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# GUITAR FITNESS: AN EXERCISING HANDBOOK (PAPERBACK)



Hal Leonard Corporation, United States, 1996. Paperback. Condition: New. Language: English . Brand New Book. (Guitar School). By the same author of the critically acclaimed Bass Fitness, comes Guitar Fitness. The purpose of this book is to provide the guitar player with a wide variety of finger exercises to develop the technique necessary to succeed in today s music scene. These exercises are designed to help increase speed, improve dexterity, develop accuracy and promote finger independence. These exercises cover a...

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- Authored by Josquin Des Pres
- Released at 1996



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