



Bass Aerobics

Jon Liebman

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(Bass Builders). Perfect for beginning to advanced players, this book with audio by world-renowned bassist and educator Jon Liebman provides a 52-week, one-exercise-per-week workout program for developing, improving and maintaining bass guitar technique. Liebman teaches: chromatics; scales & arpeggios; string-crossing and advanced patterns; slapping & popping; and more -- all in styles ranging from rock, funk and R&B to jazz, disco, reggae and more. Bassists using Bass Aerobics will benefit from increased speed, improved dexterity, better accuracy and heightened coordination -- not to mention an awesome new groove vocabulary! The accompanying audio tracks contain all 52 workout grooves for both demonstration and play-along.

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