

# GROOVE 101 WORKOUT GUIDE

I have prepared three programs of different levels to organize and optimize your practice with Groove 101. I have selected exercises with objectives that are adapted to each level. This will help you to progress in a structured way, more gradually and efficiently. You will then be able to reach the objectives necessary to master a level and move on to the next level.

I sincerely believe that if you follow these programs, you will optimize your practice and get better and satisfying results with Groove 101.

## Level 1

### *Beginners and Intermediates*

#### Chapter 1

##### **Exercises      Tempo**

Ex. 1A-1G    60-90 **with metronome  $\pm$  5 bpm**

##### **With tracks:**

1.01	80-100-120
1.02	88-108
1.03	80-100
1.04	82-102
1.05	79-94-114
1.06	76-96-116
1.09	85-105
1.10	95-115
1.11	77-97
1.12	88-108
1.13	84-104
1.15	70-83-103
1.16	98-118
1.17	80-100
1.18	71-91-111
1.20	82-102-122
1.21	86-106

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1.22	79-99-119
1.23	100-119
1.25	81-101-121
1.26	92-112-132
1.27	85-105-125
1.28	96-116-136
1.29	87-107-127
1.30	79-91-111
1.31	80-94-114
1.32	86-106
1.33	96-116-136
1.34	78-98
1.36	95-112-132
1.37	86-106
1.38	85-98
1.40	90-101
1.41	80-92-112
1.43	110-130

You can use the new **Loops 1 3 bars-1 bar off** at 80-100-120 to improve your inner clock. To challenge yourself even more you can also play a fill or a variation of the groove in the bar off to improve your time.

## Chapter 2

<b>Exercises</b>	<b>Tempo</b>
EX. 2A	60-90
EX. 2B	40-60 <b>in 2 metronome 2&amp;4</b>
EX.2C-D	40-60 <b>in 2 metronome 2&amp;4</b>

### **With tracks:**

2.01	80-95-115
2.02	88
2.06	76
2.07	80

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You can use the new **Loops 2 3 bars-1 bar off** at 60-80-100.

## Chapter 3

### **Exercises    Tempo**

EX.3A-B    50-60 **with metronome  $\pm$  5 bpm**

EX.3C-D    50-60

### **With tracks:**

3.01        60

3.06        85

3.23        60-80

3.48        66

You can use the new **Loops 3 3 bars-1 bar off** at 60 and 80.

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## Level 2

*Intermediates to advanced*

### Chapter 1

**Exercises      Tempo**

Ex.1A - 1J      40-120+ **with metronome  $\pm$  5 bpm**

**With tracks:**

All Chapter 1

**With Loops 1 3-1 and 2-2 at 60-80-100-120**

### Chapter 2

**Exercises      Tempo**

EX. 2A          40-160

EX. 2B-J        30-80 **in 2 metronome 2&4**

**With tracks:**

2.01    all

2.02    all

2.03    all

2.04    all

2.05    76-90-110-(130)

2.06    all

2.07    80-100-120-(60)

2.08    all

2.09    all

2.10    104-124-(144)

2.11    all

2.12    all

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- 2.13 all
- 2.14 all
- 2.15 all
- 2.16 all
- 2.17 all
- 2.18 all
- 2.19 all
- 2.20 74-94-114-(134)
- 2.21 82-102-122-(67)
- 2.22 88-108-(128)
- 2.23 all
- 2.24 all
- 2.25 all
- 2.26 all
- 2.27 71-91-111-(131)
- 2.28 67-107-(127)
- 2.29 75-95-(115)

**With Loops 2 3-1 and 2-2 60-80-100-120**

## **Chapter 3**

**Exercises      Tempo**

Ex.3A - 3F      40-80 **with metronome  $\pm$  5 bpm**

**Some funky mutes 50-80 with metronome  $\pm$  5 bpm**

**With tracks:**

- 3.01 60-80-100-(45)
- 3.02 50-68-88-(108)
- 3.03 60-80-(100)
- 3.04 64-84-(50)-(104)
- 3.05 64-84-(104)
- 3.06 all
- 3.07 60-80-100-(120)
- 3.08 60-74-94-(114)
- 3.09 all
- 3.10 56-76-96-(116)
- 3.11 49-69-89-(109)
- 3.12 60-80-100-(40)

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- 3.13 all
- 3.14 all
- 3.15 all
- 3.16 53-73-93-(113)
- 3.17 60-80-(40)-(100)
- 3.18 all
- 3.19 all
- 3.20 62-82-102-(122)
- 3.21 all
- 3.22 all
- 3.23 all
- 3.24 all
- 3.25 all
- 3.26 all
- 3.27 all
- 3.28 all
- 3.29 all
- 3.30 all
- 3.31 all
- 3.32 all
- 3.33 all
- 3.34 all
- 3.35 all
- 3.36 80-(60)-(100)
- 3.37 all
- 3.38 58-78-98-(118)
- 3.39 all
- 3.40 54-74-94-(114)
- 3.41 all
- 3.42 all
- 3.43 all
- 3.44 60-80-(40)-(100)
- 3.45 all
- 3.46 all
- 3.47 all
- 3.48 all
- 3.49 all
- 3.50 all
- 3.51 69-89-(109)
- 3.52 62-82-(102)
- 3.53 63-83-103-(123)
- 3.54 58-78-98-(118)

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- 3.55 50-70-90-(110)
- 3.56 60-80-100-(120)
- 3.57 all
- 3.58 55-75-95-(115)
- 3.59 60-80-100-(120)
- 3.60 67-87-107-(47)
- 3.61 all
- 3.62 all
- 3.63 51-71-91-(111)
- 3.64 63-83-103-(43)
- 3.65 61-81-101-(121)
- 3.66 68-88-108-(48)
- 3.67 63-83-103-(50)

**With Loops 3 3-1 and 2-2 at 60-80-100**

## **Chapter 4**

### **Exercises    Tempo**

Ex.4A&4E    50-90 **with metronome  $\pm$  5 bpm**

### **with tracks:**

- 4.02 all
- 4.03 all (8va)
- 4.04 all
- 4.08 all
- 4.10 all
- 4.11 all
- 4.13 all
- 4.14 63-78-(93)
- 4.18 61-76-91-(106)
- 4.20 62-87-102-(117)
- 4.22 73-88-(58)-(103)
- 4.23 64-79-94-(109)
- 4.24 all (8va)
- 4.26 all
- 4.28 all
- 4.32 all

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4.33 all  
4.36 64-79-94-(109)  
4.39 all  
4.40 all  
4.42 all  
4.43 all  
4.47 all  
4.49 all  
4.50 all  
4.51 all

**With Loops 4 3-1 and 2-2 at 60-80-100**

## Level 3

*advanced to professionals*

### Chapter 1

**Exercises      Tempo**

Ex.1A - 1J      40-180+ **with metronome  $\pm$  5 bpm**

**With tracks:**

All Chapter 1

**With Loops 1 3-1 2-2 1-3 (4-4) (2-6) at 60-80-100-120-160-180- (40)-(200)**

### Chapter 2

**Exercises      Tempo**

EX. 2A      30-100+ **in 2 metronome 2&4**



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EX. 2B-J      30-100+ **in 2 metronome 2&4**

**With tracks:**

All Chapter 2

**With Loops 2 3-1 2-2 1-3 (4-4)- (2-6) at 60-180-(50)**

## Chapter 3

**Some funky mutes 50-100 + with metronome  $\pm$  5 bpm**

**With tracks:**

All Chapter 3

**With Loops 3 3-1 2-2 1-3 (4-4)- (2-6) at 60-120-(40)**

## Chapter 4

**Exercises      Tempo**

Ex.4A-4G      50-90 **with metronome  $\pm$  5 bpm**

**with tracks:**

All Chapter 4

**With Loops 4 3-1 2-2 1-3 (4-4)- (2-6) at 60-120-(40)**

*Have fun,*

*Sylvain Bolduc*

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