

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

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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.

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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, so have put this book into my ...

### Guitar Aerobics Week 1

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Rock, metal, blues, jazz, country, R&B and funk are covered.

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