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From the former editor of Guitar One magazine, *Guitar Aerobics: A 52-Week, One-lick-per-day Workout Program for Developing, Improving & Maintaining Guitar Technique* is a daily dose of vitamins to keep your chops fine tuned. Musical styles include rock, blues, jazz, metal, country and funk.

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This is Week One of my year going through Troy Nelson's *Guitar Aerobics* (Hal Leonard ISBN 978-1-4234-1435-3). At the moment, I'm not able to get to lessons, ...

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Troy Nelson--Guitar Aerobics Troy Nelson 2016-12-19 *Guitar Aerobics Bass Aerobics*-Jon Liebman 2011-09-01 (Bass Builders). Perfect for beginning to advanced players, this book with audio by world-renowned bassist and educator Jon Liebman provides a 52-week, one-exercise-per-week workout program for developing, improving and maintaining bass guitar technique. Liebman teaches:

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