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This is Week One of my year going through Troy Nelson's Guitar Aerobics (Hal Leonard ISBN 978-1-4234-1435-3). At the moment, I'm not able to get to lessons, so have put this book into my ...

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From the former editor of Guitar One magazine, Guitar Aerobics: A 52-Week, One-lick-per-day Workout Program for Developing, Improving & Maintaining Guitar Technique is a daily dose of vitamins to keep your chops fine tuned. Musical styles include rock, blues, jazz, metal, country and funk.

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