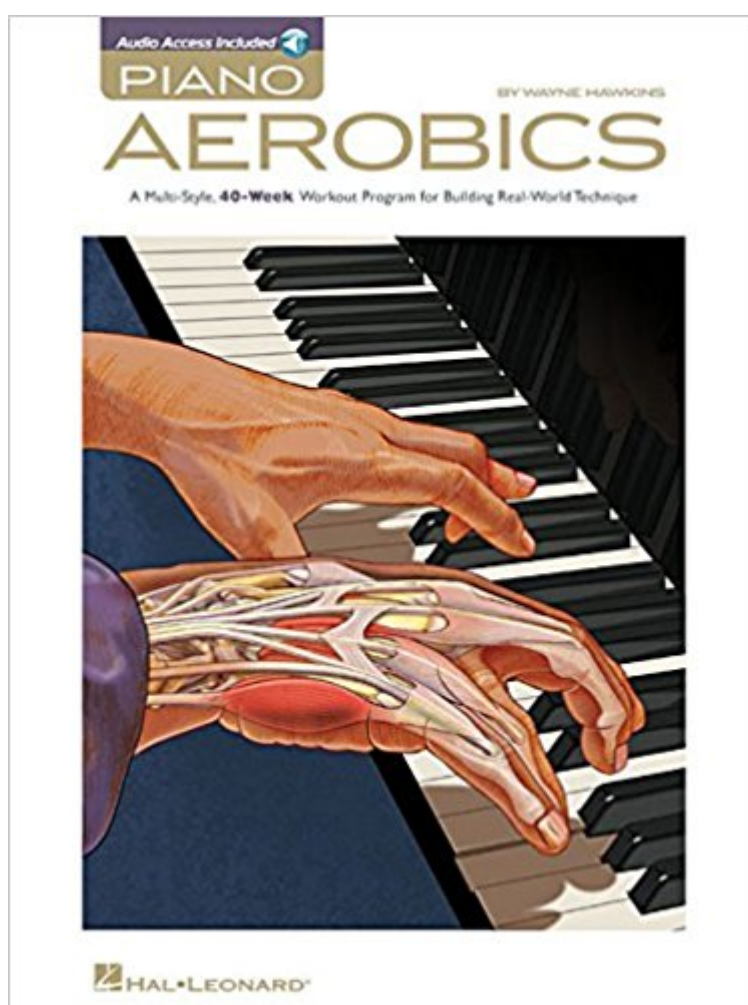


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# Piano Aerobics - A Multi-Style 40-Week Workout Program Building Real-World Technique Bk/Online Audio



## Synopsis

(Keyboard Instruction). Written by Kansas City's first-call keyboardist Wayne Hawkins, Piano Aerobics is a multi-style, 40-week workout program for building real-world technique. Often when students decide to play in contemporary styles, they lack the chops for the job. The exercises in Piano Aerobics will introduce students to styles such as jazz, salsa, swing, rock, blues, new age, gospel, stride and bossa nova, and help them play with more musical flair. Concepts covered include: keeping time; hand independence; articulations; building a better touch; strengthening weak fingers; accompanying; using the thumb; ear training; and more. The audio features professional musicians performing accompaniment tracks in each style. The audio is accessed online using the unique code inside each book and can be streamed or downloaded. The audio files include PLAYBACK+, a multi-functional audio player that allows you to slow down audio without changing pitch, set loop points, change keys, and pan left or right.

## Book Information

Paperback: 104 pages

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Average Customer Review: 4.8 out of 5 stars 6 customer reviews

Best Sellers Rank: #625,910 in Books (See Top 100 in Books) #92 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Aerobics](#) #2306 in [Books > Humor & Entertainment > Sheet Music & Scores > Instrumentation > Piano](#) #2311 in [Books > Arts & Photography > Music > Instruments > Piano](#)

## Customer Reviews

Cool book for a cool way to praactice and its actually really fun and challenging.

Excellent book.

i love it! so excited to do more with it. The exercises really give my fingers the practice and conditioning they need to play better...i highly recommend this book, along with the CD which helps

alot with the training too. thank-you so much

The book requires some hard work...good to get back in shape...

First off, this book is not for beginners. It assumes that you know how to read music. Some basic music theory knowledge would also help. I would recommend that you have completed the Alfred's series, or something equivalent. If you are looking for a book to be a step-by-step guide through contemporary styles, you might want to look elsewhere. Also, if you are looking for something to help you play rock music, this book is geared towards jazz/blues (there is one section on rock music). I bought this book based on the strength of the guitar aerobics book, which contains 365 short exercises organized to gradually build skills. I assumed that this book would be similar, since it is by the same publisher and the title says it is a "40-week workout program building real-world technique." Instead, the book contains 20 etudes, each designed to work on a different skill (finger-strength, accents) or style (jazz, blues, rock, new age, etc.). There is no "program" to follow. The book merely suggests that you work on each etude for two weeks. There is a brief introduction for each etude, which outlines the basics of the etude's style. The etudes are really an arrangement of 4-8 bar phrases in a particular style. It would have been more helpful to isolate these phrases and explain when and how they would be used. I still gave the book four stars because the etudes are all well composed and relevant to their style. But I would not describe this book as a "workout program."

wow, how often do you get a music training book that contains great music, and a CD that goes well beyond the call of duty with nicely arranged renditions of the pieces in the book? Tasteful, and a treat; much nicer than the title 'aerobics' implies. I'm assuming the publisher wanted to use that title, and the composer recoiled at its use to describe his tasteful compositions. In all, thank you to the composer for his fine work.

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