On guitar, sloppy picking is often a timing issue. A metronome fixes that.

Clean chord changes

Start at roughly 60 BPM and change chords exactly on beat one of each bar. Your changes will tighten quickly.

Strumming patterns

Turn on eighth notes between 70 and 100 BPM. Keep your hand moving down and up **metronome** even when you miss the strings, for a steady groove.

Alternate picking and speed

Pick a scale in sixteenths at a tempo you can play cleanly, then add 5 BPM every few bars. Speed-trainer metronomes automate the increases.

Blues and swing

For metronome blues shuffles, use a swing or triplet subdivision to lock into the lilt.

Short daily sessions with a metronome beat long, unstructured practice.