

Game Day

SINGING WARM-UP

EXERCISES

Game Day Warm-up & Practice Exercises

Introduction

Learning to sing well is much like mastering any physical skill. It takes time, effort, and training. Just as athletes spend time warming up before every practice or game, singers must invest the time to keep their voice in shape.

So, think of yourself as a "vocal athlete", training to achieve whatever goal you have set for yourself.

Like all great athletes, most great singers are born with a genetic predisposition to talent. But that innate ability isn't enough by itself. It takes discipline, motivation, and hard work to turn your natural aptitude into prosperous success.

If you're a beginner, this report will help you learn to enhance your vocal talent. If you've already had some training and experience, you may find some helpful warm-up suggestions. You shouldn't expect immediate results, but if you work diligently, you should see progress over time.

I'll outline 5 warm-ups to help you become a vocal athlete. After assessing your voice at the "Starting Line", you'll create a "Game Plan" of vocal exercises and development strategy.

These exercises are designed to help improve your voice and increase your range, giving you better performance and vocal maintenance skills.

Good luck, and have fun!

Does your voice get very fatigued at the end of a rehearsal? Perhaps you didn't take the time to do a good warm-up beforehand. Just as athletes need to warm up their muscles before a race or a game, singers need to get their voices ready before a practice or performance.

A good warm-up routine has many benefits. It helps to prepare your body and mind for singing, and can prevent vocal strain and injury.

It may seem counterintuitive--*more* exercises to prevent overuse injury? Yes. Your vocal folds are controlled by tiny muscles, and warmed-up muscles are more flexible, easier to use, and less susceptible to injury.

The good news is, vocal warm-ups don't have to be boring. Below are a few fun examples:

Warm-up #1: Relax

Start with the "rag doll" exercise. Stand with your feet about hip-width apart. Bend forward at the hips and allow your arms, head, and upper body to hang loosely.

Shake your arms and head a bit, then let them dangle again. Next, stand erect and do a few neck rolls from one side, forward, to the other side, forward, and back. If you're practicing with a group, give each other brief back rubs.

Warm-up #2: Stretch

Hold your arms straight out in front of your body and clasp your two hands together. Keeping your hands clasped, turn your palms outward and raise your arms overhead. Now slowly lean to one side, come back upright, then lean to the other side.

Follow that with an exercise to align your posture correctly. Stand with your feet flat on the floor, about hip-width apart, and your arms at your sides.

Bring your arms rapidly upward and across your body in a circular motion until they are over your head. Rise onto your tiptoes and take in a deep breath as you move your arms up.

As you slowly exhale, bring your arms back down to your sides and come down from your toes to flat feet. Try to keep your chest up and shoulders back, as

they were at the top of the stretch, after bringing your arms down.

Warm-up #3: Breathe

Take in a deep breath that expands your midsection. Exhale slowly with a hissing sound, maintaining the expansion as you breathe out. Do that several times.

Follow that with the Fontanelli exercise (named for the person who developed it). Breathe in and out to a steady count: inhale-2-3-4, exhale-2-3-4. Gradually increase the count.

When you can comfortably do 7 or 8, add a hold phase: in-2-3-4, hold-2-3-4, out-2-3-4. Again, gradually increase the count.

Warm-up #4: Produce Good Tone

Do a few yawn-slides or vocal sirens. For the yawn-slide, inhale as if to yawn, then exhale on the syllable "hoo" or "hee", starting at the top of your range and sliding rapidly to the bottom.

For the siren, start at the bottom of your range and slide to the top, then back down, on a hum.

The next exercise uses a technique that goes by many names: buzz, bubble lips, lip roll, or lip trill. Exhale through puckered lips so that they vibrate. It should sound a bit like a motorboat or a "raspberry".

Use the buzz to do a fifth-slide. Start on the fifth tone and slide down to the base (so-do): in C major again, it would be G, C.

Repeat on the same tones with "zoo", then move up a half-step and repeat, "wee" and "zoo" on A^b and D^b . Continue moving up by half-steps.

Warm-up #5: Vocalize

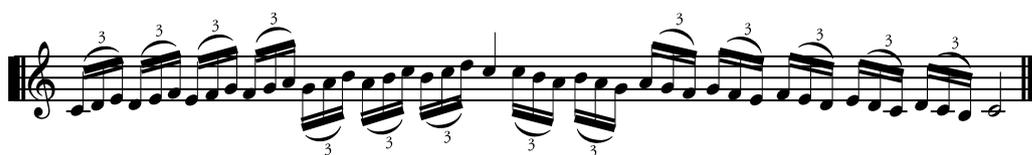
There are many different vocalizing exercises. Here are a few of the most effective:

1. Up & down arpeggios. This is a simple broken chord up and down:
do-mi-so-do-so-mi do. Move upward by half-steps with each succeeding repeat, using the buzz or your favorite vowel sound or syllable.
2. Upward arpeggio and downward octave with turn. This is a slightly more complex variation on the previous exercise. Sing the upward arpeggio (do-mi-so-do), then do a *turn* (ti-do-re), then the 8-tone descending octave scale from do to do. Use vowel sounds; do a few on "ee", a few on "oo", and a few on "ah". Start each new arpeggio a half-step higher than the last one, as shown below.



ee-----
oo----- etc.

3. Ascending triplet scale. This exercise is complicated to explain, but easy if you read the notes below. Using the solfege syllables (do, re, mi, etc.), sing an eighth-note triplet upward starting on each syllable; when you get to the top of the scale, reverse and sing each triplet downward. Sing the exercise as rapidly as you can.



do re mi fa so la ti do ti la so fa mi
re do

4. Ascending and descending thirds. This is another exercise that's easier to sing than to explain. Starting on the base note, go up a third, down a whole step, up another third, etc. until you reach the fifth tone, then reverse and go back down a third, up a half step, down a third, up a whole step, etc. Again, sing it as fast as you can.



5. Rapid repeated up and down five note scale. This one is simple. Just go up and down a five tone scale: do-re-mi-fa-so-fa-mi-re-do and repeat.

This warm-up routine is much quicker to do than it is to explain. You should be able to complete it in about ten minutes.

You'll find it's worth the time--you will sing better, more easily, and with less vocal fatigue. Include it as part of each practice session and before each performance.

In Conclusion

I hope you have found these singing warm-up routines helpful. They're not intended as a substitute for in-person voice lessons, but they can help you get your voice in shape for rehearsals & singing gigs. If you're returning to the industry after a break, they can help you ease back in.

Good luck and happy singing! – Bob Pardue, VocalTrainingOnline.com

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Singorama has been around for a long time and taught countless students how to sing; from beginner to expert.

Sadly, most untrained singers (including the stars) find it difficult to control their voice and hit notes perfectly in tune – let alone increase their range! Many of us fall into so many bad habits and feel the effects on our voices after every singing performance.

Singorama address all the major issues vocalists face including:

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