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Pentatonic Mastery

Guitar Skills







Theatre mode

Practice summary

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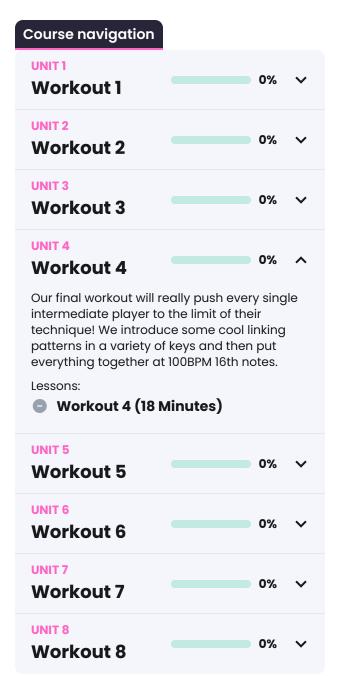
Workout 4

UNIT 4 • LESSON 1 《 PREVIOUS NEXT 》

Lesson notes Interactive tab

Level 4 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.



PENTATONIC MASTERY 1 - WORKOUT 4	
PART I – 60BPM	
LINKING (Am)	4 SETS
LINKING (Dm)	4 SETS
LINKING (G)	4 SETS
LINKING (C)	4 SETS
PART 2 - 80BPM	
3 UP, 1 DOWN (Gm)	1 SET
3 UP, 1 DOWN (Cm)	1 SET
5 SHAPES LEGATO (Gm)	1 SET
5 SHAPES LEGATO (Cm)	1 SET
3 UP, 1 DOWN LEGATO	1 SET
LINKING (Am)	1 SET
LINKING (Dm)	1 SET
LINKING (G)	1 SET
LINKING (C)	1 SET
PART 3 – 100BPM	
3 UP, 1 DOWN (Gm)	1 SET
3 UP, 1 DOWN (Cm)	1 SET
5 SHAPES LEGATO (Gm)	1 SET
5 SHAPES LEGATO (Cm)	1 SET
3 UP, 1 DOWN LEGATO	1.SET
LINKING (Am)	1 SET
LINKING (Dm)	1 SET
LINKING (G)	1 SET
LINKING (C)	1 SET



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guitar club

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