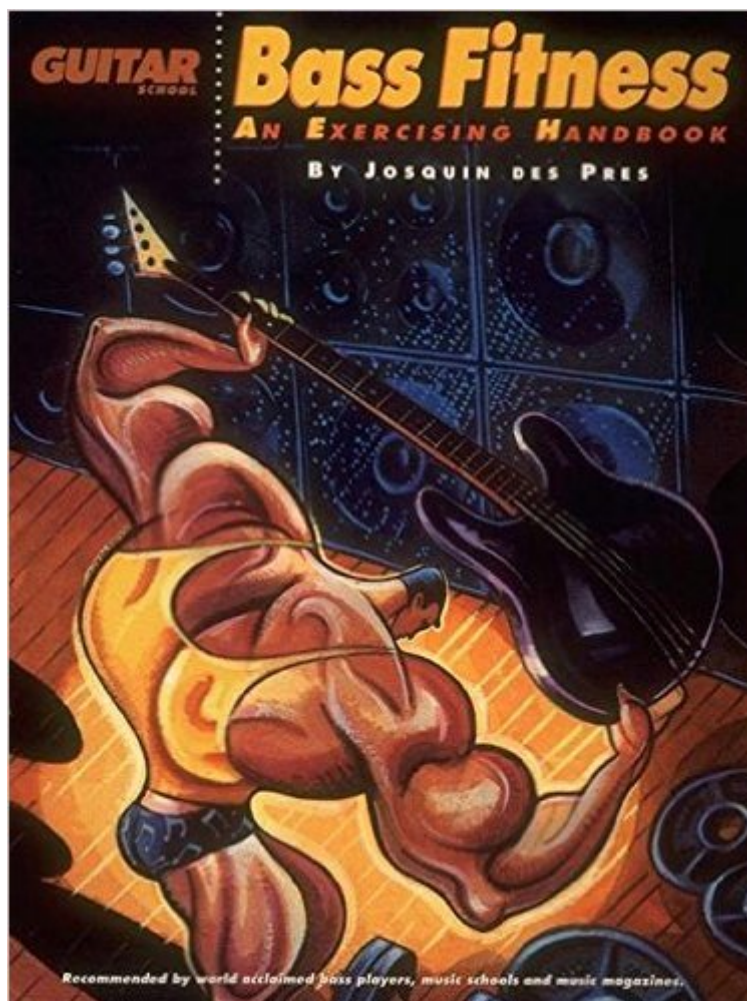


The book was found

# 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

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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)

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## 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.

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