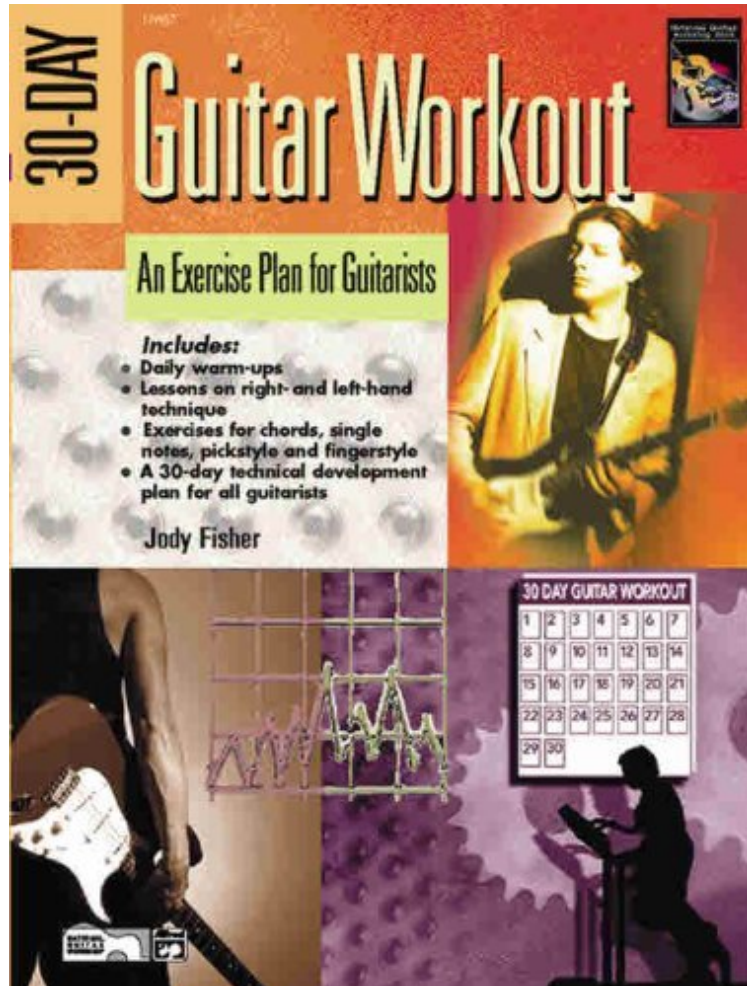


## 30-Day Guitar Workout: An Exercise Plan for Guitarists

Jody Fisher

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**Jody Fisher : 30-Day Guitar Workout: An Exercise Plan for Guitarists** before purchasing it in order to gauge whether or not it would be worth my time, and all praised 30-Day Guitar Workout: An Exercise Plan for Guitarists:

2 of 2 people found the following review helpful. Enjoyed it. By Antonio C Aguinaga I've played guitar on and off for years. It's been some time since I've picked things up and I thought this would be a good book to try out. I read some reviews and recommendations online and it seemed like something I'd like to try. I've never done much in terms of warm up before playing. The basic warm up techniques covered in here were extremely helpful to me. They're very basic things to get you ready to play and I can see myself making use of them any time I play guitar. The daily exercises are challenging and a great way to build up stamina. The workouts got very challenging about midway through the 30 days. The book does make a point of saying do as much as you're capable of. you may not be able to go really fast or have quite the reach. But trying to do the best you can on each day is what is important. I can see myself revisiting this book from time to time. I would definitely recommend it to an intermediate player that wants to work on building up their technique and stamina. I purchased the digital version of the book. I read a few reviews that were

critical of the small images on their tablets. I did find them small and illegible but I was able to zoom in on the ways I wanted to focus on. It wasn't a big problem for me. 8 of 8 people found the following review helpful. Appropriately named. By Minnesott Sailor This book is aptly named because it will definitely give you a workout. The four warmups in here are excellent. those exercises actually took me about a week to do correctly and at the end of that week, I could not believe the finger strength and dexterity I had gained. It really spurred me on to tackle the workouts. The "workouts" are also very excellent. As an aspiring guitar player, this book has shown me exercises that I could have probably never found anywhere else. This book helped me discover a lot of new ground in my technique. Sticking with the exercise, I have developed a set of guitar hands that I never would have thought I have. I generally play each exercise for a week before I move on to the next one. I try to perfect it. I use the exercises as warmups because they are about the most effective warm up exercise I've discovered. The "Chordiac" workouts are the 2nd part of each workout and are also excellent, each one building upon the last and opening up new harmonic ground on the instrument. This book is fantastic and is helping me develop a more technical and musical playing style. It's work, but it is well worth it in the end. 2 of 2 people found the following review helpful. Every guitarists first book... By Anoop MI downloaded this book few hours back after watching sample exercise videos of it. The warm up exercises are amazing especially the main squeeze exercise. I had an apprehension if I would be able to read the finger info on the chord block and to my surprise these images (every single image) were zoomable. I brought this book, as I got a feeling that this is a must have book for anyone who wants to be a guitarist regardless of style. However I do not agree with the title as it could take a beginner several months to get a grip :). I also think that we are in an age where images, audio, videos could be embedded to give the best experience. Wish starts to do that. Will write another review after I practice each and every exercise in this book.

A hit with teachers and students alike, this great collection of exercises and technical studies breaks up the tedium of doing the same old routine every day. Includes daily warm-ups, lessons on right- and left-hand technique, and more.