



# Guitar Springboard: Technical Workout

*Michael Morenga*

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**Guitar Springboard: Technical Workout** Michael Morenga

**Guitar Springboard** is an innovative series of tutors, allowing you to boost your playing skills and knowledge by concentrating upon key musical areas.

In this edition, discover an entire compendium of technical ideas through an exploration of the guitar and its possibilities. By learning good technique, you will not only become a better player, but will also vastly improve your ability to approach new riffs and songs with speed and confidence. Topics include:

- Finger fitness for the guitarist
- Finger-roll technique
- Alternate picking
- Exercises for the strumming hand and fretting hand
- A host of practice tips

All of the lessons are supported by musical examples, so you can master a more innovative and exciting use of harmony within a real musical context.

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