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# 30 Day Beginner Challenge

Guitar Skills



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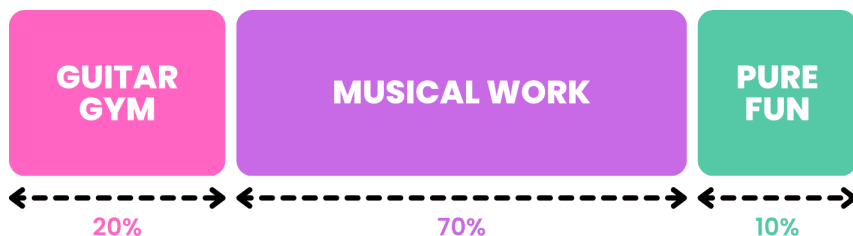
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## Let's Hit The Gym

UNIT 2 • **LESSON 3** << PREVIOUS NEXT >>

### How To Practice

Now that we have so many elements in play, it is important to start understanding how you structure your practice time. We need to group things into three categories, **"gym, musical & fun"**. For example, whenever we learn a new chord shape or exercise (like the 5678 spider), this is the perfect content for the gym part of your workout. It's physical, not especially musical at this point, and massively helps your technique. In fact, at the moment, most of what you are learning will sit in this category. As we develop in this course, we'll see that change. Here are those categories divided into time.



You can see that the guitar gym section is about 20% of your practice time, whatever that time may be. Think of this section as spending the time building up the technique, strength and physicality you need

## Course navigation

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## Smashing The Basics 0%

### UNIT 2

## Let's Hit The Gym 0%

Guitar gym is a term we use a lot here at the Guitar Club, so let's start by talking about what it means. Essentially, Guitar Gym is a range of exercises that are deliberately constructed to build your technique, skill and fluidity on the fretboard.

Lessons:

-  Spider Exercise
-  Reading Guitar Tab
-  How To Practice
-  New Rhythm!
-  E Minor Pentatonic

### UNIT 3

## Getting Musical 0%

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to tackle what you are learning in the musical section. In the musical section is your main project, which will normally be a song, riff, solo or something musical. This is the bulk of your practice time. Finally, the "pure fun" section is doing things that you can already do, to remind you how far you've come (for example, playing a song you can easily play, or jamming over a backing track.) **We haven't got that far yet!** So, as it stands right now, here is your practice, based around those sections.

5678  
EXERCISE

CHANGING CHORDS  
WITH STRUMMING

30%

70%



“

We do not talk about the actual amount of time you spend practicing, as this can vary wildly. Simply, how you divide the time you have! Try to construct your daily

routine  
based on  
this  
diagram!

**Dan**

”



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done?**

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