

30-DAY

BOOK

Bass Workout

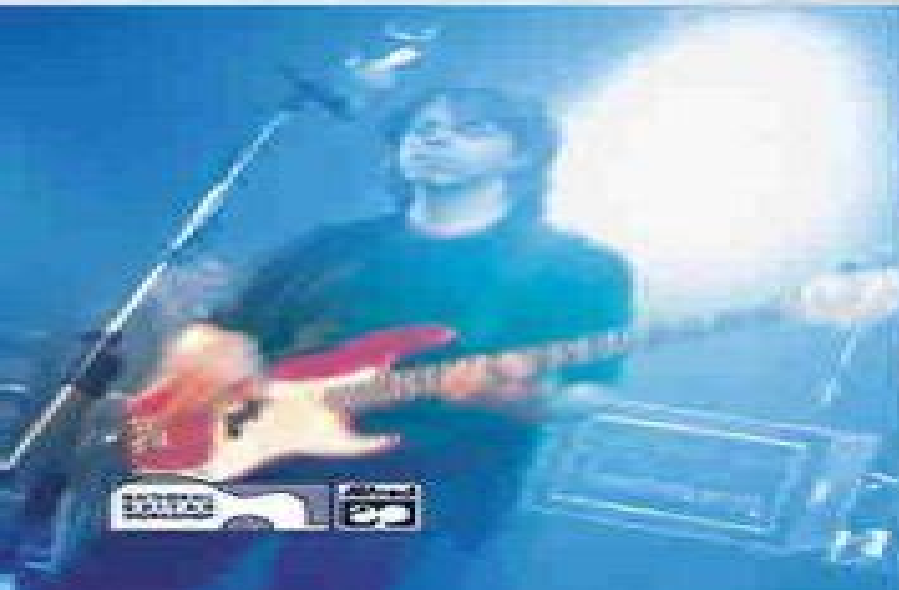


An Exercise Plan for Bassists

Includes:

- Daily warm-ups
- Lessons on right- and left-hand technique, posture
- Exercises for stretching, finger alternations, stamina, speed & more
- Easy-to-read standard music notation and TAB

David Overthrow



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30 Day Bass Workout An Exercise Plan For Bassists
Paperback 2001 Author David Overthrow

Robert Chiarelli



30 Day Bass Workout An Exercise Plan For Bassists Paperback 2001 Author David Overthrow:

30-Day Bass Workout David Overthrow, This enjoyable and challenging exercise routine will prepare you for the rigors of contemporary bass playing and sharpen your technique The strategy focuses on warm ups and stretching exercises for strength agility and stamina and specific techniques such as hammer ons and pull offs Jam packed with tried and true bassroboic exercises this book will build your technique no matter what style of music you play Don t let another day go by without making this a perfect new addition to your bass library 30-Day Bass Workout David Overthrow,2001-12 David Overthrow provides instruction on warm ups exercises and technical tips for students learning how to play the bass guitar

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Electric Bass Method: Mastering Electric Bass David Overthrow, The conclusion to this power packed electric bass method begins with a brief review of important concepts from the intermediate book Designed to guide the student into high level bass playing this book makes advanced concepts like Rhythm Changes tritone substitution odd time signatures and chord playing easy to understand Includes a study of Latin grooves reggae ska and advanced funk bass lines Also covered are topics such as improvisation soloing and practicing The perfect launching pad into a lifetime of great bass playing Bass Aerobics Jon Liebman,2011 A 52 week one exercise per week workout program for developing improving and maintaining bass guitar technique *Bass Guitar Exercises For Dummies* Patrick Pfeiffer,2020-07-14 Refine your technique with 300

bass guitar exercises Practice tempo time signature phrasing and dynamics Apply bass fundamentals to playing a groove The fun and easy way to lay down a groove The bass guitar serves as the foundation for almost every popular style of music from rock to country jazz to funk Regardless of your preferred musical style this hands on guide provides tips and drills designed to help improve your playing ability These exercises get you started with bass guitar fundamentals like playing scales chords and arpeggios Move on to sharpen your skills as you play grooves and melodies in different styles Whether you re just getting started or an experienced bassist looking to stretch your playing skills this is the book for you Inside Tips for correct hand and body posture Methods for getting comfortable with scales Hints for developing a complete practice session Ways to apply the exercises to making great music Workouts for stronger playing **Basic Bass Workout** Stuart

Clayton,2010-05-18 The Bass is fundamental to all forms of music and being a versatile and accomplished player has never been so important This pocket sized guide to the Bass written by Stuart Clayton provides you with everything you need to develop a comprehensive knowledge of your instrument and the music you play on it Starting with the basics of tuning up

and finding your way around the fretboard the book then presents a series of tutorials covering All aspects Notation and Tablature How to form an effective practice schedule The basics of major minor diatonic harmony Left hand accuracy and exercises Phrasing techniques including slurs trills bending and vibrato Playing fingerstyle muting and the travelling thumb Slap Bass how it works and when to use it Playing with a pick How to arrange and transcribe You will even find a section covering the bass itself how to buy an instrument and what to look for in your own price range Soon you will find yourself accomplished and confident in a large variety of musical situations

Bass Fitness - An Exercising Handbook Josquin des Pres,1991-05-01 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 **100**

Fretless Bass Workouts Chris Matheos,2011-01-24 Fretless bass is a unique instrument the approach to playing fretless bass is much more like playing upright bass than to fretted bass This book will cover many of the important techniques required to become a good fretless bassist Some of these include slides intonation development and sustain the 100 examples are written in bass clef and TAB to suggest positions All examples included on companion CD *Dexterity Exercises for the Electric Bass* Robert Chiarelli,2010 Instructional This book CD pack will help you overcome your technical limitations and clear the path for true musical expression With 100 exercises bassists of all skill levels can increase their strength flexibility position shifting skills endurance and technical mastery on the instrument Each exercise is written out in standard notation tab and includes info on fingering and position

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