



Guitar Aerobics: A 52-Week, One-lick-per-day Workout Program for Developing, Improving and Maintaining Guitar Technique

Troy Nelson

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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. The accompanying CD includes all 365 workout licks plus play-along grooves in every style at eight different metronome settings.

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