

30-DAY

BOOK

# Bass Workout

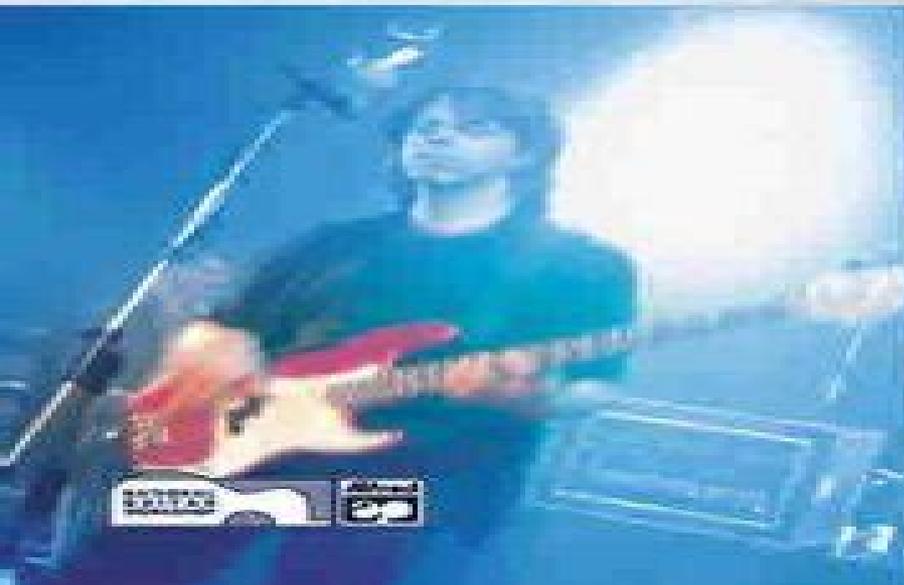


An Exercise Plan for Bassists

***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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|----|----|----|----|----|----|----|
| 1  | 2  | 3  | 4  | 5  | 6  | 7  |
| 8  | 9  | 10 | 11 | 12 | 13 | 14 |
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| 29 | 30 |    |    |    |    |    |



# 30 Day Bass Workout An Exercise Plan For Bassists

**David Overthrow**



### **30 Day Bass Workout An Exercise Plan For Bassists:**

30-Day Bass Workout David Overthrow, This enjoyable and challenging exercise routine will prepare you for the rigors of contemporary bass playing and sharpen your technique The strategy focuses on warm ups and stretching exercises for strength agility and stamina and specific techniques such as hammer ons and pull offs Jam packed with tried and true bassrobic exercises this book will build your technique no matter what style of music you play Don t let another day go by without making this a perfect new addition to your bass library 30-Day Bass Workout David Overthrow,2001-12 David Overthrow provides instruction on warm ups exercises and technical tips for students learning how to play the bass guitar

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*Musicianship for the Contemporary Bassist* Tracy Walton,2003-09 Finally all the essential musicianship training today s bass player needs is now included under one cover This easy to use step by step method combines music theory ear training sight reading and fretboard knowledge to prepare musicians to play bass in any musical style Beginning with a review of the fretboard and reading standard music notation in the bass clef lessons progress in a logical order through scales intervals chords and progressions including tritone substitutions secondary chords and modulations Includes 40 worksheets and ear training quizzes along with a correlating CD *Musicianship for the Contemporary Bassist* is the ultimate must own resource for the advancing bassist

**Bass for the Absolute Beginner** Joe Bouchard,2002 This book teaches the complete novice everything they need to know to start playing right away The music lover who has never even held an electric bass will be playing easy bass lines immediately learning pickstyle fingerstyle scales how to play along with guitar chords and more Joe Bouchard formerly of Blue yster Cult writes in a friendly encouraging style that will motivate even the most casual hobbyist to learn A CD that demonstrates every example and provides play along opportunities is available **Bass Chord**

**Encyclopedia: Book & CD** ,2006-08 Yes you can play chords on your bass The bass guitar is under exploited as a chordal instrument There are many uses for chords on the bass from jazz chord solos to heavy funk power riffs This book explores these applications and offers you the opportunity to put them to use with the included audio The recording features eight extended play along tracks in styles including jazz funk blues and rock Whether you are just beginning or are looking to deepen your understanding of the instrument and infuse your playing with exciting new possibilities this book is for you The Bass Chord Encyclopedia is your ultimate resource for chord voicings on the four and five string bass guitar *Newsletter - International Society of Bassists (1977)* International Society of Bassists,1981 One number each year called Annual journal

issue has title Bass world     **Double Bassist** ,2006     *Newsletter - International Society of Bassists* International Society  
of Bassists,1974     *International Society of Bassists* ,1993     Keyboard ,2006     Sepia ,1979     **The Video Source**  
**Book** David J. WEINER,1990     Video Source Book ,2008     **Bibliographic Guide to Music** New York Public Library.  
Music Division,1996     *The New Yorker* Harold Wallace Ross,William Shawn,Tina Brown,David Remnick,Katharine Sergeant  
Angell White,Rea Irvin,Roger Angell,2003     *Bowker's Complete Video Directory, 1998* ,1998     *Down Beat* ,1982 The  
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