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Pentatonic Mastery

Guitar Skills

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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.

Course navigation

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Our final workout will really push every single intermediate player to the limit of their technique! We introduce some cool linking patterns in a variety of keys and then put everything together at 100BPM 16th notes.

Lessons:

– **Workout 4 (18 Minutes)**

UNIT 5

Workout 5

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PENTATONIC MASTERY 1 - WORKOUT 4

PART 1 - 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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