight bow, from frog to tip!

14

32. Lift & Place in 4

15

33. Lift & Place in 3

16

34. Hippo Hop

35. Uplifting

36. G to G