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Pentatonic Mastery

Guitar Skills

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Practice summary

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Workout 6

UNIT 6 • **LESSON 1** << PREVIOUS NEXT >>

Lesson notes Interactive tab

Our guitar gym section is all about you guys playing along in real-time with your tutor, Dan. Dan will walk you through a guitar gym session in much the same way a fitness instructor would walk you through a workout.

PENTATONIC MASTERY 2 - WORKOUT 2

PART 1 - 80BPM

DESCENDING IN FIVES (Am)	2 SETS
DESCENDING IN FIVES (Dm)	2 SETS
DESCENDING IN FIVES LEGATO (Am)	2 SETS
DESCENDING IN FIVES LEGATO (Dm)	2 SETS

PART 2 - 90BPM

DESCENDING IN FIVES (Am)	1 SET
DESCENDING IN FIVES (Dm)	1 SET
DESCENDING IN FIVES LEGATO (Am)	1 SET
DESCENDING IN FIVES LEGATO (Dm)	1 SET
3 UP, 1 DOWN (Gm)	1 SET
3 UP, 1 DOWN (Cm)	1 SET
LINKING (Am)	1 SET
LINKING (G)	1 SET

PART 3 - 100BPM

DESCENDING IN FIVES (Am)	1 SET
DESCENDING IN FIVES (Dm)	1 SET
DESCENDING IN FIVES LEGATO (Am)	1 SET
DESCENDING IN FIVES LEGATO (Dm)	1 SET
3 UP, 1 DOWN (Gm)	1 SET
3 UP, 1 DOWN (Cm)	1 SET
LINKING (Am)	1 SET
LINKING (G)	1 SET

Course navigation

UNIT 1

Workout 1

 0% 

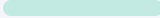

UNIT 2

Workout 2

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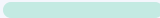

UNIT 3

Workout 3

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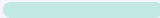

UNIT 4

Workout 4

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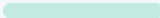

UNIT 5

Workout 5

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UNIT 6

Workout 6

 0% 

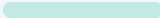

For our second workout we start where we left off at 80BPM and gradually work towards 100BPM 16th notes. As we progress through the workout we bring back in some of the exercises from the previous course to ensure that you continue to develop.

Lessons:

 **Workout 6 (15 Minutes)**

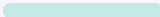

UNIT 7

Workout 7

 0% 

UNIT 8

Workout 8

 0% 



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guitar club

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