

Baseline Guide to a Vocal Warm-Up, Workout and Cool Down

Warm Up

(Track 1) Unvoiced to Voiced Fricatives.

(Feeding breath through the vocal track and changing pressure with unvoiced sounds first without a track. E.g. 'ffffff', 'shhhhhhh', 'ssssssss'. Then moving onto voiced with the track, 'vvvvvvvv', 'zzzzzzzz', 'zzzzhhhh'. Warming up the vocal folds and finding our transverse abdominal support system.)

(Track 2) Humming Through Arpeggios.

(Ensuring the mouth is closed but that the jaw is relaxed. Open the throat and try to move the resonance around as you hum through the notes figuring out where the most resonance resides vocally.)

(Track 3) Creating Open Clean Sound.

('Ooooohhhhh' through the track trying to open the throat and mouth as much as possible. If you become nazal, complete the 'nnngggg-gooooo' method to lift the soft palate and redirect airflow. Pinch your nose to check for oral resonance. Explore your range.)

(Track 4) Exploring Vowels.

('A, E, I, O, U'... try to hold on to the open part of the vowel before transitioning through the diphthong into the following vowel. Should sound as follows:)

A, E, I, O, U...
eeehhhh, iiihhhhh, ahhhhh, aaaawwww, oooohhh)

Workout

(Track 5) Meeting Notes and Vocal Agility

Follow the track with the following patterns. Complete once with the numbers and the two different paces, and once with the words, again at both paces:

Number sequence:

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

Word Sequence:

Do, do-re-do, do-re-me-re-do, do-re-me-far-me-re-do, do-re-me-far-so-far-me-re-do, do-re-me-far-so-la-so-far-me-re-do, do-re-me-far-so-la-tea-la-so-far-me-re-do, do-re-me-far-so-la-tea-do-tea-la-so-far-me-re-do.

(Track 6) Approaching Belt.

(Dropping the jaw, ascending in pitch jumping in 5ths, first in speech quality with 'yeah, yeah, yeah' then transferring onto 'heeee-eeeeeee-eeeeeyyy' sliding through the notes.)

(Track 7) Vocal Agility.

(Jumping from note to note landing right in the middle of the sound. Ensure the sound is supported and relaxed in the head and neck. Follow this pattern in rotation: Me-me-me-me-me-me-me-me-me, may-may-may-may-may-may-may-may, mo-mo-mo-mo-mo-mo-mo-mo-mo, moooooooooooooooooo....)

(Track 8) Vocal Sustain.

(Holding one continuous legato sound travelling smoothly through the notes. Try to have continuous support travelling through the sound so breath flow is smoother. Rotate the following sounds through the sequence: 'ehhhhhh', 'ahhhhhh', 'noooooo.' 'geeeeeehhhhh'.)

Workout

(Track 9) SOVT Work.

(Standing for Semi-Occluded-Vocal-Tract. Using a straw, close your lips around one side and ensure that breath can only escape through the end of the straw. Gently sing through the descending scale sequence, trying to maintain a smooth sound without breaking.)