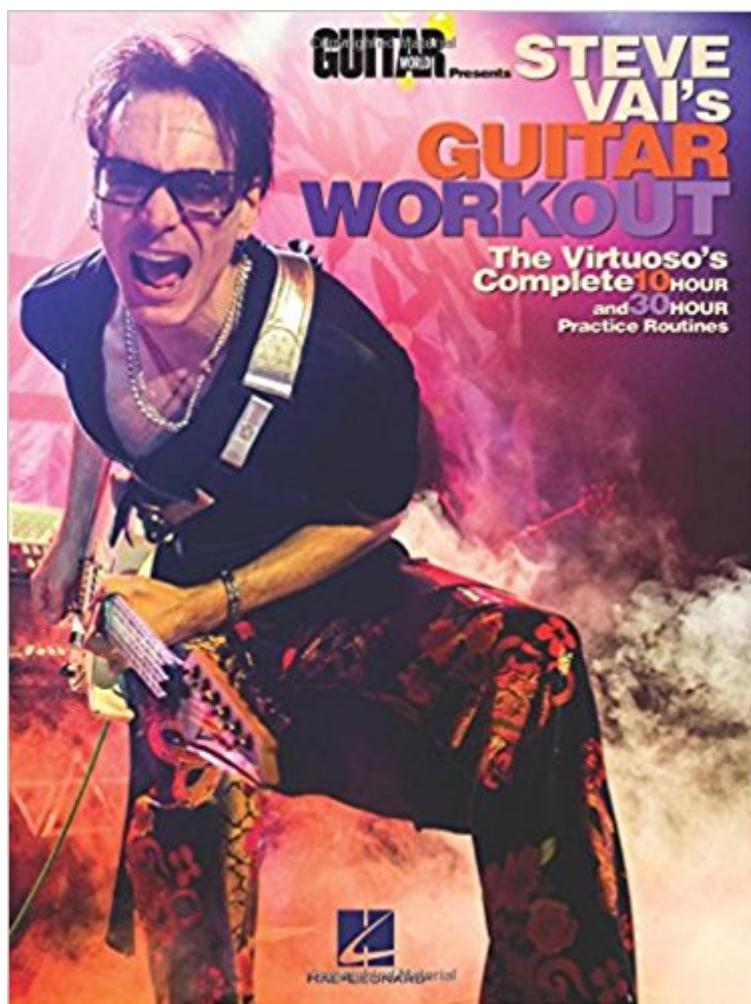


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# Guitar World Presents Steve Vai's Guitar Workout



## **Synopsis**

Since its appearance in *Guitar World* in 1990, Vai's intensive guitar regimen has been the Holy Grail for serious players. Here is the lesson that shaped a generation of guitarists. Vai sat down with guitarist/transcriber Dave Whitehill and outlined his practice routine for the January 1990 issue of *Guitar World*. Never before had a guitarist given such an in-depth explanation of his musical exercise regimen. It became a must-have for guitarists. Many of the players interviewed in *GW* have cited it as an influence on their development as guitarists. Here's a chance to experience the workout in its original form and to learn some of the things Vai has done to develop his formidable chops and remarkable music vocabulary. In this book, Steve Vai reveals his path to virtuoso enlightenment with two challenging guitar workouts one 10-hour and one 30-hour which include scale and chord exercises, ear training, sight-reading, music theory, and much more. These comprehensive workouts are reprinted by permission from *Guitar World* magazine.

## **Book Information**

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## **Customer Reviews**

For those who is not afraid to go through grueling and encruciating routines so as to obtain some "superhuman" guitar playing abilities. Consider it as a guitar Kung-fu or Shao-lin school from Master Vai. :-)

I have massive respect for Vai's discipline. It's fun to get inside his head a little bit with this book. It's

not impossible stuff but it makes you feel awkward. Which is what I need. You can see how Vai has been able to articulate so well.

Great book that is helping me with my guitar playing.

This book rocks. Great exercises for strengthening and dexterity. Decent approach for chords, arpeggios and scales as well as general ear training. Gives you enough guidelines to develop more on your own. Go for it, you'll be glad you did

if you want to be as good technically as steve vai, then simple practice like steve vai. Which is exactly what this book is. His practice regimen. This is only for the disciplined, who have the time and or can make the time.great book!

Buy this book and share it with your favorite guitar playing friend in mind, full of fundamental exercises for the fingers and mind of a musician !!!!

Steve Vai. What else you need?

Wonderful. I am not able to follow 10 hours per day, as I am not a professional musician, but is stuffed with ideas and information for training.

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