

justinguitar.com practice routine - 1 Hour Workout

Date	Work	Details	Time	S	S	M	T	W	T	F
	• Technique	Finger Gym	5'							
		Spider	5'							
		Major Scale Picking	5'							
	• Knowledge	Theory	5'							
			5'							
	• Transcribing	Chords:	5'							
		Solos:	5'							
		Aural Training	5'							
	• Repertoire	BBQ:	5'							
		Solo:	5'							
		Band	5'							
	• Technique	Finger Gym	5'							
		Spider	5'							
		Major Scale Picking	5'							
	• Knowledge	Theory	5'							
			5'							
			5'							
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		Solos:	5'							
		Aural Training	5'							
	• Repertoire	BBQ:	5'							
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	• Repertoire	BBQ:	5'							
		Solo:	5'							
		Band	5'							

REMEMBER

If it sounds good, it is good. If it sounds shit, it is shit. Your ears are always right!
Practice slowly and carefully. Speed up only when you have it correct!