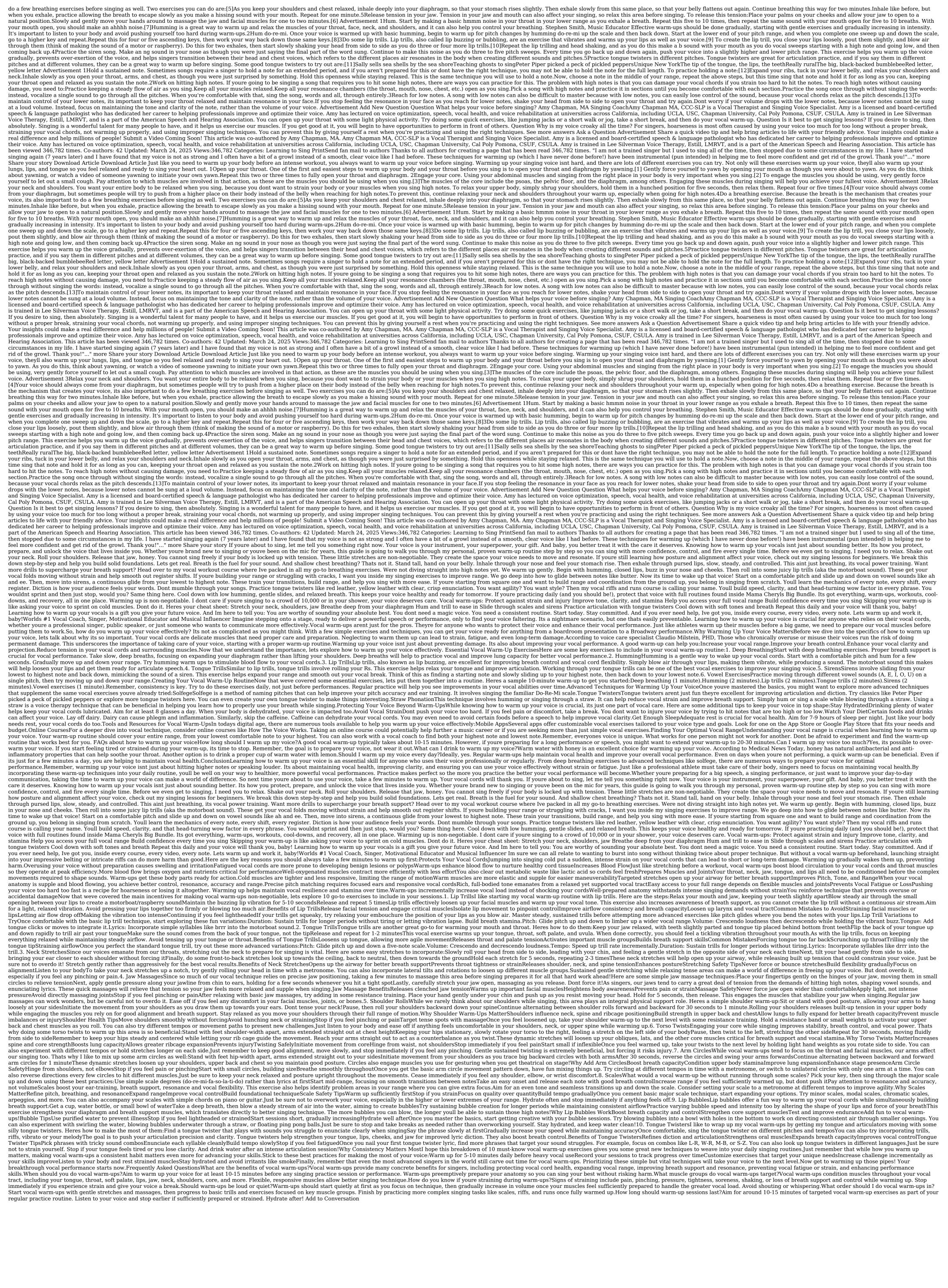
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Download Article Download Article Just like you need to warm up your body before an intense workout, you always want to warm up your voice before singing. Warming up your voice, theyll also warm up your lungs, lips, and tongue
so you feel relaxed and ready to sing your heart out. 10pen up your throat. One of the first and easiest steps to warm up your body and your throat before you sing is to open your throat to yawn. As you do this, think about yawning, or watch
a video of someone yawning to initiate your own yawn. Repeat this two or three times to fully open your throat and diaphragm. 2Engage your core. Using your abdominal muscles and singing from the right place in your body is very important when you sing. [2] To engage the muscles you should be using, very gently force yourself to let out a small
cough. Pay attention to which muscles are involved in that action, as these are the muscles you should be using when you sing.[3]The muscles during singing will help you achieve your fullest voice. Advertisement 3Relax your neck and shoulders.
You want your entire body to be relaxed when you sing, because you dont want to strain your body or your muscles when you sing high notes. To relax your upper body, simply shrug your should always come from your diaphragm, but
sometimes people will try to push from a higher place on their body instead of the belly when reaching for high notes. To prevent this, continue relaxing your neck and shoulders throughout your warm up, especially when going for high notes. To prevent this, continue relaxing your neck and shoulders throughout your warm up, especially when going for high notes. To prevent this, continue relaxing your neck and shoulders throughout your warm up, especially when going for high notes. To prevent this, continue relaxing your neck and shoulders throughout your warm up, especially when going for high notes. To prevent this, continue relaxing your neck and shoulders throughout your warm up, especially when going for high notes. To prevent this, continue relaxing your neck and shoulders throughout your warm up, especially when going for high notes. To prevent this, continue relaxing your neck and shoulders throughout your warm up, especially when going for high notes. To prevent this, continue relaxing your neck and shoulders throughout your warm up, especially when going for high notes. To prevent this, continue relaxing your neck and shoulders throughout your warm up, especially when going for high notes.
do a few breathing exercises before singing as well. Two exercises you can do are:[5] As you keep your shoulders and chest relaxed, inhale deeply into your diaphragm, so that your stomach rises slightly. Then exhale slowly from this same place, so that your belly flattens out again. Continue breathing this way for two minutes. Inhale like before, but
when you exhale, practice allowing the breath to escape slowly as you make a hissing sound with your mouth. Repeat for one minute. 5Release tension in your jaw and mouth can also affect your singing, so relax this area before singing. To release this tension: Place your palms on your cheeks and allow your jaw to open to a
natural position. Slowly and gently move your hands around to massage the jaw and facial muscles for one to two minutes. [6] Advertisement 1Hum. Start by making a basic hmmm noise in your hands around to massage the jaw and facial muscles for one to two minutes. [6] Advertisement 1Hum. Start by making a basic hmmm noise in your hands around to massage the jaw and facial muscles for one to two minutes. [6] Advertisement 1Hum. Start by making a basic hmmm noise in your hands around to massage the jaw and facial muscles for one to two minutes.
your mouth open, you should make an ahhhh noise.[7]Humming is a great way to warm up and relax the muscles of your throat, face, neck, and shoulders, and it can also help you control your breathing. Stephen Smith, Music Educator Effective warm-ups should be done gradually, starting with gentle exercises and gradually increasing in intensity.
It's important to listen to your body and avoid pushing yourself too hard during warm-ups.2Hum do-re-mi. Once your voice is warmed up with basic humming, begin to warm up for pitch range, and when you complete one sweep up and down the scale,
go to a higher key and repeat. Repeat this for four or five ascending keys, then work your way back down those same keys. [8] To create the lip trills, also called lip buzzing or bubbling, are an exercise that vibrates and warms up your lips as well as your voice. [9] To create the lip trill, you close your lips loosely, pout them slightly, and blow air
through them (think of making the sound of a motor or raspberry). Do this for two exhales, then start slowly shaking your head from side to side as you do three or four more lip trilling and head shaking, and as you do three or four more lip trilling and head shaking, and as you do three or four more lip trilling and head shaking your head from side to side as you do three or four more lip trilling and head shaking your head from side to side as you do three or four more lip trilling and head shaking your head from side to side as you do three or four more lip trilling and head shaking your head from side to side as you do three or four more lip trilling and head shaking your head from side to side as you do three or four more lip trilling and head shaking your head from side to side as you do this make a b sound with your mouth as you do three or four more lip trilling and head shaking your head from side to side as you do this make a b sound with your mouth as you do three or four more lip trilling and head shaking your head from side to side as you do this for two exhales, then the first head from side to side as you do this for two exhales, then the first head from side to side as you do this for two exhales, then the first head from the firs
coming back up.4Practice the siren song. Make an ng sound in your nose as though you were just saying the final part of the word sung. Continue to make this noise as you do three to five pitch range. This exercise helps you warm up the voice
gradually, prevents over-exertion of the voice, and helps singers transition between their head and chest voices, which refers to the different places air resonates in the body when creating different sounds and pitches. 5Practice tongue twisters in different places air resonates in the body when creating different places air resonates in the body when creating different places air resonates in the body when creating different places air resonates in the body when creating different places are great for articulation practice, and if you say them in different places are great for articulation practice, and if you say them in different places are great for articulation practice, and if you say them in different places are great for articulation practice, and if you say them in different places are great for articulation practice, and if you say them in different places are great for articulation practice, and if you say them in different places are great for articulation practice, and if you say them in different places are great for articulation practice, and if you say them in different places are great for articulation practice, and if you say them in different places are great for articulation practice, and if you say them in different places are great for articulation practice, and if you say them in different places are great for articulation practice, and if you say them in different places are great for articulation practice, and if you say the great for articulation practice, and if you say the great for articulation practice, and if you say the great for articulation practice, and if you say the great for articulation practice, and if you say the great for articulation practice, and if you say the great for articulation practice, and if you say the great for articulation practice, and if you say the great for articulation practice, and if you say the great for articulation practice, and if you say the great for articulation practice, and if you say the great for articulation practice, and if you say the
pitches and at different volumes, they can be a great way to warm up before singing. Some good tongue twisters to try out are:[11]Sally sells sea shells by the sea shoreTeaching ghosts to singPeter Piper picked a peck of pickled peppersUnique New YorkThe tip of the tongue, the lips, the teethReally ruralThe big, black-backed bumblebeeRed letter,
yellow letter Advertisement 1Hold a sustained note. Sometimes songs require a singer to hold a note for the full length. To practice holding a note:[12]Expand your ribs, tuck in your lower belly, and relax your shoulders and
neck.Inhale slowly as you open your throat, arms, and chest, as though you were just surprised by something. Hold this openness while staying relaxed. This is the same technique you will use to hold a note. Now, choose a note in the middle of your range, repeat the above steps, but this time sing that note and hold it for as long as you can, keeping
your throat open and relaxed as you sustain the note. 2Work on hitting high notes. If youre going to be singing a song that requires you to hit some high notes is that you can practice for this. The problem with high notes without causing
damage, you need to:Practice keeping a steady flow of air as you sing. Keep all your muscles relaxed. Keep all your resonance chambers (the throat, mouth, nose, chest, etc.) open as you sing. Pick a song with high notes and practice it in sections until you become comfortable with each section. Practice the song once through without singing the words:
instead, vocalize a single sound to go through all the pitches. When you're comfortable with that, sing the song, words and all, through entirely. 3Reach for low notes, you can easily lose control of the sound, because your vocal chords relax as the pitch descends. [13] To
maintain control of your lower notes, its important to keep your throat relaxed and maintain resonance in your face as you reach for lower notes, shake your head from side to open your throat and try again. Dont worry if your volume drops with the lower notes, because lower notes cannot be sung
at a loud volume. Instead, focus on maintaining the tone and clarity of the note, rather than the volume of your voice. Advertisement Add New Question What helps your voice Specialist. Amy is a licensed and board-certified
speech & language pathologist who has dedicated her career to helping professionals improve and optimize their voice. Amy has lectured on voice optimization, speech, vocal health, and voice rehabilitation at universities across California, including UCLA, USC, Chapman University, Cal Poly Pomona, CSUF, CSULA. Amy is trained in Lee Silverman
Voice Therapy, Estill, LMRVT, and is a part of the American Speech and Hearing Association. You can open up your throat with some light physical activity. Try doing some quick exercises, like jumping jacks or a short walk or jog, take a short break, and then do your vocal warm-up. Question Is it best to get singing lessons? If you desire to sing, then
absolutely. Singing is a wonderful talent for many people to have, and it helps us exercise our muscles. If you get good at it, you will begin to have opportunities to perform in front of others. Question Why is my voice croaky all the time? For singers, hoarseness is most often caused by using your voice too much for too long without a proper break,
straining your vocal chords, not warming up properly, and using improper singing techniques. You can prevent this by giving yourself a rest when you're practicing and help bring articles to life with your friendly advice. Your insights could make a
real difference and help millions of people! Submit a Video Coming Soon! This article was co-authored by Amy Chapman MA, CCC-SLP is a Vocal Therapist and Singing Voice Specialist. Amy is a licensed and optimize
their voice. Amy has lectured on voice optimization, speech, vocal health, and voice rehabilitation at university, Cal Poly Pomona, CSUF, CSULA. Amy is trained in Lee Silverman Voice Therapy, Estill, LMRVT, and is a part of the American Speech and Hearing Association. This article has
been viewed 346,782 times. Co-authors: 42 Updated: March 24, 2025 Views:346,782 times. "I am not a trained singer but I used to sing all of the time, then stopped due to some circumstances in my life. I have started
singing again (7 years later) and I have found that my voice is not as strong and I often have a bit of a growl instead of a smooth, clear voice like I had before. These techniques for warming up (which I have never done before!) have been instrumental (pun intended) in helping me to feel more confident and get rid of the growl. Thank you!"..." more
Share your story Can I tell you a secret? A vocal warm up is the #1 thing you can do to improve your singing every day. In fact, heres an Exclusive Bonus: Download our video with 10 FREE singing techniques! Heres a cool
video where Celine Dion shows Ellen her daily routine: Heres why I think most singers dont do warm ups: Most people dont dovocal warm upsbecause theyre afraid of looking silly. I know that seems backwards. Youd think thatin a competitive industry like singing, youd do everything you can to get an edge. But sometimes, when I ask people to do a
vocal warm ups, they go cold. And I think thats because people are afraid to try something that doesnt sound like beautiful singing. Heres the bottom line Should I warm up before singing? Yes! Do vocal warm ups improve singing? Yes! Do vocal warm ups improve singing? Absolutely! So, to push your singing voice to the next level(whether thats fixing your vocal breakor hitting high notes
without falsetto), youve got to do some of these weird warm ups. That being said, heres: The 5-Tone CountThe Octave and a Half Lip TrillThe Octave Repeat Bratty NavThe Octave and a Half Lip TrillThe Octave and a Half Lip TrillThe Octave Repeat Bratty NavThe Octave Repeat NoThe Octave Repeat Bratty NavThe Octave Repeat Bratty
Octave and a Half Mum By the way, if you want a vocal program that will take you through these singing techniques and a ton more, you can check out my complete singing without doing a warm up is like running a race without stretching
beforehand. You may physically be able to do it, but you know your performance would be better if youd warmed up. With singing, a vocal warm up satep-by-step, check this out: 10 Singing Warmups -
Ridiculously Easy and Effective Just like a sport, singing involves a lot of physical activity. But rather than working your leg or arm muscles, the muscles youre working are the ones that control the vocal folds. For example, in order to hit an A4, the vocal folds must open and close 440 times per second. That means that for Sam Smith to hit the note
Stay in Stay with Me, his vocal folds are opening and closing 440 times per second! Sam Smith - Stay With Me (Official Video) Sopranos and other high voice types often sing notes that vibrate over 1,000 times a second. So vocal warm ups for sopranos and other high voice types often sing notes that vibrate over 1,000 times a second. So vocal warm ups for sopranos and other high voice types often sing notes that vibrate over 1,000 times a second.
to warming up your voice: A warm up will increase blood flow to the vocal folds. Most importantly, a vocal warm up will make it easier to sing with a Mix of Chest Voice and Head Voice. If those terms sound new to you, dont worry.
Check out this article on the best singing techniques to improve your voice. But heres what you need to know: All good vocal techniques are designed to help you sing from the bottom to the top of your voice and head voice across your whole range. The
blend of chest voice and head voice is called singing with a Mix. And that means being able to hit high notes without falsetto! Learning to sing with a mix. Now before we get into those exercises, there are a few secrets
to a successful warm up that everyone should know. How do you warm up your singing voice? Well, as with anything, theres a right way and a wrong way to warm ups for choir, Vocal warm ups for kids, and the list goes on. There are even special vocal warm
ups for actors that help them do character voices! And while your vocal warm up should be tailored to your voice, there are a few tricks for vocal warm up strategies that will help you out no matter what kind of singing you do. How long does a vocal warm up last? Well,
theres nothing wrong with a quick 5-minute vocal warm up if thats what you have time for. However, a good, thorough vocal warm up should take about 30 minutes. Any more than that and yourself on vocal warm ups when the
whole point is to sing songs. 30 minutes is about the minimum amount of time your voice. So dont short yourself on warm up time to get a full 30 minute warm up time to get a full 30 minute songs. 30 minutes is about the minimum amount of time your voice. So dont short yourself on warm up time to get a full 30 minutes is about the minimum amount of time your voice. So dont short yourself on warm up time to get a full 30 minute warm up time if your voice. So dont short yourself on warm up time to get a full 30 minutes is about the minimum amount of time your voice.
half of class, we sing a song. Ive found that this formula tends to work well because at the end of 30 minutes, the voice is pretty warm. And then were ready to sing songs you love! Seriously, after just a half hour of singing warm up, songs become much easier to do. Try the same thing with you voice. Whether youre learning to sing vibrato, or expand
vocal range, learning to sing requires focus. Vocal warm ups are no different. All the exercises well discuss today are designed to achieve a specific skill with your voice. So do your warm ups in a place where you can focus on singing well. I promise this secret makes a HUGE difference! Often, students will start off by practicing vocal warm up
exercises in their car. But how much can you focus on singing when youre driving on the feeling the exercise, youll see an immediate improvement in
your singing. As you start to sing more regularly, youll probably need to up your water intake. You may even notice that you have a vocal crack if youre not well hydrated. Thats because the vocal folds require lubrication to get a healthy vibration. This strong vibration is responsible for the power in your voice. Sometimes, mucus from allergies or acid
reflux can get in the way of this healthy vibration. In addition to keeping you hydrated, drinking water also keep before a big performance. So keep your vocal folds clean by keeping a water bottle handy while you warm up. Youll be amazed at how much better you can sing. Theres no substitute for good sleep before a big performance.
Even if youre having a singing lesson, adequate sleep plays a big part in how well your voice functions. Thats because even though singing is an important functions. In
addition to losing focus, a lack of rest can also contribute to vocal fatigue. And if your voice is tired, youre more likely to push your voice becomes even more fatigued because youre pushing it. Dont
make this mistake! If youre going to be singing, its best to get a full 8 hours of sleep the night before. Youll be amazed at how much better your voice, a singing warm up wont be as effective as when youre healthy. So if you have reflux, nodules or just a sore throat, obviously
singing isnt much fun. Depending on the severity of the medical problem, it may be best to see an Ear, Nose and Throat Doctor (a.k.a. ENT) first. The Doctor will give you a treatment plan to fix your medical issue. And some voice
nodules, for example, an ENT may recommend you rest your voice in order to help the vocal folds recover. Then he may encourage you to see a voice teacher to fix some of the most common vocal problems. Or if you have a lot of mucus on your cords from allergies or acid reflux, the doctor may recommend you avoid these foods if youre going to sing
Whatever the case, you cant expect to sing your best if you have a medical issue. Its best to wait till your voice is stable. Then the skys the limit. Theres no doubt: Finding the right posture is one of the easiest ways of improving your voice. By maintaining the correct posture while you warm up, youll sing with less tension and more power. So if you
find yourself slouching or leaning over while you sing, its time to correct your posture. The best posture for singing is known as a Tall Posture evenly spaced on the ground and in line with your shoulders. 2. Youll find that your hips are even above
your feet. 3. Your chest should be comfortably lifted. 4. Your neck should also be resting gently above your should be able to imagine two
straight lines from your shoulders to your feet. Easy huh? This is actually one of the simplest things you can do to improve your singing voice. A low belly breath is one of the best secrets to a good vocal warm up. By taking a diaphragmatic breath, youre supplying your voice with the fuel to sing powerfully. The good news is that learning to sing from
the diaphragm is really easy to do. Heres how your belly, allow your stomach to come in or retract. *Practice this breath in front of a mirror to
make sure that the top half of your body is totally still. The diaphragmatic breath may seem difficult at first. Thats because many singers have been taught to pull their stomach in actually reduces the volume of air that you can inhale. Instead, allow your belly to expand as you inhale and youll be amazed
at how much power you have in your voice. In fact, if you need some good breathing exercises for singing, warm ups are a great place to start! Many singers clench their jaw as they sing. This jaw tension may be the result of a habit or a more serious joint disorder such as temporomandibular joint disorder (a.k.a. TMJ). In either case, learning to
release tension in the jaw can make a huge difference to your singing. While its true that narrow vowels can help you sing some notes better, we always want the freedom to move our jaw without tension. Try to practice in front of a mirror and monitor the openness of your mouth as you sing. This can make you aware of any jaw clenching. If you
notice any tension, try to consciously open your jaw as you sing. A good guide for the correct position of your mouth is to say the word, monitor the position of your singing at this speech-level can make a huge impact on your voice. If
your believe your jaw tension is caused by TMJ, seek the help of a medical professional to treat the condition. The doctor may recommend some light massage or medication to relax the join pain associated with TMJ. As you learn to relax the join pain associated with TMJ.
 singer needs! Now that you know some of the best-kept secrets for warming up your voice, its time to get your voice ready for the show! What is a good vocal warm up? Well, it really depends on what parts of singing you need to practice most. Well begin with the simplest vocal warm up ideas, then move on to the more difficult exercises. So if you
have any trouble singing the following exercises, go back to the vocal warm up that will get you connected to your chest voice. If you havent heard the
term chest voice before, dont worry. Ive written an article on 10 Singing Techniques to Improve Your Voice that explains chest voice in more detail. But heres what you need to know: In the old days, singers found that notes at the bottom of their range resonated in their chest. They called this range of notes Chest Voice. Why does all this chest voice in more detail.
stuff matter? Well, many vocalists sing breathy and light at the bottom of their voice. And if your voice is light and breathy on bottom, you dont have a chance of singing high notes with power. Thats because the chest voice is the foundation for all the notes that come above it. So it pays to start here. Heres the best way to strengthen your chest voice:
Every singer wants to expand their range. Expand Your Range Fast will show you how to finally hit high notes in your voice without straining. Expand Your Range Fast will show you how to finally hit high notes in your voice without straining. Expand Your Range Fast will show you how to finally hit high notes in your voice without straining. Expand Your Range Fast will show you how to finally hit high notes in your voice without straining.
have a strong speaking voice sing too lightly. So if you applied the same strength of your speaking voice to your singing you would end up with a strong foundation for your higher notes. So the first exercise well use to strengthen our voice is the 5-Tone Count. 1. Begin by saying the number One aloud at a comfortable volume. 2. Find a comfortable
starting pitch (try C3 for guys and G3 for girls) and say the word One on that pitch. 3. Next, say the numbers 1 through 5 on pitch with the ascending 5-Tone scale for women: Heres the scale for men: Heres the scale for women: If you cant read music or dont have a piano handy, no worries. Doing your vocal warm up on piano is nice but not
necessary. Ive created a video showing you exactly how to do this exercise. Here it is: Professional Singing Warm Up - All Male and Female Keys Remember that the whole point of the 5-Tone Count is to match the strength of your speaking voice. So if you hear any breathiness or lightness in your tone, youre doing it wrong. The
goal of this exercise is to speak/sing these notes. This exercise may sound ugly to you. But were not doing it to sound pretty. Were trying to get the full power of your chest voice on the notes. Stay at a consistently strong volume. The lip trill is one of the safest and most powerful warm ups, and is a great vocal warm up for singing in general. In this
Or for those that tend to sing a little breathy or back off at the top of their voice, the lip trill will help the vocal folds stay together throughout your whole range. That means hitting high notes with a mix of the chest voice and head voice. 1. Blow some air between your lips to make them flop together. This should be done in a very relaxed way. Make
sure youre not holding your lips tightly in order to get the lips to bubble. Just relax let them gently vibrate together. 2. Now while your lips are flopping together, add a bit of voice like youre saying the word Uh behind the lips. It will probably make a bubbly sound like youre under water. 3. Find a comfortable starting pitch (try C3 for guys and G3 for
girls) and allow the lips to flop together while you sing the on that pitch. 4. Sing the following octave-and-a-half scale. Heres the scale for men: Heres the scale for men: Heres the scale for women: This particular scale makes for a really nice arpeggio vocal warm up exercise. Now if youre having a hard time getting the lips to flop together or dont have a piano handy, dont
worry. I made a video demonstrating the exercise with all the male and female keys. Check it out: Professional Singing Warm Up - All Male and Female Keys Remember the lip trill is designed to keep an even sound across your whole range. Make sure that your volume stays consistent when singing from bottom to top. Try to keep your lips flopping
evenly. Remember that youre trying to sing the Uh vowel as you do the scale. So your tongue should remain flat and in the front of your mouth. While the lip trill is my absolute favorite of the
singing warm up exercises, it doesnt work for everyone. Thats because some people need a little more vibration in the vocal folds in order to get a strong mix of the chest and head voice. If you noticed that you flipped or had a vocal break, dont worry. We can fix your vocal break easily with the Octave and a Half Squeaky Door Exercise. 1. Pretend you
just had a delicious meal and make a humming sound on the consonant mm. Go ahead and make it really enthusiastic mm, mm, mmmmm. *Note that your mouth should be closed and the humming should be coming through your nasal passage. 2. Now, take that mm sound and hum up to a higher note keeping the mm really squeaky like a creaky door
3. Use the squeaky mm sound and sing it on a comfortable starting pitch (try C3 for guys: Heres the scale for girls). 4. Now hum the entire point of this exercise is to eliminate your vocal break and warm up your mixed voiceThe best way to
ensure youre doing it correctly is to emphasize the squeaky soundThis exercise does not need to be loud, just keep it squeakyIf you feel your voice breaking as you switch registers, try it again but a little squeaky soundThis exercise does not need to be loud, just keep it squeaky soundThis exercise does not need to be loud, just keep it squeakyIf you feel your voice breaking as you switch registers, try it again but a little squeaky soundThis exercise does not need to be loud, just keep it squeaky soundThis exercise does not need to be loud, just keep it squeaky soundThis exercise does not need to be loud, just keep it squeaky soundThis exercise does not need to be loud, just keep it squeaky soundThis exercise does not need to be loud, just keep it squeaky soundThis exercise does not need to be loud, just keep it squeaky soundThis exercise does not need to be loud, just keep it squeaky soundThis exercise does not need to be loud, just keep it squeaky soundThis exercise does not need to be loud, just keep it squeaky soundThis exercise does not need to be loud, just keep it squeaky soundThis exercise does not need to be loud, just keep it squeaky soundThis exercise does not need to be loud, just keep it squeaky soundThis exercise does not need to be loud, just keep it squeaky sound to be loud, just keep it squeaky squea
get ready to sing songs? Lets work on the Octave and a Half Gee. With this exercise, the ee vowel lets the vocal folds stretch, which helps us find our head voice. If you havent heard the term Head Voice before, dont worry. Ive written an article with 10 Singing Techniques to Improve Your Voice which explains it more. But heres what you need to
know: Back in the old days, singers found that notes at the top of their range resonated in their head. So they called this range of notes Head Voice. Finding your head voice is the key ingredient in helping you sing higher. But rather than just singing in falsetto, the Gee exercise helps us sing with a mix. Thats because the G consonant brings the vocal
folds together. Put them together and youve got a recipe for hitting all sorts of notes in your range without falsetto. 1. Say the word Gee as in Geese at a comfortable volume. 2. While saying the word Gee, make sure that you are enunciating the G consonant. 3. Now find a good starting pitch (try C3 for guys and G3 for girls) and begin to sing the word Gee as in Geese at a comfortable volume.
Gee on that pitch. 4. Sing the following scale. Here it is for women: Again, doing your vocal warm up for men: Here it is: Professional Singing Warm Up - All Male and
Female Keys Now that weve gotten your entire range warmed up on the Gee exercise, its time to isolate a few of those trouble notes in your bridge or passage. If you havent heard the term bridge in more detail. But heres what you needon to single or passage. If you havent heard the term bridge or passage. If you havent heard the term bridge or passage. If you havent heard the term bridge in more detail. But heres what you needon to solve the term bridge or passage. If you havent heard the term bridge in more detail. But heres what you need to solve the term bridge or passage. If you havent heard the term bridge or passage in more detail. But heres what you need to solve the term bridge or passage in more detail.
to know: The bridge or passagio is the area where the voice transitions from the chest voice to the head voice. Some singers can make this area sound perfect. But most singers voices will have a vocal crack or strain in this area. Learning to connect the voice transitions from the chest voice to the head voice. Some singers voices will have a vocal crack or strain in this area.
look at those notes specifically. One of the best ways of warming up your voice is hitting those notes on a Bee exercise. 1. Say the word Bee out like like youre talking about the insect. 2. Now sing the word Bee on the following scale: Heres the scale for guys:
Heres the scale for girls: Note that the whole point of this exercise is to help you hit those notes in your bridge without falsetto. So if you notice that youre more likely to be able to hit that top note with power. The bratty Nay is probably the
most well known Speech Level Singing exercise. #1: its really silly. And #2, it really works! Now while the Bratty Nay is a pretty ugly exercise, it can be a great vocal warm up to help you sing with a mix. The bratty sound that we use for this exercise keeps the vocal folds closing more efficiently. And the ay vowel helps point us toward our head voice
The result? You can hit amazingly high notes without falsetto! 1. Say the word Nay (as in Neighbor) in a bratty way. The sound should be buzzy and nasal-sounding. 2. Now sing a comfortable starting pitch (try E3 for guys and C#4 for girls). 3. Sing the following scale. Heres the scale for men: Heres the scale for women: If you have any trouble, check
out this video where I demonstrate the exercise. Professional Vocal Warm Up - w/ Scales for Men and Women Remember that the whole point of this exercise too normal-sounding, you may actually strain. So keep it really ugly. Additionally, focus more on getting the ugly sound than having a contract that the whole point of this exercise is the bratty tone. As a matter of fact, if you sing this exercise too normal-sounding, you may actually strain.
strong volume. That bratty sound isnt only good for those notes in the middle of your voice. Done correctly, the ugly, bratty sound can help you hit some amazing high notes with power. The only problem is that since Nay is a somewhat narrow vowel, your voice may tend to squeeze a bit once you get into your highest notes. Dont worry. Instead, lets
sing across your whole range with an ugly Nae (as in Nasty) out loud in an ugly, bratty way. If you need inspiration, just remember how kids tease each other on the playground Nae Nae. 2. Now sing the bratty Way in the bratty way. If you need inspiration, just remember how kids tease each other on the playground Nae (as in Nasty) out loud in an ugly, bratty way. If you need inspiration, just remember how kids tease each other on the playground Nae Nae. 2. Now sing the bratty Way in the bratty way. If you need inspiration, just remember how kids tease each other on the playground Nae (as in Nasty) out loud in an ugly, bratty way. If you need inspiration, just remember how kids tease each other on the playground Nae (as in Nasty) out loud in an ugly, bratty way. If you need inspiration, just remember how kids tease each other on the playground Nae (as in Nasty) out loud in an ugly, bratty way. If you need inspiration, just remember how kids tease each other on the playground Nae (as in Nasty) out loud in an ugly, bratty way. If you need inspiration, just remember how kids tease each other on the playground Nae (as in Nasty) out loud in an ugly Nae (as in Nasty) out loud in an ugly Nae (as in Nasty) out loud in an ugly Nae (as in Nasty) out loud in an ugly Nae (as in Nasty) out loud in an ugly Nae (as in Nasty) out loud in an ugly Nae (as in Nasty) out loud in an ugly Nae (as in Nasty) out loud in an ugly Nae (as in Nasty) out loud in an ugly Nae (as in Nasty) out loud in an ugly Nae (as in Nasty) out loud in an ugly Nae (as in Nasty) out loud in an ugly Nae (as in Nasty) out loud in an ugly Nae (as in Nasty) out loud in an ugly Nae (as in Nasty) out loud in an ugly Nae (as in Nasty) out loud in an ugly Nae (as in Nasty) out loud in an ugly Nae (as in Nasty) out loud in an ugly Nae (as in Nasty) out loud in an ugly Nae (as in Nasty) out loud in an ugly Nae (as in Nasty) out loud in an ugly Nae (as in Nasty) out loud in an ugly Nae (as in Nasty) out loud in an ugly Nae (as in Nasty) out loud in an ugly Nae (as in N
bratty Nae exercise on the following scale: Heres the scale for guys: Heres the scale for guys: Heres the scale for guys: Heres the whole purpose of this exercise since that would be straining. So instead of singing louder as you go up, focus completely on the ugly, bratty sound and you
voice will have the necessary power Sure, the bratty Nay is great for helping you sing with a mix, but itll only take you so far. Obviously, nobody wants to hear you sing All of Me with a bratty tone. So lets do a vocal warm up to get a more performance-ready tone. The Octave Repeat No gives us all the good stuff of the bratty Nay without the funny
sound. The N consonant helps the vocal folds close just like the Nay. But the Oh vowel allows the larynx to relax slightly, normalizing the tone. And that creates a sound thats much closer to real singing. 1. Say the word No (as in the word Note) out loud at a comfortable volume. 2. Find a comfortable starting pitch (try E3 for guys and C#4 for girls)
and sing the No on this pitch. 3. Sing the following scale. Heres the scale for men: Here a piano handy, no worries. Ive created a video demonstrating the exercise in the correct male and female keys. Here it is: Professional Vocal Warm Up - w/ Scales for Men and Women The No exercise can be a lot
harder than the bratty Nay. That bratty sound helps out a lot. But the No exercise is definitely worth perfecting. As you sing toward the top of the scale, it may be tempting to spread the vowel. Now that weve started singing
some high notes with a more normal sound, lets challenge the voice even more. Now that youve started to hit those higher notes with a more normal tone, its important to keep that tone normal. However, usually when we start singing higher, we start to raise our larynx or voice box in order to keep the top notes strong. Singing with your larynx in a
neutral position is another of the 40 proven singing techniques. But heres all you need to know: One of the best ways of hitting high notes with a relaxed larynx is using a crying sound, sing the word Go on a comfortable starting
pitch (try C3 for guys and G3 for girls). 3. Sing the Go with the cry sound on the following scale: Heres the scale for guys: Heres the scale for guys: Heres the scale for girls). 3. Sing the Go exercise as you sing higher. So rather than focusing on raising the volumes the scale for guys: Heres the scale for girls: Keep in mind that the whole point of this exercise as you sing higher. So rather than focusing on raising the volumes the scale for guys: Heres the scale for guys: Heres the scale for guys: Heres the scale for guys and G3 for girls).
as you sing higher, try to use the cry sound to get those top notes. The Octave and a Half Mum is another famous Speech Level Singing exercise. Thats because it tends to help a singer finish their vocal warm up. Up until now, weve been working with warm ups that give you a lot of support in singing higher notes. But the Mum can potentially screw
you up. Thats because Mum exercise is the closest warm up to real singing. So if youre doing pretty well on the previous exercises, make sure to practice the Mum exercise before you start singing songs. 1. Saying the word Mum (as in Mummy) aloud at a comfortable volume. 2. Find a comfortable starting pitch (try C3 for guys and G3 for girls) 3.
Sing the following scale. Heres the vocal warm up for men: And heres the vocal warm up for men: If you cant read music or dont have a piano handy, dont worry. Ive made a video demonstrating the exercise in the right male and female keys. You can there the vocal warm up for men: And heres the vocal warm up for men and Women The Mum exercise in the right male and female keys.
may be the most challenging vocal warm up for you. If this warm up is too difficult, just go back to an exercise thats working well for you and stick with that until you feel ready to try again. Similar to the No exercise, it can be tempting to spread the Uh vowel in the Mum exercise towards Ah. Dont let it. Practice in front of a mirror to monitor your
mouth position. So far all the singing warm up that Ive shown you require you to sing a scale or be close to a piano. But what if youre already at the gig and need to warm up that will help you warm up your voice without needing are
instrument. This is how you do it: 1. Say an Mm-hmm like youre agreeing with someone at a comfortable volume. 2. Say the Mm-hmm more slowly and hold the second note in the Mm-hmm try to isolate a single pitch. 4. Now sing the following
scale on a lip trill with the pitch you just found. As always, if you cant read music or sight-sing this scale, no worries. Check out this Youtube vocal warm up lesson where I demonstrate how to do this warm up should take about 30
minutes to complete. Thats the perfect amount of time to warm up before you sing. Of course, sleep, hydration, rest, and having a healthy voice can make a huge difference in how well your voice warms up. So make sure that all of those are in place before you attempt these exercises. Singing well is a long journey, but its worth it. And a vocal warms up.
up is the best place to start. If youre looking for a warm up thats custom tailored for you voice, you can book your first lesson at Ramsey Voice Studio here. Every singer wants to expand your range by 5 notes or more! Learn More
Professional singers know how physically demanding singing can be. It takes a lot of stamina and energy to sing onstage and bring the venue to life. Thats why singing, like any other physical activity, should involve a warm-up, as well as a vocal cool-down. At School of Rock, we make these vocal warm-ups a ritual, whether its to prepare for a singing
lesson or a show rehearsal. These quick vocal exercisescan be done in just 10 to 20 minutes, and they should become an integral part of any successful practice routine. Why do you need to warm up your voice? We warm up our voices so we can keep them healthy, sound our best and protect against damage. Vocal warm-ups are especially important
for expanding your vocal range, improving breath control, and ensuring vocal health. Voice training requires dedication, and warming up before each performance is a must for any serious singer. 9 best vocal warm-ups for singers There are many simple vocal exercises you can use to warm up your voice, so you have a lot of options when it comes to
deciding how to warm up your voice. Fortunately, School of Rock can help you narrow them down. Here are nine of the best vocal warm-ups used by our voice and improve its quick vocal exercise, simply yawn (take in air) with your mouth closed. Then, exhale through your nose as if you are sighing. This will help relax your voice and improve its quick vocal exercise, simply yawn (take in air) with your mouth closed. Then, exhale through your nose as if you are sighing. This will help relax your voice and improve its quick vocal exercise, simply yawn (take in air) with your mouth closed. Then, exhale through your nose as if you are sighing.
range. Why this works: It relaxes the larynx and improves vocal flexibility, helping singers achieve a smoother tone. Level: Perfect for beginners and experienced singers alike. 2. Humming warm-upS Humming is one of the best vocal warm-upS humming warm-upS humming is one of the best vocal warm-upS humming warm-upS humming is one of the best vocal warm-upS humming wa
front teeth and hum up and down the major scale while keeping your mouth closed. Each note should sound like hmmm including the h sound is less taxing on your voice. Why this works: It gently engages your vocal cords without causing strain, promoting a clear and resonant tone. Level: Ideal for singers at any skill level. 3. Vocal Straw Exercise To
perform the vocal straw exercise (also known as straw phonation), take a straw and hum through it. Start at the bottom of your range and slide up to the top slowly and evenly. Then, hum your favorite song through the straw. You can also place the straw in a partially full glass of liquid and blow controlled bubbles in the glass. Why this works: It
reduces vocal tension, improves breath control, and helps maintain vocal health. Level: Great for singers who want to refine breath control and pitch. 4. Lip buzz Vocal warm-up go, lip buzz (or lip trill, as it is sometimes called) is very simple. The goal is to make a motorboat sound by making your lips vibrate as you blow air as vocal warm-up go, lip buzz (or lip trill, as it is sometimes called) is very simple.
through your mouth and nose. You can incorporate pitch slides as well. Why this works: It gently warms up your vocal cords and improves coordination. Level: Suitable for all levels, especially beginners. 5. Tongue trill exercise The tongue trill vocal exercise is difficult for some singers. It involves curling your tongue and rolling your Rs as you go
through your range from low to high. Why this works: It increases airflow and strengthens control over pitch changes. Level: Best for intermediate to advanced singer, trace back along your jawline from your chin to your ear
That curved space between your jaw and your ear is where you want to drop your jaw. Pretend you are yawning with your mouth closed and feel where your jaw drops. Avoid just dropping your chin. Why this works: It releases tension in the jaw, enabling a more open and resonant sound. Level: Beneficial for singers of all levels. 7. Two-octave pitch
glide Warm-Up For this easy vocal warm-up, make an eeee or ohhhh sound and gradually glide through the chromatic notes of a two-octave range. Glide up and then back down. This will transition from your chest voice to your head voice. Why this works: It smooths the transition between vocal registers and expands range. Level: Great for singers
 aiming to bridge vocal breaks. 8. Vocal Sirens Exercise Much like the pitch glide, the siren exercise takes an oooo sound and gradually goes from the lowest note of your range to the highest and back down, like a siren for an emergency vehicle. The sound is continuous and covers the tones between the notes. Why this works: It engages the full range
and improves control over dynamics. Level: Suitable for singers of all levels. 9. Vocal Slides Technique is also known as a portamento, which is Italian for the act of carrying. Much like the siren exercise, you slide from one note to the next in your range, but you dont sing the in-between notes. Why this works: It builds smooth
transitions between notes and improves tone consistency. Level: Perfect for singers refining their pitch and tonal quality. Play Now that you've mastered a few vocal warm-ups and exercises, always remember to maintain good posture and use proper breathing techniques. Two common breathing techniques are singing from your diaphragm and
exhaling on a hiss. Keep reading to learn how you can perform these to improve your singing. You can also sign-up for a trial singing lesson in-person or online at your nearest School of Rock. 1. Sing from Your breather to use proper breathing techniques to avoid hurting your voice. It is most common to breather
from the chest during everyday activities, including speaking, but singing requires breathing from the diaphragm to avoid straining your voice. Your body should be relaxed and balanced, with your weight slightly forward. The
sound of your voice doesnt actually come from your diaphragm, of course sound is generated by vibrations are caused by air being pushed out of your lungs. Your diaphragm is what controls the pushing and is responsible for putting power behind your voice. 2. Exhale on a hiss A hissing breath exercise is a great
way to start when learning how to warm up your voice before singing. This technique forces vocalists to sing from their diaphragms and improves breath control. To master the exhale on a hiss breathing technique forces vocalists to sing from their diaphragms and improves breath control. To master the exhale on a hiss breathing technique forces vocalists to sing from their diaphragms and improves breath control.
you from singing incorrectly. Breathe in through your mouth and count to five. As you breathe, bring the air deep into your should expand outward. Exhale and count to nine. While exhaling, make a hissing noise that sounds like the first letter of the
word sizzle. By the time you are done counting, all the air should be expelled from your lungs. Once you build more lung capacity and get comfortable with this exercise, you can breathe in for a seven count and exhale on a hiss, youre
ready tosing. After vocal warm-ups and singing, it is essential that you also cool down your voice. You can use the same vocal exercises you used during your warm-up, starting with the most intense and working down to the least intense. Simply using the humming vocal exercise will also allow your voice to cool down and relax. Following these tips
will keep your voice strong and allow you to perform at your best. Vocal warm-ups are a critical part of any singers practice and performance routine. These quick and easy vocalexercises will refine your technique, build your vocal power and control, and help expand your vocal range. At School of Rock, our trained vocal instructors teach students all
aspects of singing, includingvoice training and other vocal training techniques that thousands of professional singers use every day to keep their voices in shape and sounding their best. Ready to start voice training? Sign up for a singing lesson now, or read more about our performance-basedmusic programs. WarmUp DurationWhen it comes to
warming up your voice before singing, the duration of your warm-up session plays a crucial role in preparing your vocal cords for performance. Experts recommend dedicating at least 15 to 30 minutes to vocal warm-up may not fully a crucial role in preparing your voice is flexible, resonant, and ready to tackle the demands of singing. A shorter warm-up may not fully a crucial role in preparing your voice is flexible, resonant, and ready to tackle the demands of singing. A shorter warm-up may not fully a crucial role in preparing your voice is flexible, resonant, and ready to tackle the demands of singing. A shorter warm-up may not fully a crucial role in preparing your voice is flexible, resonant, and ready to tackle the demands of singing.
engage your vocal muscles, while an excessively long one could strain your voice before you even begin to sing. The optimal length of your body and adjust accordingly. If you have a higher vocal range or are preparing for a particularly
challenging piece, you may benefit from a longer warm-up session to ease into the higher notes and ensure smooth transitions between registers. Conversely, if you have a lower voice or are focusing on a less demanding song, a shorter warm-up may suffice to maintain vocal health and readiness. Optimal Length of Vocal WarmUpWhen it comes to the
optimal length of a vocal warm-up session, it is essential to strike a balance. While warming up your voice is crucial for performance, overdoing it can strain your voice adequately without causing fatigue or strain. It is important to tailor the length of
your warm-up to your individual needs and the demands of the upcoming performance. Some singers may find that they need a longer warm-up period. Experimenting with different warm-up lengths can help you determine what works best for your voice and
ensure that you are fully prepared to deliver your best performance. Vocal Warm-up tools is essential. One of the most effective tools is utilizing vocal scales. These scales help in exercising different vocal ranges and tones, preparing your voice for the songs
you are going to sing. They also aid in improving your pitch accuracy and overall vocal control, while sirens assist in smooth vocal transitions and flexibility. These exercises not only prepare your
voice physically but also mentally, getting you ready to deliver a top-notch performance. Using Vocal Scales when it comes to warming up your voice before singing, using vocal scales is an essential practice. Vocal scales help in improving your voice before singing, using vocal scales help in improving your voice before singing, using vocal scales help in improving your voice before singing.
simple scales and gradually increasing the complexity will help in gently stretching and warming up your vocal cords, preparing them for the demands of singing. By incorporating vocal quality. Practicing scales in different keys can help in developing
well-rounded vocal technique and enhancing your ability to sing various musical pieces effectively. Remember to focus on proper breathing technique, support, and resonance while going through the scales to fully benefit from this vocal warm-up exercise. PreSinging Rituals Before diving into your singing session, establishing pre-singing rituals can
 significantly enhance your vocal performance. These rituals are personal practices that help you mentally and physically prepare for singing. Some common pre-singing rituals include breathing exercises, stretching, and even positive affirmations. These rituals not only warm up your voice but also set the tone for a successful singing session. Taking a
few moments to center yourself before you begin singing can make a world of difference. Whether its finding a quiet space to focus, sipping on warm tea to soothe your throat, or visualizing a stellar performance, these rituals can help you get into the right mindset. Additionally, incorporating relaxation techniques like meditation or gentle massage
can help release any tension and ensure your voice is primed for singing. Relaxation Techniques are crucial in preparing your mind and body for a stellar vocal performance. One effective method is deep breathing exercises. Before taking the stage, find a quiet space to sit comfortably and focus on your
your way up to your head, consciously releasing any tightness or stress you may be holding onto. Incorporating these techniques into your pre-singing ritual can help you achieve a state of calm and readiness before stepping into the spotlight. What to Eat and Drink for Better Vocal HealthHow to Improve Vocal Range with Warm-Up Exercises
Download Article Download Article Just like you need to warm up your body before an intense workout, you always want to warm up your voice before singing. Warming up your voice, theyll also warm up your lungs, lips, and tongue
so you feel relaxed and ready to sing your heart out. 10pen up your throat. One of the first and easiest steps to warm up your body and your throat before you sing is to open your throat and diaphragm by yawning.[1] Gently force yourself to yawn by opening your mouth as though you were about to yawn. As you do this, think about yawning, or watch
a video of someone yawning to initiate your own yawn. Repeat this two or three times to fully open your throat and diaphragm. 2Engage your core. Using your abdominal muscles and singing from the right place in your body is very important when you sing. [2] To engage the muscles you should be using, very gently force yourself to let out a small
cough. Pay attention to which muscles are involved in that action, as these are the muscles you should be using when you sing. 3 The muscles of the core include the psoas, the pelvic floor, and the diaphragm, among others. Engaging these muscles of the core include the psoas, the pelvic floor, and the diaphragm, among others.
You want your entire body to be relaxed when you sing, because you dont want to strain your body or your muscles when you sing high notes. To relax your entire body to be relaxed when you sing, because you dont want to strain your diaphragm, but
sometimes people will try to push from a higher place on their body instead of the belly when reaching for high notes. 4Do a breathing exercise. Because the breath is the mechanism that creates your voice, its also important to
do a few breathing exercises before singing as well. Two exercises you can do are:[5] As you keep your shoulders and chest relaxed, inhale deeply into your diaphragm, so that your stomach rises slightly. Then exhale slowly from this same place, so that your belly flattens out again. Continue breathing this way for two minutes. Inhale like before, but
when you exhale, practice allowing the breath to escape slowly as you make a hissing sound with your mouth. Repeat for one minute. 5Release tension in your jaw and mouth can also affect your singing, so relax this area before singing. To release this tension: Place your palms on your cheeks and allow your jaw to open to a
natural position. Slowly and gently move your hands around to massage the jaw and facial muscles for one to two minutes. [6] Advertisement 1Hum. Start by making a basic hmmm noise in your honds around to massage the jaw and facial muscles for one to two minutes. [6] Advertisement 1Hum. Start by making a basic hmmm noise in your honds around to massage the jaw and facial muscles for one to two minutes. [6] Advertisement 1Hum. Start by making a basic hmmm noise in your honds around to massage the jaw and facial muscles for one to two minutes. [6] Advertisement 1Hum. Start by making a basic hmmm noise in your honds around to massage the jaw and facial muscles for one to two minutes. [6] Advertisement 1Hum. Start by making a basic hmmm noise in your honds around to massage the jaw and facial muscles for one to two minutes. [6] Advertisement 1Hum. Start by making a basic hmmm noise in your honds around to massage the jaw and facial muscles for one to two minutes. [8] Advertisement 1Hum. Start by making a basic hmmm noise in your honds around the jaw and facial muscles for one to two minutes. [8] Advertisement 1Hum. Start by making a basic hmmm noise in your honds around the jaw and facial muscles for one to two minutes. [8] Advertisement 1Hum. Start by making a basic hmmm noise in your honds around the jaw and facial muscles for one to two minutes. [8] Advertisement a basic hmmm noise in your honds around the jaw and facial muscles for one to two minutes. [8] Advertisement a basic hmmm noise in your honds around the jaw and facial muscles for one to two minutes. [8] Advertisement a basic hmmm noise in your honds around the jaw and facial muscles for one to two minutes. [8] Advertisement a basic hmmm noise in your honds around the jaw and facial muscles for one to two minutes. [8] Advertisement a basic hmmm noise in your honds around the jaw and facial muscles for one to two minutes. [8] Advertisement a basic hmmm noise in your honds around the jaw and facial muscles for one to two minutes. [8] Advertisement a basic 
your mouth open, you should make an ahhhh noise.[7] Humming is a great way to warm up and relax the muscles of your throat, face, neck, and shoulders, and it can also help you control your breathing. Stephen Smith, Music Educator Effective warm-ups should be done gradually, starting with gentle exercises and gradually increasing in intensity.
It's important to listen to your body and avoid pushing yourself too hard during warm-ups.2Hum do-re-mi. Once your voice is warmed up with basic humming, begin to warm up for pitch changes by humming do-re-mi up the scale and then back down. Start at the lower end of your pitch range, and when you complete one sweep up and down the scale,
go to a higher key and repeat. Repeat this for four or five ascending keys, then work your way back down those same keys. [8] To create the lip trills, also called lip buzzing or bubbling, are an exercise that vibrates and warms up your lips as well as your voice. [9] To create the lip trill, you close your lips loosely, pout them slightly, and blow air
through them (think of making the sound of a motor or raspberry). Do this for two exhales, then start slowly shaking your head from side to side as you do three or four more lip trills.[10]Repeat the lip trilling and head shaking, and as you do three or four more lip trills.[10]Repeat the lip trilling and head shaking your head from side to side as you do three or four more lip trilling and head shaking, and as you do three or four more lip trilling and head shaking your head from side to side as you do three or four more lip trilling and head shaking your head from side to side as you do three or four more lip trilling and head shaking your head from side to side as you do three or four more lip trilling and head shaking your head from side to side as you do three or four more lip trilling and head shaking your head from side to side as you do three or four more lip trilling and head shaking your head from side to side as you do three or four more lip trilling and head shaking your head from side to side as you do three or four more lip trilling and head shaking your head from side to side as you do three or four more lip trilling and head shaking your head from side to side as you do three or four more lip trilling and head shaking your head from side to side as you do three or four more lip trilling and head shaking your head from side to side as you do three or four more lip trilling and head shaking your head from side to side as you do three or four more lip trilling and head shaking your head from side to side as you do three or four more lip trilling and head shaking your head from side to side as you do three or four more lip trilling and head shaking your head from side to side as you do three or four more lip trilling and head shaking your head shaking 
coming back up.4Practice the siren song. Make an ng sound in your nose as though you were just saying the final part of the word sung. Continue to make this noise as you do three to five pitch sweeps. Every time you warm up the voice
gradually, prevents over-exertion of the voice, and helps singers transition between their head and chest voices, which refers to the different places air resonates in the body when creating different sounds and pitches. Fractice tongue twisters in different places air resonates in the body when creating different sounds and pitches.
pitches and at different volumes, they can be a great way to warm up before singing. Some good tongue twisters to try out are:[11]Sally sells sea shells by the sea shoreTeaching ghosts to singPeter Piper picked a peck of pickled peppersUnique New YorkThe tip of the tongue, the lips, the teethReally ruralThe big, black-backed bumblebeeRed letter,
yellow letter Advertisement 1Hold a sustained note. Sometimes songs require a singer to hold a note for an extended period, and if you aren't prepared for this or dont have the right technique, you may not be able to hold the note for an extended period, and if you aren't prepared for this or dont have the right technique, you may not be able to hold the note for an extended period, and if you aren't prepared for this or dont have the right technique, you may not be able to hold the note for an extended period, and if you aren't prepared for this or dont have the right technique, you may not be able to hold the note for an extended period, and if you aren't prepared for this or dont have the right technique, you may not be able to hold the note for the full length.
neck.Inhale slowly as you open your throat, arms, and chest, as though you were just surprised by something. Hold this openness while staying relaxed. This is the same technique you will use to hold a note. Now, choose a note in the middle of your range, repeat the above steps, but this time sing that note and hold it for as long as you can, keeping
your throat open and relaxed as you sustain the notes. Work on hitting high notes is that you can practice for this. The problem with high notes without causing
damage, you need to:Practice keeping a steady flow of air as you sing. Keep all your resonance chambers (the throat, mouth, nose, chest, etc.) open as you sing. Fick a song with high notes and practice it in sections until you become comfortable with each section. Practice the song once through without singing the words:
instead, vocalize a single sound to go through all the pitches. When you're comfortable with that, sing the song, words and all, through entirely. 3Reach for low notes, you can easily lose control of the sound, because your vocal chords relax as the pitch descends. [13] To
maintain control of your lower notes, its important to keep your throat relaxed and maintain resonance in your face as you reach for lower notes, because lower notes cannot be sung
at a loud volume. Instead, focus on maintaining the tone and clarity of the note, rather than the volume of your voice. Advertisement Add New Question What helps your voice before singing Voice Specialist. Amy is a licensed and board-certified
speech & language pathologist who has dedicated her career to helping professionals improve and optimize their voice. Amy has lectured on voice optimization, speech, vocal health, and voice rehabilitation at universities across California, including UCLA, USC, Chapman University, Cal Poly Pomona, CSUF, CSULA. Amy is trained in Lee Silverman
Voice Therapy, Estill, LMRVT, and is a part of the American Speech and Hearing Association. You can open up your throat with some light physical activity. Try doing some quick exercises, like jumping jacks or a short walk or jog, take a short break, and then do your vocal warm-up. Question Is it best to get singing lessons? If you desire to sing, then
absolutely. Singing is a wonderful talent for many people to have, and it helps us exercise our muscles. If you get good at it, you will begin to have opportunities to perform in front of others. Question Why is my voice croaky all the time? For singers, hoarseness is most often caused by using your voice too much for too long without a proper break,
straining your vocal chords, not warming up properly, and using improper singing techniques. You can prevent this by giving yourself a rest when you're practicing and help bring articles to life with your friendly advice. Your insights could make a
real difference and help millions of people! Submit a Video Coming Soon! This article was co-authored by Amy Chapman MA, CCC-SLP is a Vocal Therapist and Singing Voice Specialist. Amy is a licensed and board-certified speech & language pathologist who has dedicated her career to helping professionals improve and optimize
their voice. Amy has lectured on voice optimization, speech, vocal health, and voice rehabilitation at university, Cal Poly Pomona, CSUF, CSULA. Amy is trained in Lee Silverman Voice Therapy, Estill, LMRVT, and is a part of the American Speech and Hearing Association. This article has
been viewed 346,782 times. Co-authors: 42 Updated: March 24, 2025 Views:346,782 times and a trained singer but I used to sing all of the time, then stopped due to some circumstances in my life. I have started
singing again (7 years later) and I have found that my voice is not as strong and I often have a bit of a growl instead of a smooth, clear voice like I had before. These techniques for warming up (which I have never done before!) have been instrumental (pun intended) in helping me to feel more confident and get rid of the growl. Thank you!"..." more
Share your story Before stepping onto the stage or into the recording booth, a proper you warm-up before a workout, preparing your instrument your voice for the rigors of performance. In this detailed guide, well explore 10 you warm-up exercises
designed to get your vocal cords ready for action, so you can perform at your best with minimal risk of injury. By reading this article, you will learn: 10 vocal warm-up exercises for singers, including lip trills, tongue trills, humming, vowels, consonants, sirens, scales, octave jumps, descending octave jumps. A step-by-step guide
on how to warm up your voice, starting with lip trills and moving on to tongue trills, humming, vowels, consonants, sirens, scales, octave jumps. A video tutorial on how to warm up your voice and a recap of vocal warm-up exercises for singers. I used to skip vocal warm-ups before singing, thinking they
were unnecessary. However, after experiencing vocal strain and fatigue, I decided to give them a try. One morning before a performance, I followed a series of warm-up exercises, starting with descending octave jumps. I immediately noticed a significant improvement in my vocal range and control during the performance.
This personal experience made me realize the true importance of vocal warm-ups in maintaining a healthy and strong voice. This story highlights the impact of incorporating vocal warm-ups in to a singers routine, emphasizing their role in enhancing vocal warm-up. By
blowing air through your lips, causing them to flap together, you create a gentle massage for your voice before diving into more strenuous activities. Insider Tip: Keep your cheeks relaxed during lip trills to avoid unnecessary tension, which can counteract the benefits of the
exercise. Tongue trills, the rolling R sound familiar to speakers of languages like Spanish and Italian, can be equally as beneficial as lip trills. This exercise works the articulators while also engaging the diaphragm and promoting breath control. Humming is a gentle way to start resonating your voice. Start with a comfortable note and hum a few
simple melodies. The vibrations you feel are a sign that your vocal cords are waking up and getting ready for more complex tasks. Singing through vowels ah, eh, ee, oh, oo is a classic vocal anatomy. Articulation is key in singing, and consonants
are the crisp, clear sounds that give words their definition. Practicing consonant sounds, especially those that are challenging, can improve your diction and overall vocal clarity. Sirens involve sliding from the bottom to the breaks
between registers. Scales are the bread and butter of vocal exercises. They can be practiced with various vowel sounds and in different keys to work on pitch accuracy and agility. Octave jumps challenge your voice to move between pitches that are an octave apart. This helps improve your vocal control and strength. Just as important as ascending
scales, descending scales help you work on releasing notes and controlling your voice as you move downward in pitch. Like their ascending counterparts, descending octave jumps are about control and release, requiring you to land accurately on lower notes from a higher pitch. Begin your voice as you move downward in pitch. Like their ascending octave jumps are about control and release, requiring you to land accurately on lower notes from a higher pitch. Begin your voice as you move downward in pitch.
your vocal cords and engage your breath support. After your lips are warmed up, shift to tongue trills to further engage your articulation and diaphragm. Choose a simple melody and hum it softly, feeling the vibration and diaphragm. Choose a simple melody and hum it softly, feeling the vibration and diaphragm.
vowel sound is clear and supported. Work on crisp, clear consonant production, which will help with diction in your songs or spoken lines. Perform a few sirens from your lowest to highest note to stretch your vocal range and blend your registers. Run through scales on different vowels to work on pitch accuracy and vocal flexibility. Challenge your
vocal control with octave jumps, both ascending and descending. Smoothly descend a scale to practice releasing notes with control. Finish with descending octave jumps to ensure your lower register is as warmed up as your upper. For visual learners, a video tutorial can be a game-changer. It offers the chance to see the exercises in action and to
follow along with an instructor. This tutorial can guide you through each step, providing additional tips and demonstrations. Warming up your voice is an essential part of any singers routine. By incorporating these 10 vocal warm-up exercises, you will ensure your voice is prepared for the demands of performance. Remember to start gently, focus on
breath support, and gradually build up the complexity of the exercises. With regular practice, these warm-ups will help maintain vocal health and enhance your singing or speaking performances. For further exploration, you can find more specific warm-ups tailored to different styles, like K-pop singers or techniques suited for basic warming up.
Meanwhile, if youre interested in the vocal techniques of singers from different parts of the world, check out our sections on Asian, Korean, Chinese, Japanese, and Indian singers. Engage with your voice daily, and youll find strength, flexibility, and confidence in your performances. Happy singing! Singers and performers of all levels should do vocal
warm-ups. Vocal warm-ups help to prepare the voice for optimal performance. A vocal warm-up should typically last around 15-20 minutes. While some may feel this way, vocal warm-ups help prevent strain. Lip trills, sirens, and humming scales are great vocal warm-ups. Schedule your warm-up time into your pre-performance routine. Download
Article Download Article Just like you need to warm up your body before an intense workout, you always want to warm up your voice before singing. Warming up your voice, theyll also warm up your lungs, lips, and tongue so you
feel relaxed and ready to sing your heart out. 10pen up your throat. One of the first and easiest steps to warm up your body and your throat before you sing is to open your throat to yawn. As you do this, think about yawning, or watch a
video of someone yawning to initiate your own yawn. Repeat this two or three times to fully open your throat and diaphragm. 2Engage your core. Using your abdominal muscles and singing from the right place in your body is very important when you sing. [2] To engage the muscles you should be using, very gently force yourself to let out a small
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cough. Pay attention to which muscles are involved in that action, as these are the muscles you should be using when you sing.[3]The muscles during singing will help you achieve your fullest voice. Advertisement 3Relax your neck and shoulders You want your entire body to be relaxed when you sing, because you dont want to strain your body or your muscles when you sing high notes. To relax your upper body, simply shrug your should always come from your diaphragm, but sometimes people will try to push from a higher place on their body instead of the belly when reaching for high notes. To prevent this, continue relaxing your neck and shoulders throughout your warm up, especially when going for high notes. To prevent this, continue relaxing your neck and shoulders throughout your warm up, especially when going for high notes. To prevent this your neck and shoulders throughout your warm up, especially when going for high notes.



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