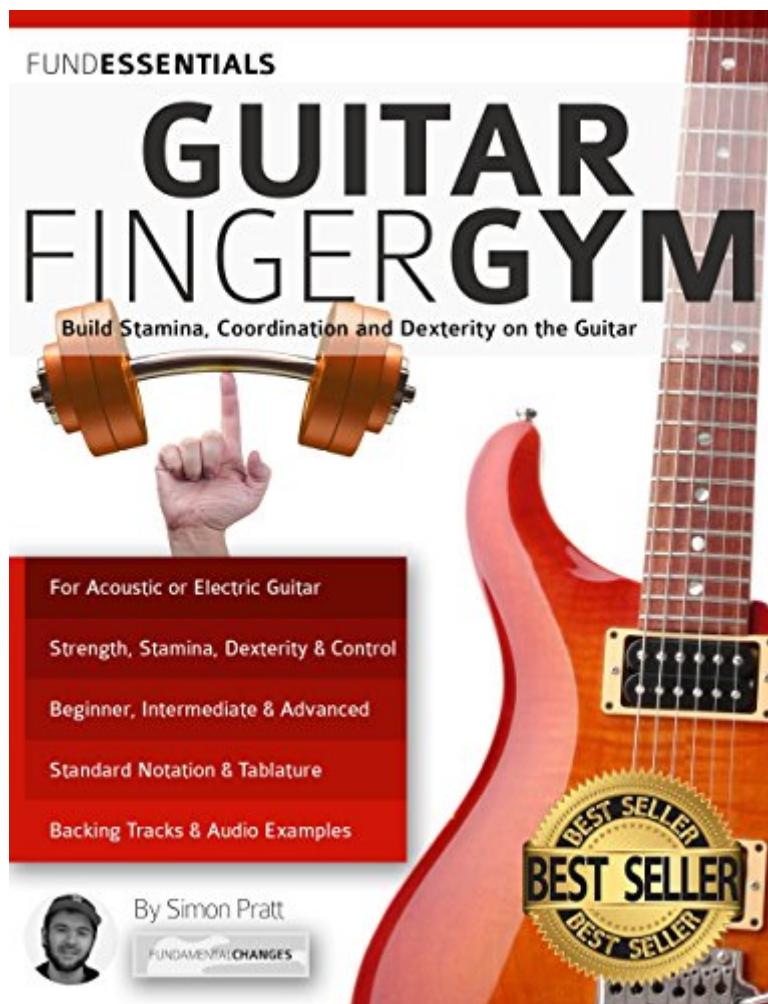


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# The Guitar Finger-Gym: Build Stamina, Coordination, Dexterity And Speed On The Guitar



## Synopsis

Build and Master Essential Guitar TechniqueThe Guitar Finger-Gym is a FundESSENTIAL: a condensed and instant guitar technique 'shot-in-the-arm' for electric and acoustic guitarists of any level. It focuses on building a solid foundation of clean, usable guitar technique.Important, Effective ExercisesEach exercise is individually targeted to a common guitar problem. You will work on timing, strength, fluency and speed.Solve Every Common Guitar Technique ProblemWhether you play rock, jazz, blues or funk, or play electric or acoustic guitar all guitarists come across exactly the same pain points.Ã  ComeÃ  to the Guitar Finger-Gym to build your skills and develop your finesse!Ã  WhichÃ  Exercises?Over 50 essentialÃ  guitar technique exercises are included to help you build speed and fluency on the guitar, along with musical studies to consolidate your skills.Ã  These exercises focus on:Speed & DexterityCoordination & ControlStrength & StaminaScale Sequences & ChordsThe Guitar Finger-Gym Also Includes:Audio examples of each exercise to download for freeStandard Notation and TabBespoke, Timed Workouts and Practice SchedulesMusical Pieces to Consolidate your SkillsFundamental Changes Bring you the Best Guitar Books on Reviews take time, but check out our 40 other titles to see over 2000 5\* reviews on .Ã  Buy it now toÃ  Give your Playing the Workout it DeservesAvailable for free on Kindle Unlimited, or in Paperback with 's quality Guarantee.Scroll up to buy it now.

## Book Information

File Size: 8140 KB

Print Length: 70 pages

Publisher: [www.fundamental-changes.com](http://www.fundamental-changes.com) (May 4, 2016)

Publication Date: May 4, 2016

Sold by:Ã  Digital Services LLC

Language: English

ASIN: B01F6VT3LO

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #16,772 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #1

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Performance > Exercises #1 inÂ Kindle Store > Kindle eBooks > Arts & Photography > Music > Instruments & Performers > Guitar #5 inÂ Kindle Store > Kindle Short Reads > Two hours or more (65-100 pages) > Arts & Photography

## Customer Reviews

I am a relatively experienced guitar player; I majored in classical guitar performance some 40 ( ! ) years ago, then didn't play again until last year. I have several of the "Fundamental Changes" books, including this one. I can not recommend them highly enough. Their books - and Simon's YouTube videos - are extremely helpful and generous in their content. What is particularly valuable about these books, at least in my opinion, is their suitability for guitarists of all skill levels above rank beginner. I also appreciate how they get right to the place where the rubber meets the road: these are not books you "read;" they are workbooks and don't waste time with fluff. If you are a beginning guitarist who has learned the basic chords and are now looking for more, any of these books will be invaluable according to your musical leanings, allowing you to grow at your own pace. If you are more accomplished and want to refine your chops, increase your technical facility, and add to your knowledge base, I don't think you can do better than these books. This book in particular, Guitar Finger Gym, has met my needs perfectly since what I want to do is to regain some of my former technical facility. If that's what you want to develop, then this book is for you. It addresses every aspect of technical proficiency and even includes "sample workouts" that can be used daily to get better and better. I'd say that you'll probably benefit most from the Guitar Finger Gym if you are intermediate level and above, but if you are an ambitious beginner, go for it!. This book is everything I'd hoped, and I'll bet you'll feel the same. Trust me, at \$3.99 it's a steal. Enjoy!

This is a great book! My dexterity was not good but this book has helped tremendously. I especially liked the exercises that caused me to stretch the last two fingers. The effort expended in working the third finger and pinky has paid off in better movement and no pain. These exercises now serve as my warm up and I believe allowed me to greatly improve my playing. I give this my highest recommendation especially for someone just starting to learn guitar.

Amazing book! Very intuitive and accessible to all guitar players. I am a beginner and found it very useful to build my first skills. The exercises are simple and get more difficult with the time and practice. Skilled players can make it with faster tempo and go through the most difficult exercises and scales. Recommended to everyone interested to improve their technique and stamina.

This book is one that I'll use for quite some time. This book contains many exercises to work on dexterity, strength, stamina, and you'll also learn quite a bit about the fretboard as you go! This isn't a learn to play or theory book, it's all about the fretboard workout with your fretting hand and your picking hand. This is the part of your practice session that's not in any of the technique or theory books: The Workout. Add this to your daily routine and advance quicker!

I have "played" around with the guitar for a few years and mostly self taught. This book has already helped me improve my fingering and I do expect my level of playing to increase with each lesson.

I had a long hiatus from playing guitar and I needed to get my hands/fingers in shape before I could begin working on more complex exercises. This book fits the bill. It's succinct - there's not a lot of excess padding. The exercises are clear, they work as intended and just after a few days I've noticed an improvement.

In two weeks, my alternate pick is hitting the correct string, my pinky is getting a better sounding hammer on and I am making less musical mistake when I move up and down the neck. All I can say is where on earth have you been? If you were there long ago I'd be accomplished by long ago.

I am an experienced guitar player, but only recently have become serious about taking my skills to the next level. This is a must have book for musicians who are looking to improve their dexterity, reaction time, and general guitar playing methods. Simon walks you through all the important exercises you will need so you can become more comfortable moving and playing around the guitar neck. As with other books by this author and editor, it cuts right to the chase and gets to the nitty-gritty about what you must do to become a better player in this area of methodology.

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