

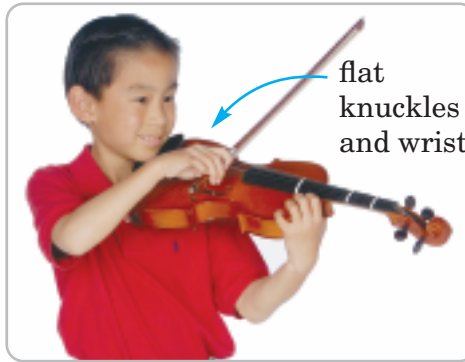
Swingercise #7: PLACE & LIFT

At the Middle



1. **Place** bow on D string.
2. **Lift** hand straight up.

At the Frog



1. **Place** bow closer to bridge than to fingerboard.
2. **Lift** hand straight 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

34. Hippo Hop

35. Uplifting

16 36. G to G