

Guitar Aerobics A 52 Week One Lick Per Day Workout Program For Developing Improving And Maintaining Technique Troy Nelson

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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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