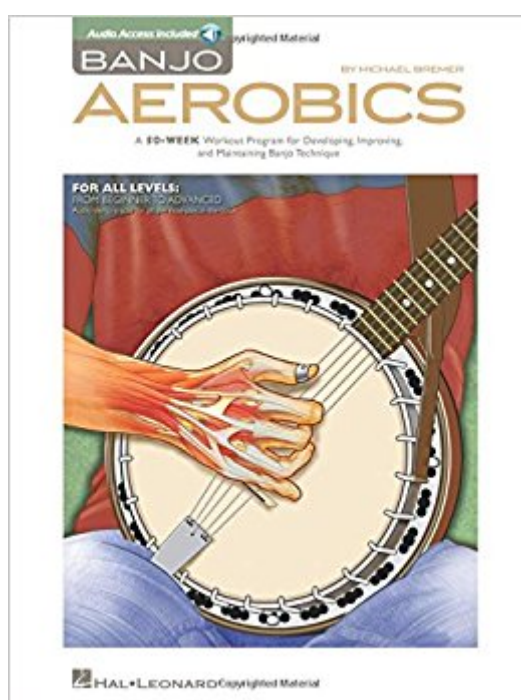


The book was found

# Banjo Aerobics: A 50-Week Workout Program For Developing, Improving And Maintaining Banjo Technique (Book & Online Audio)



## Synopsis

(Banjo). Take your banjo playing to the next level with this fantastic daily resource, providing a year's worth of practice material with a two-week vacation. Banjo Aerobics is for players of all levels from beginner to advanced who will benefit from the lessons provided. The accompanying audio, accessed online for streaming or download, includes demo tracks for all the examples in the book to reinforce how the banjo should sound. Teaches essential banjo techniques using lots of musical styles, to increase speed and accuracy, and improve dexterity and coordination.

## Book Information

Paperback: 112 pages

Publisher: Hal Leonard; Pap/Com edition (July 1, 2013)

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Shipping Weight: 15.2 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 23 customer reviews

Best Sellers Rank: #149,489 in Books (See Top 100 in Books) #9 in [Books > Arts & Photography > Music > Songbooks > Guitars & Fretted Instruments > Banjos](#) #12 in [Books > Arts & Photography > Music > Instruments > Strings > Banjos](#) #258 in [Books > Arts & Photography > Music > Theory, Composition & Performance > Techniques](#)

## Customer Reviews

The concept for this book is pretty good, but it is really just a compilation of lots of techniques found in other books. It's probably a good resource for a beginner or someone switching from one style (e.g. bluegrass 3 finger picking to clawhammer). It may also be a good tool for musicians in need of some structure to make the most of their practice sessions. For me, after about 20 weeks, I found I was only using about a third of the material and most of it I'd already learned from other sources.

book useful and interesting. IMPORTANT: from the study of classical guitar, the technical studies give excellent results if done EVERY day, ALWAYS, and for at least THIRTY MINUTES every time. You'll understand the benefit only after about a year of constant study. Max

Almost as important as learning chords for someone my age is exercising my hands and arms

which will allow me to play faster with greater clarity of tone

great book

Good exercises for improving your banjo playing

Bought as gift....excellent!

Just now start to work through it, easy to understand for a beginner.

If you follow the program it will work.

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