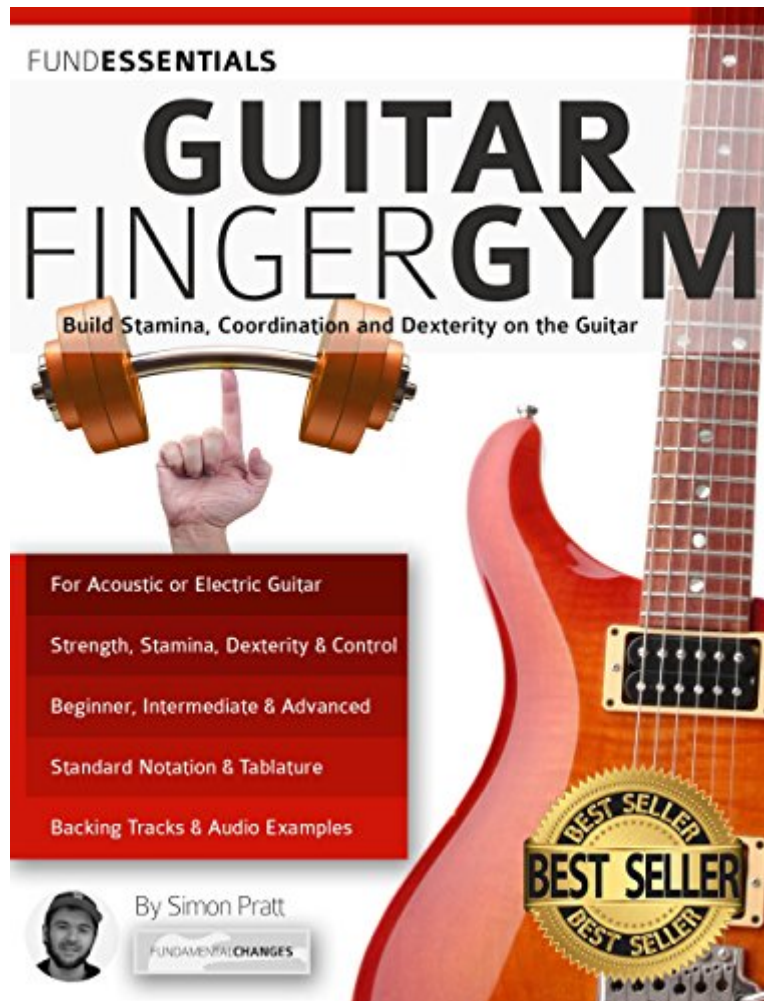


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# The Guitar Finger-Gym: Build Stamina, Coordination, Dexterity And Speed On The Guitar



## Synopsis

Build and Master Essential Guitar Technique  
The 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 Exercises  
Each exercise is individually targeted to a common guitar problem. You will work on timing, strength, fluency and speed. Solve Every Common Guitar Technique Problem  
Whether you play rock, jazz, blues or funk, or play electric or acoustic guitar all guitarists come across exactly the same pain points. Come to the Guitar Finger-Gym to build your skills and develop your finesse! Which Exercises?  
Over 50 essential guitar technique exercises are included to help you build speed and fluency on the guitar, along with musical studies to consolidate your skills. These exercises focus on:  
Speed & Dexterity  
Coordination & Control  
Strength & Stamina  
Scale Sequences & Chords  
The Guitar Finger-Gym Also Includes:  
Audio examples of each exercise to download for free  
Standard Notation and Tab  
Bespoke, Timed Workouts and Practice Schedules  
Musical Pieces to Consolidate your Skills  
Fundamental Changes  
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## 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!

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.

With the modern smartphone, there is no excuse to not use a metronome! I have always disliked using one, but knew I should. I have only been playing a couple years and the author reinforced this point. I have now been following these exercises with one and see his point... The exercises are great and have improved my timing dramatically, as well as increased my endurance and stamina. I am also getting better at building my own "mini licks," something I have struggled with in the past. There are a lot of tools and skill builders. I like the authors style and am looking forward to reading

more by him.

I take my backpacker guitar wherever I go. When I have free time, I practice. I'm always looking for tutorials and exercises to sharpen my chops. This book is a nice find and addition to my iPad library of e-books. Formatted clean and easy to read. Good exercises. I'll have to suggest this one to my students.

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.

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 haven't got past the first exercise yet. I'm trying to build accuracy as well as speed. Don't have as much time as I like because I have been taking guitar lessons for 18 months and need to focus more on that. But it is definitely helping.

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.

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