



Technical Workout: Finger-Fitness for Guitarists

By Michael Morenga

Boston Music. Paperback / softback. Book Condition: new. BRAND NEW, Technical Workout: Finger-Fitness for Guitarists, Michael Morenga, This book teaches you a number of tricks you can use to improve your agility on the fretboard and strengthen both hands, helping to make you a better player. As well as providing the perfect starting point for the guitarist wishing to learn the basic techniques from the very beginning, the exercises in this book could even be used as a reference when you become a more advanced player. Topics include: finger-fitness for the guitar * finger-roll technique * alternate picking * exercise for the strumming hand and fretting hand * practice tips.



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