**Left Hand**

**V X Workout**

**Keys used in this lesson:**

A, S, D, F, E, R, G, C, T, W, V, X

**Key each line twice. Repeat if time permits.**

**Remember**

* Keep your fingers grounded on the home row keys
* Keep a nice, smooth rhythm
1. fff vvv fff vvv fff vvv fff vvv fff vvv
2. sss xxx sss xxx sss xxx sss xxx sss xxx

**Key each line twice. Repeat if time permits.**

1. fvf fvf fvf fvf fvf fvf fvf fvf fvf fvf
2. sxs sxs sxs sxs sxs sxs sxs sxs sxs sxs
3. fvf sxs fvf sxs fvf sxs fvf sxs fvf sxs

**Key**

**V**

Use F finger.

(left pointer)

**Key each line twice. Repeat if time permits.**

1. vfv vfv vfv vfv vfv vfv vfv vfv vfv vfv
2. xsx xsx xsx xsx xsx xsx xsx xsx xsx xsx
3. vfv xsx vfv xsx vfv xsx vfv xsx vfv xsx

**Key**

**X**

Use S finger.

(left ring)

**Key each line twice. Repeat if time permits.**

1. rex dev rex dev rex dev rex dev rex dev
2. vat fax vat fax vat fax vat fax vat fax
3. sax vae sax vae sax vae sax vae sax vae
4. fax vex fax vex fax vex fax vex fax vex

**Key each line twice. Repeat if time permits.**

1. vase vast revs vert axes vega dex rex tax axe
2. faxed raved avers taxes avert faxes vares raxed
3. advert staved taxers starve extras graves traves
4. starved adverts gravest dwarves carex waxer vesta

**A**

**S**

**D**

**F**

**C**

**G**

**R**

**T**

**W**

**E**

**V**

**X**