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BOOK

# Bass Workout

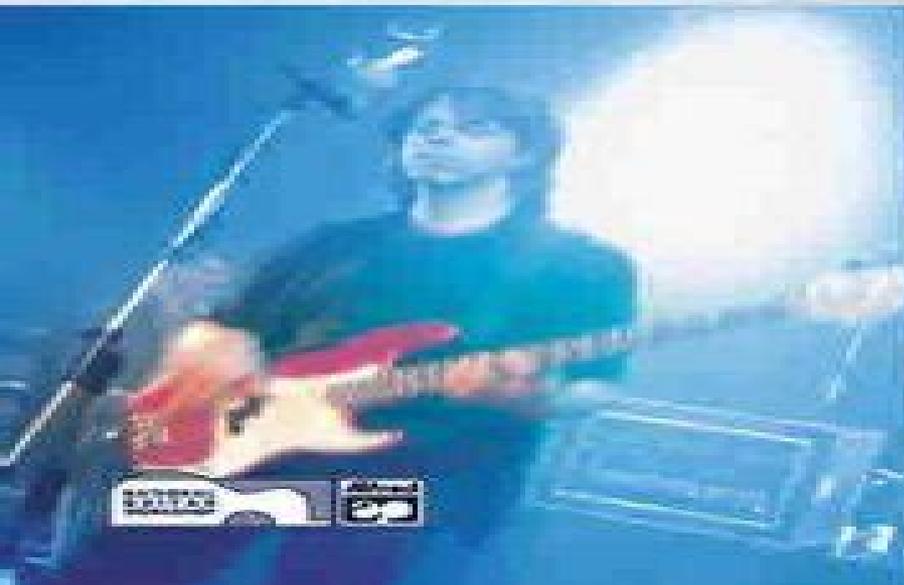


## An Exercise Plan for Bassists

### *Includes:*

- Daily warm-ups
- Lessons on right- and left-hand technique, posture
- Exercises for stretching, finger alternations, stamina, speed & more
- Easy-to-read standard music notation and TAB

**David Overthrow**



30-Day Bass Workout

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