



Symmetrical Warm-Ups: Short Daily Exercises to Build Flexibility and Strength (Paperback)

By Christos Tsitsaros

Hal Leonard Publishing Corporation, 2011. Paperback. Condition: New. Language: English . Brand New Book. (Educational Piano Library). The benefits of warming up sufficiently before practicing have been the subject of various studies in keyboard journals and scientific publications on performance health and medicine. One of the easiest and safest ways to warm up remains to simply perform the activity for a short time period at a lower rate and intensity. Warm-ups included here are relatively short, symmetrical, in progressive difficulty, and based on the physiology of the hand and its proper relation to the keys. A wonderful companion for every player!.



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Reviews

If you need to adding benefit, a must buy book. It really is writter in straightforward words and phrases and not confusing. You will not feel monotony at anytime of your respective time (that's what catalogs are for concerning if you ask me).

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This book is so gripping and fascinating. Of course, it is actually perform, still an interesting and amazing literature. You will not feel monotony at anytime of your respective time (that's what catalogs are for about in the event you request me).

-- **Prof. Ophelia Wiegand I**