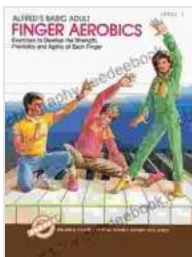


Alfred's Basic Adult Finger Aerobics: A Comprehensive Review

Alfred's Basic Adult Finger Aerobics is a comprehensive finger exercises book designed for adult piano students. It is a popular choice among teachers and students alike, and has been used by millions of people to improve their finger dexterity and technique.

In this article, we will take an in-depth look at Alfred's Basic Adult Finger Aerobics. We will explore the various exercises, discuss the musical benefits, and provide recommendations for using the book effectively.

Alfred's Basic Adult Finger Aerobics contains a variety of finger exercises, each designed to target a specific aspect of finger technique. The exercises are organized into five sections:



Alfred's Basic Adult Finger Aerobics: Exercises to Develop the Strength, Flexibility and Agility of Each Finger, Level 1 (Alfred's Basic Adult Piano Course)

by Morton Manus

★★★★☆ 4.3 out of 5

Language : English

File size : 8411 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Word Wise : Enabled

Print length : 48 pages

Paperback : 112 pages

Item Weight : 8.3 ounces

Dimensions : 6.75 x 0.25 x 10.25 inches



- **Section 1:** Five-finger exercises
- **Section 2:** Finger scales
- **Section 3:** Finger arpeggios
- **Section 4:** Finger trills
- **Section 5:** Finger etudes

The five-finger exercises are the foundation of the book. They help to develop basic finger coordination and dexterity. The finger scales help to improve finger strength and flexibility. The finger arpeggios help to develop finger independence and coordination. The finger trills help to improve finger speed and agility. And the finger etudes help to apply the techniques learned in the previous exercises to musical pieces.

Regular practice of the exercises in Alfred's Basic Adult Finger Aerobics can lead to a number of musical benefits, including:

- **Improved finger dexterity and coordination**
- **Increased finger strength and flexibility**
- **Enhanced finger independence and coordination**
- **Improved finger speed and agility**
- **Greater control over finger movements**
- **Reduced tension and fatigue in the hands and fingers**

- **Improved overall piano playing technique**

The musical benefits of Alfred's Basic Adult Finger Aerobics are not limited to classical music. The exercises can also benefit jazz, pop, rock, and other genres of music.

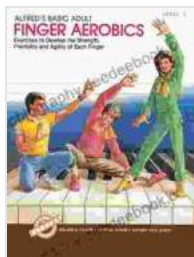
Here are a few recommendations for using Alfred's Basic Adult Finger Aerobics effectively:

- **Start slowly and gradually increase the speed and difficulty of the exercises.**
- **Practice for short periods of time, but practice regularly.**
- **Focus on accuracy and control, rather than speed.**
- **Use a metronome to help you maintain a steady tempo.**
- **Listen to the exercises as you play them.** This will help you to develop a better understanding of the music and the techniques being used.
- **Don't be afraid to make mistakes.** Mistakes are part of the learning process.

With regular practice, Alfred's Basic Adult Finger Aerobics can help you to improve your finger dexterity, technique, and overall piano playing ability.

Alfred's Basic Adult Finger Aerobics is a valuable resource for adult piano students who want to improve their finger technique. The book contains a variety of exercises that are designed to target specific aspects of finger technique, and regular practice can lead to a number of musical benefits.

If you are serious about improving your piano playing, I highly recommend that you add Alfred's Basic Adult Finger Aerobics to your practice routine.



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