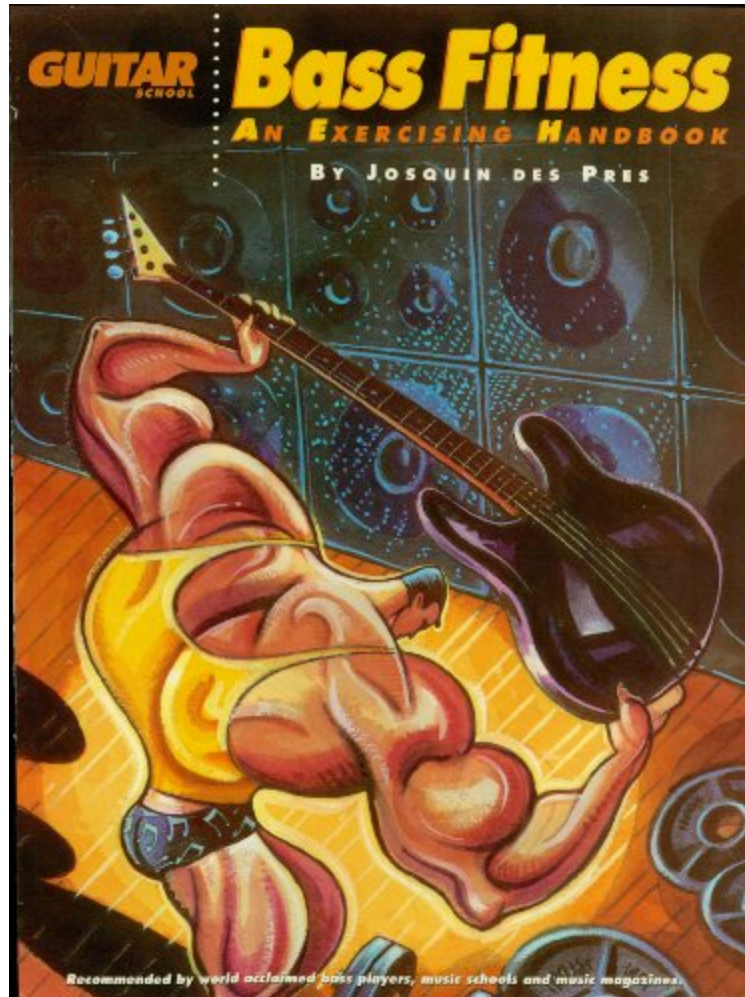


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Bass Fitness - An Exercising Handbook (Guitar School)

Josquin des Pres

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Josquin des Pres : Bass Fitness - An Exercising Handbook (Guitar School) before purchasing it in order to gage whether or not it would be worth my time, and all praised Bass Fitness - An Exercising Handbook (Guitar School):

8 of 8 people found the following review helpful. It's a good book for getting a feel for your bass and ...By R. GroteIt's a good book for getting a feel for your bass and dexterity. It has basic and more complicated movements for your hands. I have been playing bass for 27 yrs. and this book (if followed by directions or making it more difficult by using all your fingers) makes my hands hurt when I am done with certain exercises. I would recommend using a metronome and changing the speeds, because I believe that if you actually practice all the exercises it will help you no matter what style you play, with regards to slap bass which is more pulling and popping the strings but for your neck hand it will still help. Like I said it has simple stuff in it that you would probably say I can do this without paying for it, but it has a good format that progresses as you move along. I haven't gotten far enough into it and I don't think it has anything about chords so if that's what your looking for I don't think this is the book. Hope this helps thanks9 of 9

people found the following review helpful. Rediscovering Bass After 40 Years - Great ExerciseBy William F. PoplawskiUsed to play a Gibson EB-3 with a scale length of ~ 30.5' in a couple of Rock bands in High school some 40 years ago. Three weeks ago I picked up a Squier Precision Bass with a scale length of ~ 34". Picked on the Gibson, finger on the P-Bass. Just got the book last night which arrived earlier than expected. Great job ! Spent 30 minutes this morning running through exercises #1 - 3 on page 6. Already got my money's worth. Both hands got a great workout especially my right hand using two fingers and floating my thumb. I am convinced this will help me increase my reach and improve my fingering technique. Yep as someone said I might have been able to find something similar free on the web but I like to have the book in front of me on my music stand. Now with the right level of commitment to exercise on my part I can turn this \$8 investment (Prime Member) into a gold mine, or at least a bunch of fun trying to bring up my bass playing skill set! Back to the fretboard ...3 of 3 people found the following review helpful. **MUST HAVE FOR BASSISTS!!!**By Daniel Bushrah SesayThis is book is **ABSOLUTELY AMAZING!!!!** I have been playing the bass for about 20 years and when I started using it, my fingers have never felt stronger. I enjoy all the exercises. It might take a moment to get your fingers moving, but when once you do, every finger (even your pinky) is strengthened. I highly recommend it for every level of bass playing.

(Guitar School). The purpose of this book is to provide the aspiring bass player with a wide variety of finger exercises for developing the techniques necessary to succeed in today's music scene. It can also play an important role in a bass player's daily practicing program. The 200 exercises are designed to help increase your speed, improve your dexterity, develop accuracy and promote finger independence. Recommended by world-acclaimed bass players, music schools and music magazines, this is the ultimate bass handbook. The added use of photos makes the lessons complete!