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### **Guitar Aerobics One Lick Day**

Guitar Aerobics: A 52-Week, One-lick-per-day Workout Program for Developing, Improving and Maintaining Guitar Technique Bk/online audio [Troy Nelson] on Amazon.com. \*FREE\* shipping on qualifying offers.

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By Guitar World Staff September 21, 2012 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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Guitar Aerobics One Lick Day Maintaining The author spotlights 7 important techniques (alternate picking, arpeggios, sweep picking, string skipping, legato, string bending, and rhythm guitar) one...

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Guitar Aerobics: A 52-Week, One-lick-per-day Workout Program for Developing, Improving and Maintaining Guitar Technique by Troy Nelson is a book with a clear goal: help you improve your guitar skills by using planned out exercises. There are 365 exercises in total which means for a full year you learn a new exercise/lick every day.

## **Download Guitar Aerobics Book+CD {SystemsDown}**

Guitar Aerobics: A 52-Week, One-Lick-Per-Day Workout Program for Developing, Improving & Maintaining Guitar Technique Paperback - Dec 1 2007 by Troy Nelson (Author) 4.5 out of 5 stars 861 ratings #1 Best Seller in String Music

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