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Pentatonic Mastery

Guitar Skills

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Workout 5

UNIT 5 • LESSON 1 << PREVIOUS NEXT >>

Lesson notes Interactive tab

Level 5 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 2 - WORKOUT 1

PART 1 - 60BPM

DESCENDING IN FIVES (Am)	2 SETS
DESCENDING IN FIVES (Dm)	2 SETS
DESCENDING IN FIVES LEGATO (Am)	2 SETS
DESCENDING IN FIVES LEGATO (Dm)	2 SETS

PART 2 - 70BPM

DESCENDING IN FIVES (Am)	2 SETS
DESCENDING IN FIVES (Dm)	2 SETS
DESCENDING IN FIVES LEGATO (Am)	2 SETS
DESCENDING IN FIVES LEGATO (Dm)	2 SETS

PART 3 - 80BPM

DESCENDING IN FIVES (Am)	2 SETS
DESCENDING IN FIVES (Dm)	2 SETS
DESCENDING IN FIVES LEGATO (Am)	2 SETS
DESCENDING IN FIVES LEGATO (Dm)	2 SETS



All done?

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Course navigation

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Workout 1

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UNIT 5

Workout 5

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In our first workout we introduce the descending pattern in fives, which will be a little bit of a shock to the system! We, therefore, kick-off at a reasonable 60BPM using picking and legato.

Lessons:

– **Workout 5 (15 Minutes)**

UNIT 6

Workout 6

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UNIT 7

Workout 7

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UNIT 8

Workout 8

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guitar club

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