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Harp Exercises For Agility And Speed -
Deborah Friou

This book was designed to help Harp players develop and maintain strength, suppleness, and agility in the fingers and hands. It is intended for use by players of all levels. The repetition of patterns common to the Harp should enable the player to perform with greater ease and confidence.

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Difficulty Level. Advanced, Intermediate.
Harp Type. Lever Harp, Pedal Harp. Other.

Harp Sheet Music: Harp Exercises for Agility
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Hand Exercise #1: Palm Stretch. Stretches the
small muscles in the hand; permitting more
flexibility in the hand. Hand Exercise #2:
Web Stretch Stretches the small muscles in
the hand and between the ligaments in the
hands. Hand Exercise #3: Finger Stretch

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Stretches the fingers and allows for more flexibility in the joints. Exercise #4:
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Hand Exercises for Harpists - My Harp's Delight

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