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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 singing voice isn't hard, and there are lots of different exercises you can try. Not only will these exercises warm up your voice, they'll also warm up your lungs, lips, and tongue so you feel relaxed and ready to sing your heart out. 1.Open 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. 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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 vocal warm-up before performance is essential for singers and actors alike. It's the equivalent of stretching before a workout, preparing your instrument your voice for the rigors of performance. In this detailed guide, we'll explore 10 vocal 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 scales, and descending octave jumps. 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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 Kpop singers or techniques suited for basic warming up. Vocal warm-ups are a crucial part of any singer's routine, helping to warm up the vocal cords and prepare the voice for optimal performance. A vocal warm-up should typically last around 15-20 minutes. 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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 using the right techniques. See more answers Ask a Question Advertisement Share a quick video tip 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. 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 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. This article has been viewed 346,782 times. Co-authors: 42 Updated: March 24, 2025 Views:346,782 Categories: Learning to Sing PrintSend fan mail to authors Thanks to all authors for creating a page that has been read 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. 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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. This article has been viewed 346,782 times. Co-authors: 42 Updated: March 24, 2025 Views:346,782 Categories: Learning to Sing PrintSend fan mail to authors Thanks to all authors for creating a page that has been read 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 Before stepping onto the stage or into the recording booth, a proper vocal warm-up before performance is essential for singers and actors alike. It's the equivalent of stretching before a workout, preparing your instrument your voice for the rigors of performance. In this detailed guide, we'll explore 10 vocal 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 scales, and descending octave jumps. 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It helps you focus on your enunciation and the unique way each vowel interacts with your 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 top of your range on an oo vowel. It's a comprehensive exercise that stretches your vocal range and helps smooth out the breaks in your vocal range. 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 vocal warm-up routine with a series of lip trills to loosen up 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 resonance in your head and chest. Cycle through the vowels, paying attention to mouth shape and breath control, ensuring each 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 Kpop singers or techniques suited for basic warming up. Vocal warm-ups are a crucial part of any singer's routine, helping to warm up the vocal cords and 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 singing voice isn't hard, and there are lots of different exercises you can try. Not only will these exercises warm up your voice, they'll also warm up your lungs, lips, and tongue so you feel relaxed and ready to sing your heart out. 1.Open 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 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 don't want to strain your body or your muscles when you sing high notes. To relax your upper body, simply shrug your shoulders, hold them in a hunched position for five seconds, then relax them. Repeat four or five times.[4]Your voice 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.4Do a breathing exercise. Because the breath is the mechanism that creates your voice, it's 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. 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 throat in your lower range as you exhale a breath. Repeat this five to 10 times, then repeat the same sound with your mouth open for five to 10 breaths. With humming, you should feel a vibration in your face and head, and you should be able to 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]3Do some lip trills. 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 exhalates, 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 this make a sound with your mouth as you do vocal sweeps starting with a high note and going low, and then 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 go back up and down again, push your voice into a slightly higher and lower vocal 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 pitches. 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