



The Guitar Finger-Gym: Build Stamina, Coordination, Dexterity and Speed on the Guitar

Mr Simon Pratt

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Build and Master Essential Guitar Technique

The Guitar Finger-Gym is a Fund**ESSENTIAL**: a condensed and instant guitar technique 'shot-in-the-arm' for electric and acoustic guitarists of any level. It focuses on building a solid foundation of clean, usable guitar technique.

Important, Effective Exercises

Each exercise is individually targeted to a common guitar problem. You will work on timing, strength, fluency and speed.

Solve Every Common Guitar Technique Problem

Whether you play rock, jazz, blues or funk, or play electric or acoustic guitar all guitarists come across exactly the same pain points.

Come to the Guitar Finger-Gym to build your skills and develop your finesse!

Which Exercises?

Over 50 essential guitar technique exercises are included to help you build speed and fluency on the guitar, along with musical studies to consolidate your skills.

These exercises focus on:

- Speed & Dexterity
- Coordination & Control
- Strength & Stamina
- Scale Sequences & Chords

The Guitar Finger-Gym Also Includes:

- Audio examples of each exercise to download for free
- Standard Notation and Tab
- Bespoke, Timed Workouts and Practice Schedules
- Musical Pieces to Consolidate your Skills

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