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# Pentatonic Mastery

**Guitar Skills** 







# Theatre mode

#### **Practice summary**



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# **Workout 8**

**UNIT 8 • LESSON 1** < PREVIOUS

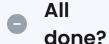
Lesson notes Interactive tab

# **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** 0% Workout 1 UNIT 2 0% **Workout 2 UNIT 3** 0% **Workout 3 UNIT 4** 0% **Workout 4** UNIT 5 0% **Workout 5 UNIT 6** 0% **Workout 6 UNIT 7** 0% **Workout 7** UNIT 8 0% **Workout 8** 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



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Not quite done? Check the toolbox for more practice options.

# guitar club

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