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Pentatonic Mastery

Guitar Skills

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Workout 1

UNIT 1 • LESSON 1 [NEXT >>](#)

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



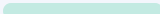
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UNIT 1

Workout 1

 0% ^

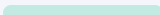
Our first workout session is all about nailing the 5 pentatonic shapes across the neck in a variety of keys.

Lessons:

⊖ Workout 1 (15 Minutes)

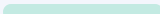
UNIT 2

Workout 2

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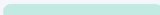
UNIT 3

Workout 3

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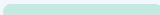
UNIT 4

Workout 4

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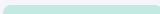
UNIT 5

Workout 5

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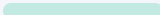
UNIT 6

Workout 6

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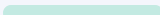
UNIT 7

Workout 7

 0% v

UNIT 8

Workout 8

 0% v

guitar club

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