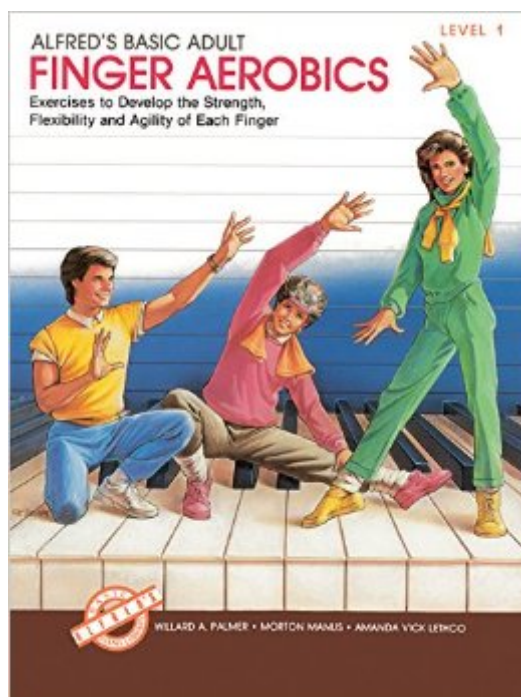


The book was found

# Alfred's Basic Adult Piano Course Finger Aerobics, Bk 1



## Synopsis

Exercises designed to develop strength, flexibility and agility, and coordinated page-by-page with Alfred's Basic Adult Piano Course. These exercises make a great warm-up and conditioner for the hands during practice time.

## Book Information

Series: Alfred's Basic Adult Piano Course

Paperback: 48 pages

Publisher: Alfred Music; Level 1 edition (June 1, 1988)

Language: English

ISBN-10: 0739016334

ISBN-13: 978-0739016336

Product Dimensions: 0.2 x 9 x 11.5 inches

Shipping Weight: 6.4 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars [See all reviews](#) (27 customer reviews)

Best Sellers Rank: #314,807 in Books (See Top 100 in Books) #70 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Aerobics](#) #179 in [Books > Arts & Photography > Music > Theory, Composition & Performance > Exercises](#) #466 in [Books > Arts & Photography > Music > Theory, Composition & Performance > Theory](#)

## Customer Reviews

Never played piano in my life. I used this book in conjunction with Play Piano Now Book 1 of the Alfred's Basic Adult Piano Course. The exercises are easy to learn and understand. I have memorized the warm ups by using them every day. My fingers behave themselves now when I sit down to practice. I'm moving on to Play Piano Now Book 2. Woohoo! Not bad for a great grandma.

I am an adult beginner and using the Alfred Basic Adult course books. I like this 'Finger Aerobics' book and I use it every day in conjunction with the lesson book. I use the exercises in this book as warm-ups because it gets my mind thinking about which fingers play which notes before I open up and review lesson material. Highly recommend this book for piano students of any age, young or old. My kids who are also piano students, have fun with this book as well.

This book is very helpful. It was exactly what I wanted. The finger exercises was an enhancement to my piano playing.

I guess I should have read a little better but this is for actual finger exercises, not scales on the piano for you to run to strengthen fingers. However this may be great for someone with mild arthritis to help out before playing.

This is a good book, but I have found that I prefer the Schaum Fingerpower series over it. The Fingerpower books really challenge students and teaches great skills and concepts.

I just started piano lesson in Feb. 2014 so it is kind of hard to rate the books but I do find ten easy to work with and to let you know I am in my 60 and this is my first music lesson

I found the book very well written although I think it's too advanced for me, I'm a beginner. I look forward to using the book when I know more about the piano.

More notes and tips about each exercise could be better. Maybe a DVD with video clips accompanying this book would be a perfect combination.

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