guitar club
by your guitar academy

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Pentatonic Mastery

Guitar Skills

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Workout 2

UNIT 2 • LESSON 1 ≪ PREVIOUS   NEXT ≫

Lesson notes   Interactive tab

Level 2 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 2	
PART 1 – 60BPM	
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
PART 2 – 70BPM	
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
PART 3 – 80BPM	
5 PENTATONIC SHAPES (Am)	1 SET
5 PENTATONIC SHAPES (Dm)	1 SET
5 PENTATONIC SHAPES (G)	1 SET
5 PENTATONIC SHAPES (D)	1 SET
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

UNIT 1
Workout 1
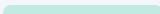0% ⌄

UNIT 2
Workout 2
0% ⌃

In the second workout we bring in a new sequence across all 5 shapes, as well as start to develop our legato playing (hammer ons and pull offs). We then combine the two workouts!
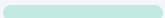
Lessons:

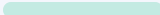⊖ **Workout 2 (18 Minutes)**

UNIT 3
Workout 3
0% ⌄

UNIT 4
Workout 4
0% ⌄
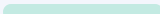
UNIT 5
Workout 5
0% ⌄
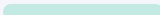
UNIT 6
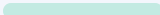## Workout 6
0% ⌄

UNIT 7
Workout 7
0% ⌄

UNIT 8
Workout 8
0% ⌄

⊖ ## All done?
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