

Training "Warmup"

To be played First Thing Daily

Lesson 1

JC Heisler

Lesson 2

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Apply to 1 & 2

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Apply to 3 & 4

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*Repeat Lesson 2 (1-4): Whole Tone, Diminished, Augmented, Major & Minor Arpeggios

*Then play Lesson 1 again: All Major, Natural, Harmonic, & Melodic Minor, Pentatonic & Octatonic Scales