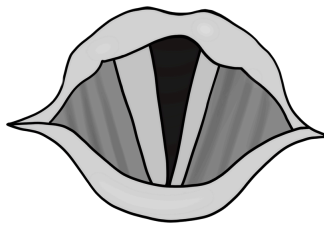
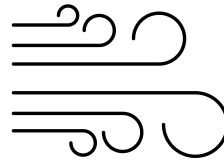


Vocal Warm-Up Routine

Get Your Voice Stage-Ready in 5 Steps!

1. Body & Breath

- Roll your shoulders & stretch tall
- Inhale deeply through your nose
- Exhale on a hiss for 8, 10, then 12 counts
- Gentle sirens or lip trills to connect breath and voice

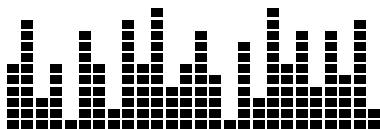
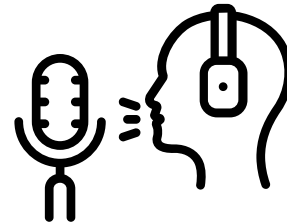


2. Resonance & Placement

- Hum gently on “mmmmm”
- Try “ng” sounds to feel vibration
- Vocal fry (gently!) to wake up cords
- Focus on forward placement (buzz in lips/nose)

3. Vocalizing

- 5-note scales on “ah,” “ee,” and “oo”
- Lip trills or tongue trills up & down
- Use “nay nay nay” or “naw naw naw” for ping and clarity
- Focus on smooth transitions and light tone



4. Range Expansion

- Sirens from low to high and back
- Octave leaps or arpeggios
- Scales on different vowels
- Don't strain – sing with freedom and support

5. Diction & Articulation

- Tongue twisters (e.g. “Red leather, yellow leather”)
- “Mee may mah moh moo” at various tempos
- Consonant exercises (e.g. “p-t-k” bursts)
- Enunciate clearly, even when singing slowly



Tips for Success

- ✓ Stay relaxed - tension kills tone
- ✓ Always listen to your sound and adjust
- ✓ Warm up before full singing
- ✓ Hydrate and rest your voice!

