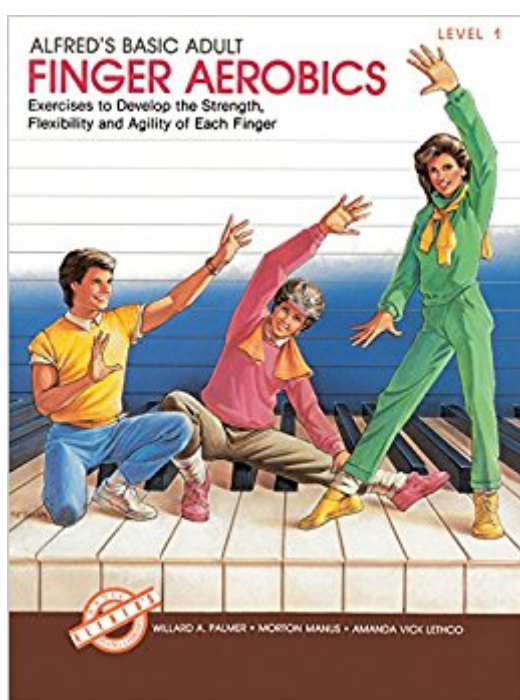


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# Alfred's Basic Adult Piano Course Finger Aerobics, Bk 1: Exercises To Develop The Strength, Flexibility, And Agility Of Each Finger



## Synopsis

Exercises designed to develop strength, flexibility and agility, and coordinated page-by-page with Alfred's Basic Adult Piano Course. These exercises make a great warm-up and conditioner for the hands during practice time.

## Book Information

Series: Alfred's Basic Adult Piano Course

Paperback: 48 pages

Publisher: Alfred Music; Level 1 edition (June 1, 1988)

Language: English

ISBN-10: 0739016334

ISBN-13: 978-0739016336

Product Dimensions: 0.2 x 9 x 11.5 inches

Shipping Weight: 6.4 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 30 customer reviews

Best Sellers Rank: #357,958 in Books (See Top 100 in Books) #46 in Books > Health, Fitness & Dieting > Exercise & Fitness > Aerobics #213 in Books > Arts & Photography > Music > Theory, Composition & Performance > Exercises #593 in Books > Arts & Photography > Music > Theory, Composition & Performance > Techniques

## Customer Reviews

Not sure just how effective these exercises would be if they were used on a consistent basis. I just didn't have the patience to continue with them after I purchased the book.

This book is very detailed and can help any beginner! Easy to understand.

Very helpful: interesting, reads easily and is unique in its explanations

This is a good book, but I have found that I prefer the Schaum Fingerpower series over it. The Fingerpower books really challenge students and teach great skills and concepts.

I am an adult beginner and using the Alfred Basic Adult course books. I like this 'Finger Aerobics' book and I use it every day in conjunction with the lesson book. I use the exercises in this book as warm-ups because it gets my mind thinking about which fingers play which notes before I open up

and review lesson material. Highly recommend this book for piano students of any age, young or old. My kids who are also piano students, have fun with this book as well.

good basic for adults

Good finger fitness exercises for me as an adult beginner student

I just started piano lesson in Feb. 2014 so it is kind of hard to rate the books but I do find ten easy to work with and to let you know I am in my 60 and this is my first music lesson

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