

VOCAL WARM UPS

Why Warm Up?

Singing uses muscles, vocal chords and energy. Just like warming up for a sporting event or practice it is important to make sure your body is ready for exerting itself in physical exercise. Warming up allows your voice and all the parts of your body involved in singing to prepare for a work out.

Five Basic Warm ups

1. Stretch your face

Open your mouth as wide up and down and sideways as you can. Rub your cheeks with your hands.

2. Breathing

Deep breathing is involved in singing to allow singers to carry long phrases of music as well as to help project the words clearly. Start by lying on the ground and put a book on your belly button area. If the book goes up that is a good sign. While standing, you can also put your pinkie finger on your belly button and take a deep breath in. You should also feel your mid-area expand.

Try repeating, “st – st” or “zb – zb” many times and feel our mid-area at work.

3. Low Humming

Lightly place your lips together. Hum a simple tune in that lower range to warm up those vocal chords.

4. Sirens

This time try making siren sounds with your mouth open on “ah” or “oo”.

5. Vowels

Try to sing a simple tune without words and use vowel sounds instead. Try as many vowel sounds as you can think of. (For example: ay, ee, ah, oh, oo)