

Three-Part Warm-Up Routine

PART 1: WARM UP THE CONTAINER

Feel your **feet** on the ground. Lift the toes and gently place them back down.

Stretch **arms** up, side-body stretch to the left, side-body stretch to the right.

Bring **arms** forward, clasp hands, round upper back, **extend neck up**.

Bring **arms** behind you, clasp hands, expand chest, **keep neck extended**.

Stretch **neck** by gently dropping left ear to shoulder, hold and breathe, repeat on the right side. For a deeper stretch, gently place your hand on the top of your head. Be careful not to pull. For even more stretch, flatten out the palm.

Fold forward into a **spine drop**, keeping your knees generously bent to protect your lower back. Your abdomen rests on the top of the thighs. While in the fold, clasp elbows for a few breaths, then release the arms toward the earth. Shake your head yes, shake your head no, and then when you are ready, slowly roll up.

Yawn two or three times, then open **mouth** wide, and then relax.

Gentle cough to **engage the abdomen**—throat is relaxed, body is engaged.

Stretch **tongue** out for five seconds and then up for five seconds, then run your tongue along the inside of your mouth, stretching out the skin of the face.

Horse lips. Take a deep breath and let it come out on a roll (use the letter "B" not "P"). Shake your head side to side—add the lip roll.

Massage into the face, into the sinus area, and then into the jaw.

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PART 2: EXERCISE THE BREATH

Allow your body to breathe. Sharply empty out all of your air, hold for three to five seconds, and then inhale through the mouth, allowing the air to come in, filling the lower part of your abdomen. Repeat three to five times.

Tiny hiss. Inhale to full capacity and then exhale on a tiny hiss. This hiss is created by bringing the teeth together and then releasing the air in a controlled manner through the teeth.

Time yourself and track your progress below. My suggestion is to do this five times per week, timing yourself each day, and then note below (on the last day of each week) how long you can hold the hiss. The goal is 45 to 60 seconds.

WEEK 1 _____

WEEK 2 _____

WEEK 3 _____

WEEK 4 _____

Connect the breath to the sound. Pick a note in the middle of your range. Pick a vowel: "u" (oo) or "i" (ee). Inhale to full capacity, then sing the note on your exhale.

Time yourself and track your progress below. My suggestion is to do this five times per week, timing yourself each day, and then note below (on the last day of each week) how long you can sing the note. The goal is 30 to 45 seconds.

WEEK 1 _____

WEEK 2 _____

WEEK 3 _____

WEEK 4 _____ www.unleashyourvoice.me

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PART 3: WARM UP THE CORDS

For all of these exercises, remember to connect to the breath!

Lip roll (horse lips) glissandos, three times each:

(A glissando is a continuous slide upward or downward between two notes.)

Lip roll and glissando from the top to the bottom of your vocal range.

Lip roll and glissando from the bottom to the top of your vocal range.

Hunch your shoulders, let them plop down; lip roll and glissando from top to bottom.

Hunch your shoulders, let them plop down; lip roll and glissando from bottom to top.

Tip: *If you are having trouble with the lip roll, stop, slow down, and check in with your technique. Are you sure you're using the letter "B," not "P"? Are you making a clear buzz sound? Are your neck and shoulders relaxed? You can place your fingers on your cheeks to loosen up the lips and try again.*

Start to sing!

Glissando from top to bottom of your vocal range on the open vowel "awwww."

Glissando from bottom to top of your vocal range on the open vowel "awwww."

Go through all of the vowels on the glissando: ah, eh, ih (eeee), oh, and uh (ooh).

Sing "ma, me, mi, mo, mu, ma, ya" on a single note. Start low (around G below middle C) and work your way up about an octave.

Try it doubled: "ma ma, me me, mi mi, mo mo, mu mu, ma ma, ya."

Whole-step exercise:

"Mee-yah, mee-yeh, mee-yoh, mee-yu." Start on G. Go from G to A, G# to A#, etc.

Tongue out!

"Ya-ya" exercise: open mouth, tongue out, sing a scale. Look in a mirror to make sure your tongue is pushing out.