

Guitar Aerobics A 52 Week One Lick Per Day Workout Program For Developing Improving And Maintaining Technique Troy Nelson

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~~[From the former editor of Guitar One magazine, Guitar Aerobics: A 52-Week, One-lick-per-day Workout Program for Developing, Improving & Maintaining Guitar Technique is a daily dose of vitamins to keep your chops fine tuned. Musical styles include rock, blues, jazz, metal, country and funk.](#)~~

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