Guitar Fitness
The Spider Exercise
Variations on the Spider Exercise
Introduction

The tab in this book doesn't quite work the same as with a normal tab. See, this book would be way too big if I tried to write out every single position that you could play this exercise in.

Therefore, the numbers in the tab in this book are telling you which finger to use. If you stick to using one finger for each fret then you can move this exercise to any position you want.

For example: the first exercise has '1 2 3 4' written for each string. If you wanted to start this in the 5th position, you would play '5 6 7 8' instead, but you would still use your fingers in the order '1 2 3 4'. The same thing goes for each variation, so '1 3 2 4' in 5th position becomes frets '5 7 6 8', because you're starting with your first finger on fret 5, and just following the pattern of fingers (Pointer, ring, middle, pinky- 1 3 2 4).

Playing this probably make a lot more sense than reading it! I suggest playing through these exercises if you don't get what I mean. It will hopefully make more sense that way.
Starting with your First Finger (Pointer)
Starting with your Second Finger (Middle)
Starting with your Third Finger (Ring)
Starting with your Fourth Finger (Pinky)