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Guitar Aerobics : A 52-Week, One-Lick-per-Day Workout Program for Developing, Improving and Maintaining Guitar Technique by Troy Nelson (2007, Paperback / Mixed Media) The lowest-priced brand-new, unused, unopened, undamaged item in its original packaging (where packaging is applicable).

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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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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, ...

Guitar Aerobics Week 1 - YouTube

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