

Action plan example for week 2

Remember that this is only an example, please arrange the Action Plan so that it fits into your life. And you can use the video example, this example or make your own plan that fits you the best

First thing in the morning

15 minutes Accelerated learning system with "Expanding sweep picking arpeggios " or one of the Etudes

Mid day

30minutes Metronome game

Evening

20 or 30 minutes The arpeggio system from one spot