

# Singing Exercise Sheet 1:

## Exercise 1: RANGE - Opening Up The Voice

This warm up exercise warms up the larynx and gradually will extend your range:

Complete the exercise below and continue to repeat by taking it up a semitone (half step) each time. Take it up to at least an octave (12 half steps)

$E^b$

may may may may may may may may may may may

## Exercise 2: CONTROL - Control of Breathing

This warm up exercise helps to control your breathing from your diaphragm. Think of your lungs as a big balloon which needs to be filled with air before you can deflate. Make sure you do not raise shoulders when breathing in. The exercise below should be sung in one breath. Complete the exercise below and continue to repeat by taking it up a tone (whole step) each time. Take it up to at least an octave (8 whole steps)

$C$

HA HA HA HA HA

## Exercise 3: STACCATO - Control of Breathing

This warm up exercise is another exercise that helps to control your breathing from your diaphragm.

Staccato is a musical Italian term meaning short and spikey. Complete the exercise below and continue to repeat by taking it down a tone (whole step) each time. Take it down to at least an octave (8 whole steps)

$C$

KOO KOO KOO KOO KOO KOO KOO KOO

## Exercise 4: LEGATO - Control of Breathing

This warm up exercise is another exercise that helps to control your breathing from your diaphragm. Legato is a musical Italian term meaning smooth and flowing. Complete the exercise below and continue to repeat by taking it down a tone (whole step) each time. Take it down to at least an octave (8 whole steps) The exercise below should be sung in one breath

$C$

KOO