



Technical Workout: Finger-Fitness for Guitarists

By Michael Morenga

Boston Music. Paperback / softback. Book Condition: new. BRAND NEW, Technical Workout: Finger-Fitness for Guitarists, Michael Morenga, This book teaches you a number of tricks you can use to improve your agility on the fretboard and strengthen both hands, helping to make you a better player. As well as providing the perfect starting point for the guitarist wishing to learn the basic techniques from the very beginning, the exercises in this book could even be used as a reference when you become a more advanced player. Topics include: finger-fitness for the guitar * finger-roll technique * alternate picking * exercise for the strumming hand and fretting hand * practice tips.



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Reviews

Very beneficial to all of class of people. I am quite late in start reading this one, but better then never. You may like just how the writer create this publication.

-- **Audra Klocko PhD**

Thorough information! Its this type of great go through. It is amongst the most incredible publication i actually have read through. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Germaine Welch**