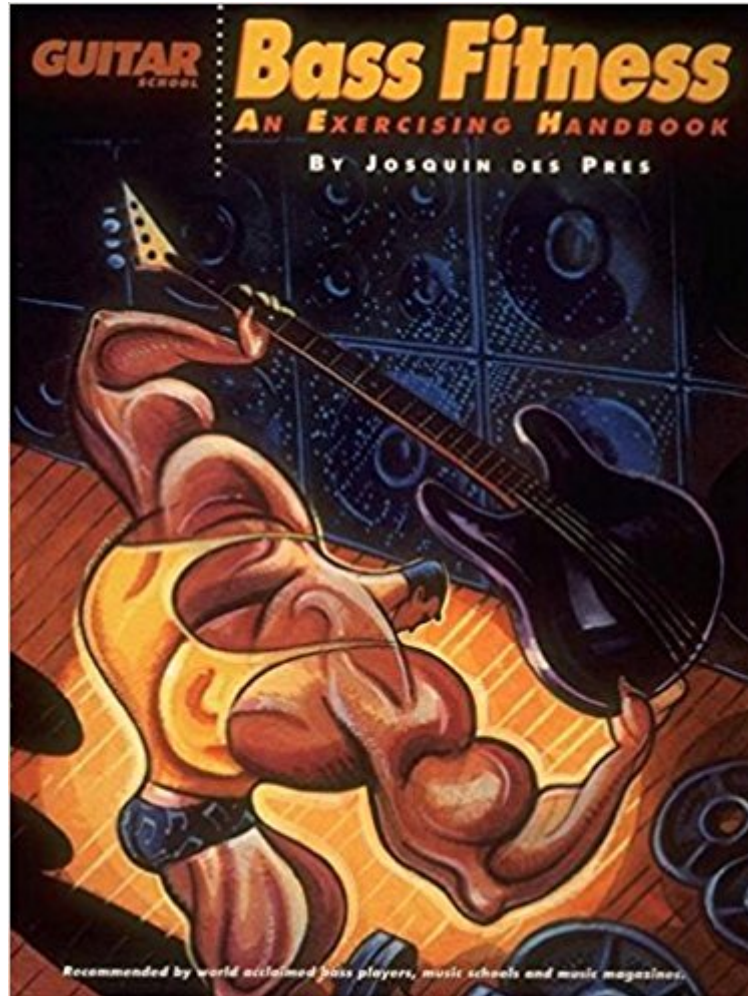


The book was found

Bass Fitness - An Exercising Handbook (Guitar School)



Synopsis

(Guitar School). The purpose of this book is to provide the aspiring bass player with a wide variety of finger exercises for developing the techniques necessary to succeed in today's music scene. It can also play an important role in a bass player's daily practicing program. The 200 exercises are designed to help increase your speed, improve your dexterity, develop accuracy and promote finger independence. Recommended by world-acclaimed bass players, music schools and music magazines, this is the ultimate bass handbook. The added use of photos makes the lessons complete!

Book Information

Series: Guitar School

Paperback: 72 pages

Publisher: Hal Leonard; 1 edition (May 1, 1991)

Language: English

ISBN-10: 0793502489

ISBN-13: 978-0793502486

Product Dimensions: 9 x 0.2 x 12 inches

Shipping Weight: 10.4 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (73 customer reviews)

Best Sellers Rank: #68,621 in Books (See Top 100 in Books) #140 in [Books > Arts &](#)

[Photography > Music > Instruments > Guitar](#) #648 in [Books > Arts & Photography > Music >](#)

[Theory, Composition & Performance > Instruction & Study](#) #19211 in [Books > Reference](#)

Customer Reviews

This is a 4 string bass book but I don't see why you couldn't use it for 6 string guitar - or any other fretted instrument. This book does not contain any songs, scales or music theory. It's just pages of left hand finger exercises. Of course doing them will also exercise your right hand as you pick. This isn't a book that you master from cover to cover before moving onto your next book. Rather it's a book that you can use 15-20 minutes a day every day as a warm up before moving onto the book you use to learn songs or theory from. Unlike song and theory/technique books which don't serve much purpose once you know the material, this book is something you can use every day for years to come. After just 15 minutes of doing the exercises on the first page I was able to play a middle eastern pattern that I had been struggling with for weeks. If you play with a metronome as the author suggests, much sooner than later you will be physically able to play any song you want. How

to read that song, however, is not what this book is about. This book will also help you develop a fluid wrist. The more fluid my left wrist the more solid my tone and the less buzz I get no matter how many frets my fingers are spread across. Between this and the book "Fretboard Roadmaps Bass Guitar" you'll develop great bass skills. Skills aside, I'm looking forward to trying a book that will help develop the feel of a bass player and get how a bass player fits in and interacts with a band. That's where Ed Friedland's "Bass Grooves: Develop Your Groove and Play Like the Pros in Any Style," comes in. Friedland writes out the drum machine parts for you to program into your drum machine to accompany the bass.

[Download to continue reading...](#)

Bass Fitness - An Exercising Handbook (Guitar School) Learn Guitar - Guitar Lessons - Guitar Songs - Guitar Fretboard (Guitar Chords - Learn How To Play Guitar - Tim B. Miller Collection) (Learn How To Play ... Collection - Guitar Fretboard Book 6) The Career Fitness Program: Exercising Your Options (11th Edition) The Career Fitness Program: Exercising Your Options (10th Edition) Constructing Walking Jazz Bass Lines, Book 1: Walking Bass Lines- The Blues in 12 Keys Upright Bass and Electric Bass Method Hal Leonard Bass for Kids: A Beginner's Guide with Step-by-Step Instruction for Bass Guitar (Hal Leonard Bass Method) Guitar:Guitar Music Book For Beginners, Guide How To Play Guitar Within 24 Hours (Guitar lessons, Guitar Book for Beginners, Fretboard, Notes, Chords,) Rush -- Bass Anthology: Authentic Bass TAB (Bass Anthology Series) Ron Carter: Building Jazz Bass Lines: A compendium of techniques for great jazz bass lines including play-along CD featuring Ron Carter (Bass Builders) Serious Electric Bass: The Bass Player's Complete Guide to Scales and Chords (Contemporary Bass Series) Constructing Walking Jazz Bass Lines - Walking Bass lines : Rhythm changes in 12 keys Bass tab edition 14 Jazz & Funk Etudes: Bass Clef Instrument (Trombone, Electric Bass, String Bass, Tuba), Book & CD More Easy Pop Bass Lines: Play the Bass Lines of 20 Pop and Rock Songs (Hal Leonard Bass Method) Bass Anthology: Green Day, Authentic Bass Tab Edition (Bass Anthology Series) Led Zeppelin -- Bass TAB Anthology: Authentic Bass TAB (Authentic Bass Tab Editions) African Dance Trends (Dance and Fitness Trends) (Dance & Fitness Trends) The World of Crossfit (Dance and Fitness Trends) (Dance & Fitness Trends) Fitness Launch Formula: The no fear, no b.s., no hype, action plan for launching a profitable fitness business in 60 days - from someone who's done it. Fitness Launch Formula: The no fear, no b.s., no hype, action plan for launching a profitable fitness business in 60 days or less - from someone who's done it Guitar:Guitar Music Book For Beginners, Guide How To Play Guitar Within 24 Hours, Easy And Quick Memorize Fretboard, Learn The Notes, Simple Chords (Guitar, ... Fretboard, Lessons, Beginners, Music Book)

