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# Pentatonic Mastery

Guitar Skills

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## Workout 8

UNIT 8 • **LESSON 1** << PREVIOUS

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### Level 8 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.

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### UNIT 8

#### Workout 8

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For our final workout we are really ramping up the speed. We take all of the key exercises that we have looked at over the pentatonic mastery courses and kick off at 80BPM. We then move up gradually to a massive 110BPM

Lessons:

– **Workout 8 (19 Minutes)**

## PENTATONIC MASTERY 2 – WORKOUT 4

### PART 1 – 80BPM

DESCENDING ACROSS THE NECK 1	4 SETS
DESCENDING ACROSS THE NECK 2	4 SETS
DESCENDING IN FIVES (Am)	1 SET
DESCENDING IN FIVES LEGATO (Am)	1 SET
3 UP, 1 DOWN (Gm)	1 SET

### PART 2 – 90BPM

DESCENDING ACROSS THE NECK 1	4 SETS
DESCENDING ACROSS THE NECK 2	4 SETS
DESCENDING IN FIVES (Am)	1 SET
DESCENDING IN FIVES LEGATO (Am)	1 SET
3 UP, 1 DOWN (Gm)	1 SET

### PART 3 – 95BPM

DESCENDING ACROSS THE NECK 1	4 SETS
DESCENDING ACROSS THE NECK 2	4 SETS
DESCENDING IN FIVES (Am)	1 SET
DESCENDING IN FIVES LEGATO (Am)	1 SET
3 UP, 1 DOWN (Gm)	1 SET

### PART 4 – 100BPM

DESCENDING ACROSS THE NECK 1	4 SETS
DESCENDING ACROSS THE NECK 2	4 SETS
DESCENDING IN FIVES (Am)	1 SET
DESCENDING IN FIVES LEGATO (Am)	1 SET
3 UP, 1 DOWN (Gm)	1 SET

### PART 5 – 105BPM

DESCENDING ACROSS THE NECK 1	4 SETS
DESCENDING ACROSS THE NECK 2	4 SETS
DESCENDING IN FIVES (Am)	1 SET
DESCENDING IN FIVES LEGATO (Am)	1 SET
3 UP, 1 DOWN (Gm)	1 SET

### PART 6 – 110BPM

DESCENDING ACROSS THE NECK 1	4 SETS
DESCENDING ACROSS THE NECK 2	4 SETS
DESCENDING IN FIVES (Am)	1 SET
DESCENDING IN FIVES LEGATO (Am)	1 SET
3 UP, 1 DOWN (Gm)	1 SET



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