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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, ...

[Guitar Aerobics Week 1 - YouTube](#)

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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