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Daily Guitar Warm-Ups: Physical and Musical Exercises to Help Maximize Practice Time

By Tom Kolb

Hal Leonard Publishing Corporation, United States, 2010. Book. Book Condition: New. 305 x 224 mm. Language: English . Brand New Book. (Essential Elements Guitar). A good warm-up session can be the most crucial part of your practice session. Not only does it limber and stretch your finger muscles, it helps to ward off injuries, gets your hands in sync, and promotes accuracy and speed. This book contains a wide variety of exercises to help get your hands in top playing shape. It addresses the basic elements of guitar warm-ups by category: stretches and pre-playing coordination exercises, picking exercises, right and left-hand synchronization, and rhythm guitar warm-ups. The Odds Ends chapter covers other misc. topics such as legato warm-ups, string-bending exercises, scale sequences, and arpeggios. Use this book daily, choosing one or two exercises in each chapter to warm up, and you ll playing will be cleaner, more articulate, and of a higher caliber.



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