



# **The Couch Potato Bass Workout: Technique-Building Exercises You Can Do While Watching TV! (Couch Potato Workout)**

*Alfred Publishing Staff*

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Let's face it---we all practice in front of the TV sometimes, so why not make the best of it? The Couch Potato Bass Workout is a fun, straightforward, no-frills approach to building bass technique while watching your favorite TV show or just vegging out on the couch. It's perfect for bassists of all levels and styles looking to develop speed, strength, and accuracy. Learn the proper posture for sitting on a couch while playing bass, how to practice without driving your couchmate crazy, basic finger mechanics, and even ways to work your flexors and extensors. With tons of exercises and licks to develop your technique in astonishing ways, The Couch Potato Bass Workout is your ticket to advancing as a bassist---all while sitting on your couch!

"...packed with cute, clever, and comprehensive tips for exercising both brain and body."

- Bass Player magazine



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