

Basslines Chapter 2 – Practice Day 5

In today's workout, you spend 5 minutes each on 3 exercises that test your knowledge of root notes and 3/4 time.

You begin with a turnaround progression in 3/4, followed by two minor blues progressions in 3/4 as well.

The main goal of these exercises is to solidify your root notes on the 5th and 6th strings, as well as provide experience with basslines in 3/4 time.

Remember to set your alarm or a timer to stick to 5 minutes per exercise, giving you a short and focused practice routine.

It's easy to get distracted if you don't have a time limit on an exercise, so keeping to the 5-minute limit per exercise helps prevent that.

Have fun with these three root note bass exercises in 3/4 as you continue to expand and solidify your bassline skill set.

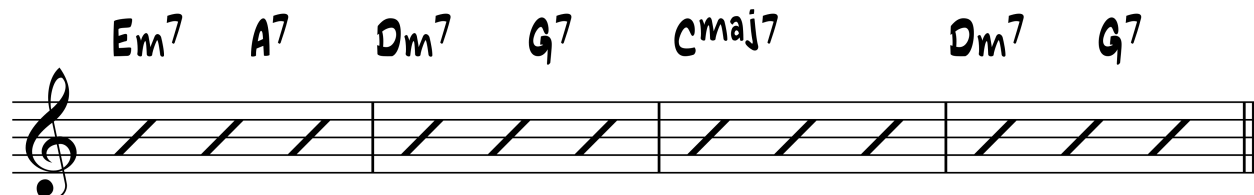
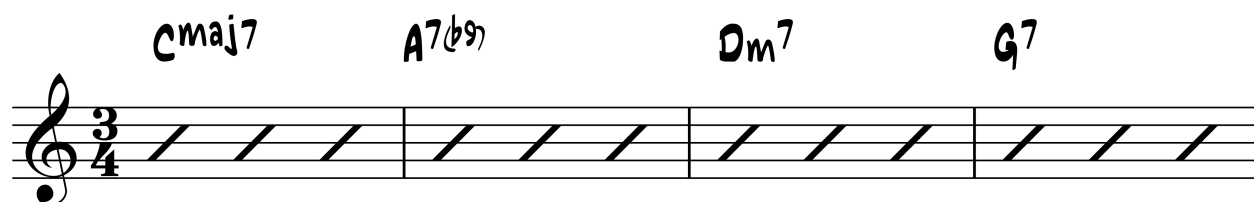
Bassline Exercise 1 – 5 Minutes

Here's the first exercise for today's workout, which you'll spend 5 minutes on in the practice room.

To help you get the most out of this exercise, here are some tips to get started.

- Look over the chords for a few seconds and plan ahead.
- Map out the root notes on the 6th and 5th strings.
- Play the roots with a slow metronome, or no tempo.
- Work the roots over the backing track if ready.
- Sing along for added benefit.
- Record yourself and listen back for instant feedback.
- Enjoy yourself!

Have fun with this exercise, and remember, set a timer and stop after 5 minutes so you get a full, well-rounded workout in today.



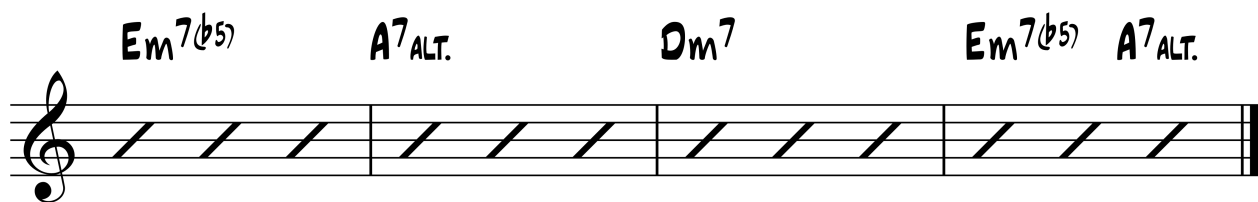
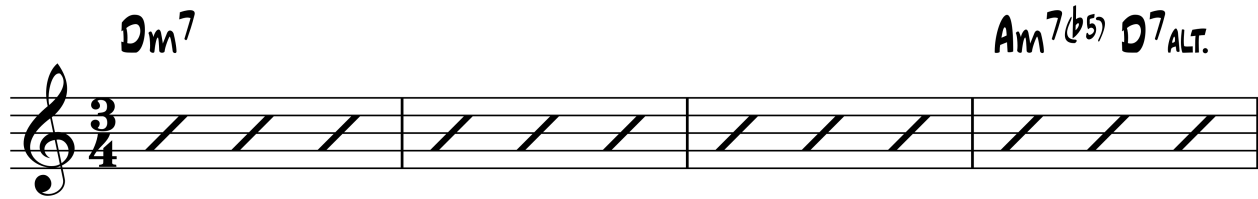
Bassline Exercise 2 – 5 Minutes

Here's the second exercise for today's workout, which you'll spend 5 minutes on in the practice room.

To help you get the most out of this exercise, here are some tips to get started.

- Look over the chords for a few seconds and plan ahead.
- Map out the root notes on the 6th and 5th strings.
- Play the roots with a slow metronome, or no tempo.
- Work the roots over the backing track if ready.
- Sing along for added benefit.
- Record yourself and listen back for instant feedback.
- Enjoy yourself!

Have fun with this exercise, and remember, set a timer and stop after 5 minutes so you get a full, well-rounded workout in today.



Bassline Exercise 3 – 5 Minutes

Here's the third exercise for today's workout, which you'll spend 5 minutes on in the practice room.

To help you get the most out of this exercise, here are some tips to get started.

- Look over the chords for a few seconds and plan ahead.
- Map out the root notes on the 6th and 5th strings.
- Play the roots with a slow metronome, or no tempo.
- Work the roots over the backing track if ready.
- Sing along for added benefit.
- Record yourself and listen back for instant feedback.
- Enjoy yourself!

Have fun with this exercise, and remember, set a timer and stop after 5 minutes so you get a full, well-rounded workout in today.

