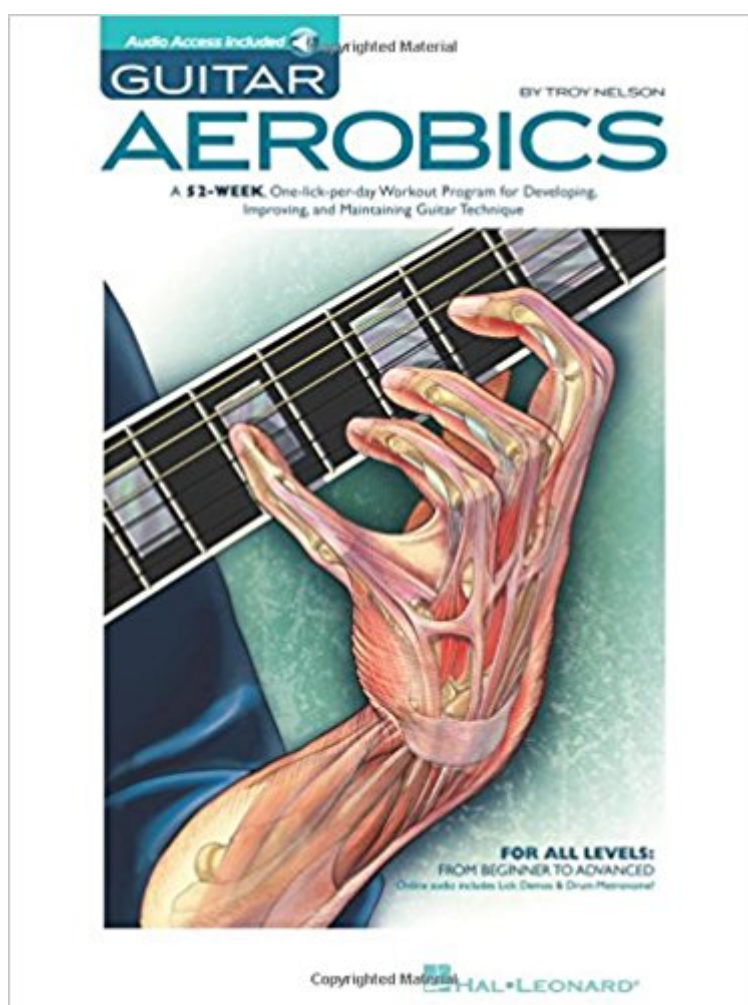


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# Guitar Aerobics: A 52-Week, One-lick-per-day Workout Program For Developing, Improving And Maintaining Guitar Technique

Bk/online Audio



## Synopsis

From the former editor of Guitar One magazine, here is a daily dose of vitamins to keep your chops fine tuned for a full 52 weeks. The guitar exercises cover several musical styles including rock, blues, jazz, metal, country, and funk. Techniques taught include alternate picking, arpeggios, sweep picking, string skipping, legato, string bending, and rhythm guitar. These exercises will increase your speed and improve your dexterity and pick- and fret-hand accuracy the more you practice them.

## Book Information

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Average Customer Review: 4.3 out of 5 stars [See all reviews](#) (429 customer reviews)

Best Sellers Rank: #5,475 in Books (See Top 100 in Books) #6 in [Books > Arts & Photography > Music > Instruments > Guitar](#) #87 in [Books > Arts & Photography > Music > Theory, Composition & Performance > Instruction & Study](#) #574 in [Books > Humor & Entertainment](#)

## Customer Reviews

Today I finish Week 6 in this book, and I honestly have only good things to say about it. Well--only good things at the end of it all, that is.\* Its day-by-day structure helps easily-distracted players like me keep a schedule. It will quickly become useless if you miss days, skip exercises, or try to use it irregularly. With that in mind, I've been able to stick with it every day, which keeps me playing everyday. Quite the feat. You COULD try to use it as a source for guitar licks, but that's not what this is meant to be and there are better books for that.\* If one's serious about using this as the skeleton to their practice method, as I have, you actually have to develop an advancement system on your own. They don't provide one. You have the daily exercise in notation and tab, a couple short paragraphs on what it's teaching and a quick tip on how to properly play it, or how to get a little more out of it (such as switching up the picking style, etc.), the bpm speed range that the rhythm CD will provide, and a couple other small tidbits of information. Unless you're an extremely gifted player, you're not going to master even the first lick at its top speed of 112 bpm on the first day. You need to keep coming back to it for a while. Also, by the time you get to the first Friday's exercise, there's

no way you'll master it the first day--I still goof it up. Plus, rushing through each one to max out the speed is not useful. You need to spend time with each one at slower speeds before cranking up the metronome. Such is basic practice knowledge. It took me a bit, but I developed a plan of attack that I like. I start each new exercise at the slowest recommended starting speed, so far 40 bpm in every case.

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