

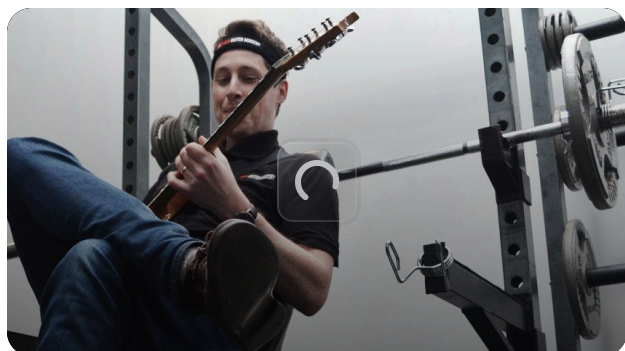
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Pentatonic Mastery

Guitar Skills

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Workout 8

UNIT 8 • **LESSON 1** << PREVIOUS

Lesson notes Interactive tab

Level 8 Workout

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.

Course navigation

UNIT 1

Workout 1

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Workout 2

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UNIT 3

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UNIT 4

Workout 4

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UNIT 8

Workout 8

0% ^

For our final workout we are really ramping up the speed. We take all of the key exercises that we have looked at over the pentatonic mastery courses and kick off at 80BPM. We then move up gradually to a massive 110BPM

Lessons:



Workout 8 (19 Minutes)

PENTATONIC MASTERY 2 – WORKOUT 4

PART 1 – 80BPM

DESCENDING ACROSS THE NECK 1	4 SETS
DESCENDING ACROSS THE NECK 2	4 SETS
DESCENDING IN FIVES (Am)	1 SET
DESCENDING IN FIVES LEGATO (Am)	1 SET
3 UP, 1 DOWN (Gm)	1 SET

PART 2 – 90BPM

DESCENDING ACROSS THE NECK 1	4 SETS
DESCENDING ACROSS THE NECK 2	4 SETS
DESCENDING IN FIVES (Am)	1 SET
DESCENDING IN FIVES LEGATO (Am)	1 SET
3 UP, 1 DOWN (Gm)	1 SET

PART 3 – 95BPM

DESCENDING ACROSS THE NECK 1	4 SETS
DESCENDING ACROSS THE NECK 2	4 SETS
DESCENDING IN FIVES (Am)	1 SET
DESCENDING IN FIVES LEGATO (Am)	1 SET
3 UP, 1 DOWN (Gm)	1 SET

PART 4 – 100BPM

DESCENDING ACROSS THE NECK 1	4 SETS
DESCENDING ACROSS THE NECK 2	4 SETS
DESCENDING IN FIVES (Am)	1 SET
DESCENDING IN FIVES LEGATO (Am)	1 SET
3 UP, 1 DOWN (Gm)	1 SET

PART 5 – 105BPM

DESCENDING ACROSS THE NECK 1	4 SETS
DESCENDING ACROSS THE NECK 2	4 SETS
DESCENDING IN FIVES (Am)	1 SET
DESCENDING IN FIVES LEGATO (Am)	1 SET
3 UP, 1 DOWN (Gm)	1 SET

PART 6 – 110BPM

DESCENDING ACROSS THE NECK 1	4 SETS
DESCENDING ACROSS THE NECK 2	4 SETS
DESCENDING IN FIVES (Am)	1 SET
DESCENDING IN FIVES LEGATO (Am)	1 SET
3 UP, 1 DOWN (Gm)	1 SET



**All
done?**

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