

## Vocal Exercises/Warm ups

Most vocal exercises are to help the vocal folds (strengthening, flexibility, etc.) These exercises are to strengthen the 15 muscles around the vocal mechanism. These exercises help to make all the muscles equally strong, therefore, allowing the vocal folds the freedom to vibrate with much less tension.

The following exercises were developed by Dr. Stemple, vocal pathologist, St. Elizabeth Hospital, Dayton, Ohio for female voices. Male voices should choose pitches about a fourth below the ones listed here.

### I. WARM UP

Sustain the sound "Eeeeeee" for as long and as softly as possible on the musical note "F".

GOAL: 45 seconds with an uninterrupted tone flow.

### II. STRETCHING

A. Slowly glide from your lowest note to your highest note on the sound "Oh", as softly as possible.

GOAL: No voice breaks.

B. Slowly glide from your highest note to your lowest note on the sound "Oh", as softly as possible.

GOAL: No voice breaks.

### III. POWER

Sustain the notes: middle "C-D-E-F-G" (for men "F-G-A-B-C) for as long as possible on the sound "Oh", and as softly as possible.

GOAL: No voice breaks.

Each exercise should be done two times each; two times per day, and as softly (like a whisper) as they can be done. THE SOFTER THE BETTER.

These exercises can also be used as a cool down after a rehearsal or performance where much is demanded of the voice. \*