



## Bass Fitness - An Exercising Handbook (Guitar School)

*By Josquin des Pres*

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(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!

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