

## Sample Vocal Warm-ups and Exercises

Any of these vocalises may be used to warm-up the voice or to develop basic vocal skills.

A good warm-up session should include a variety of exercises, feel energized and focus on your goals.

### 1) Pre-Singing Stretch

Listen to your body--it's your instrument

Stretch and de-stress

Get your body loose and energized and ready to sing

### 2) Begin with a "No-Brainer," an exercise that is easy on both the mind and the voice. Don't push, and do not expect to sound wonderful when you begin to sing.

5-4-3-2-1 mid to low range blah blah blah blah blah

Gentle humming on ng or m

### 3) Optimize your Alignment and Breathing

Align: straight back, "tucked" pelvis, square shoulders, wide space across chest, head up and out of body, eyes parallel to floor, mouth tall and oval.

Breathe: stand "deep" and pant fast, then slower to take in deep "belly" breaths.

### 4) Sing Easier Exercises first

5-4-3-2-1 blah; yah; ah

1-3-5-3-1 yah or ha. Experiment with smooth/detached notes.

1-2-3-4-5-4-3-2-1 ah

### 5) Work to develop Coordination and "Support"

1-3-5-8-5-3-1: "alligators; ducks"

1-2-3-4-5-4-3-2-1 while jogging in place

### 6) Make all your singing vowels Tall

(same note) ah-ay-ee-oh-oo

ah-ay-ee-oh-oo-oh-ee-ay-ah

### 7) Use slow and fast patterns to develop Agility and Line

1-2-3-4-5-4-3-2-1 first slow, then fast.

1-2-3-4-5-6-7-8-9-8-7-6-5-4-3-2-1.

### 8) Help the voice to "Ring" or Project without strain

nyaeh-ah 1-3-5-8-5-3-1

ee-ah 1-2-3-4-5-4-3-2-1

### 9) Gently explore more of the Range of your voice

Octave slides with re-attack 1~~~~~8 : 8~~~~~1

Lip buzzes 1-3-5-8-5-3-1

Pops or 'cat-paws' 8-5-3-1 very quick and light

### 10) Release your inner artist-actor through Vocalises with Words.

#### WARM-UPS

- Get your mind, body and voice ready to work on songs.
- Are a healthy form of discipline and exercise for your voice.
- Improve your strengths and reduce any weaknesses
- Isolate specific skills and techniques, allowing focus on your goals
- Take about 7-10 minutes to get your voice ready for working on songs; may take longer if you focus on technical skills
- Usually move logically by half or whole steps, up or down as you wish