

# CAGED SYSTEM MAJOR SCALE WORKOUT

G SHAPE

A<sub>MAJ7</sub> F<sub>#-7</sub> B<sub>-7</sub> E<sub>9</sub> A<sub>MAJ7</sub> E<sub>9</sub> A<sub>MAJ7</sub>

C SHAPE

D<sub>MAJ7</sub> B<sub>-7</sub> E<sub>-7</sub> A<sub>9</sub> D<sub>MAJ7</sub> A<sub>9</sub> D<sub>MAJ7</sub>

E SHAPE

G<sub>MAJ7</sub> E<sub>-7</sub> A<sub>-7</sub> D<sub>9</sub> G<sub>MAJ7</sub> D<sub>9</sub> G<sub>MAJ7</sub>

A SHAPE

C<sub>MAJ7</sub> A<sub>-7</sub> D<sub>-7</sub> G<sub>9</sub> C<sub>MAJ7</sub> G<sub>9</sub> C<sub>MAJ7</sub>

D SHAPE

F<sub>MAJ7</sub> D<sub>-7</sub> G<sub>-7</sub> C<sub>9</sub> F<sub>MAJ7</sub> C<sub>9</sub> F<sub>MAJ7</sub>

G SHAPE

B<sub>b</sub>MAJ7 G<sub>-7</sub> C<sub>-7</sub> F<sub>9</sub> B<sub>b</sub>MAJ7 F<sub>9</sub> B<sub>b</sub>MAJ7

C SHAPE

E<sub>b</sub>MAJ7 C<sub>-7</sub> F<sub>-7</sub> B<sub>b</sub>9 E<sub>b</sub>MAJ7 B<sub>b</sub>9 E<sub>b</sub>MAJ7

ETC. - CONTINUE CYCLING THE SCALES THROUGH THE SHAPES (G, C, E, A, D) AND THE KEYS