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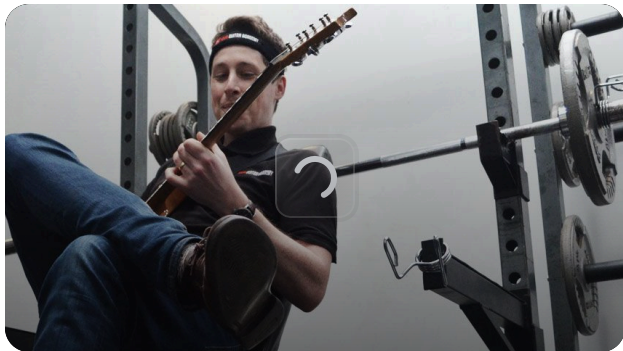
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# Pentatonic Mastery

Guitar Skills



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## Workout 3

UNIT 3 • LESSON 1 << PREVIOUS NEXT >>

Lesson notes

Interactive tab

## Level 3 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 3

#### PART 1 - 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

#### PART 2 - 90BPM

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

#### 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

## Course navigation

### UNIT 1

#### Workout 1

 0% 

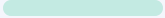

### UNIT 2

#### Workout 2

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### UNIT 3

#### Workout 3

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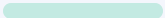

Our third workout takes another big step up as we start to move towards 100BPM 16th notes! That is seriously quick and it will take a lot of practice to get to that point comfortably. We also add a new exercise to the pot!

Lessons:

 **Workout 3 (17 Minutes)**

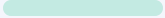

### UNIT 4

#### Workout 4

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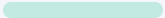

### UNIT 5

#### Workout 5

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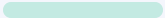

### UNIT 6

#### Workout 6

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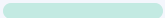

### UNIT 7

#### Workout 7

 0% 

### UNIT 8

#### Workout 8

 0% 



**All  
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**guitar club**

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