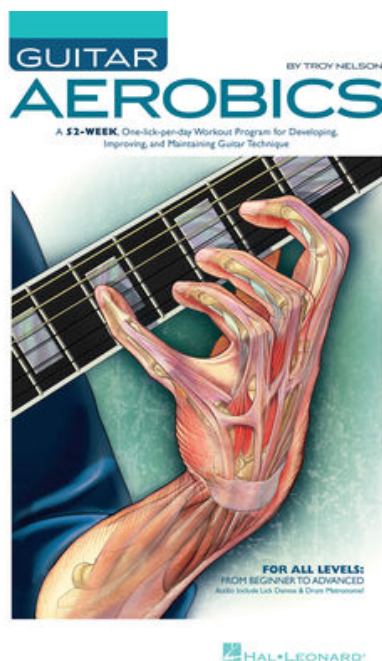


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From the former editor of Guitar One magazine, here is a daily dose of vitamins to keep your chops fine tuned] Musical styles include rock, blues, jazz, metal, country, and funk. Techniques taught include alternate picking, arpeggios, sweep picking, string skipping, legato, string bending, and rhythm guitar. These exercises will increase speed, and improve dexterity and pick- and fret-hand accuracy. The interactive audio includes all 365 workout licks, plus play-along grooves in every style at eight different metronome settings. A helpful interactive glossary is also included for related terms.

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