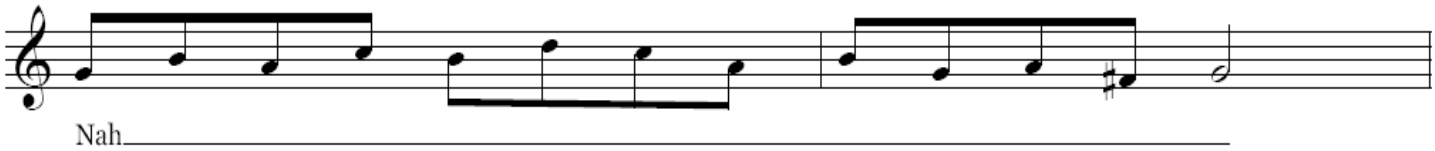
Singing Exercise Sheet 2:

Exercise 1: RESONANCE – Opening Up The Head Voice

This warm up exercise helps to get in touch with your head voice. Try to make this as nasally as possible. 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) On the last one hold the last note as long as possible

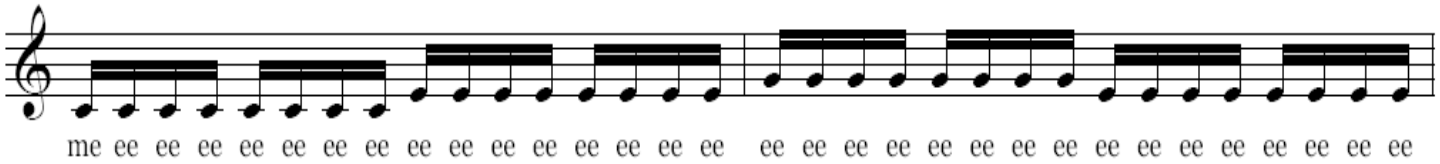
Exercise 2: BUILDING MUSCLES IN DIAPHRAM – Control of Breathing

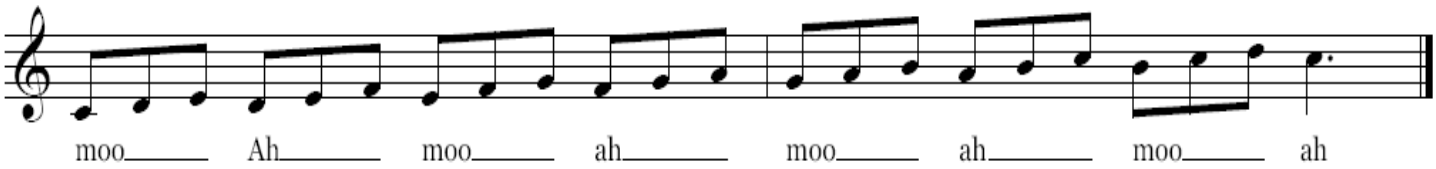
This warm up exercise helps to control your breathing from your diaphragm. Think of your lungs as a big balloon which needs to be filled with air before you can deflate. Make sure you do not raise shoulders when breathing in. The exercise below should be sung in one breath. Complete the exercise below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



Exercise 3: VIBRATO – Control of Breathing

This warm up exercise is another exercise that helps to control your breathing from your diaphragm. Vibrato is a musical effect, produced in singing and on musical instruments by a regular pulsating change of pitch, and is used to add expression and vocal-like qualities to instrumental music. Vibrato can be characterised by the amount of pitch variation ("depth of vibrato") and speed with which the pitch is varied ("speed of vibrato"). 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) The exercise below should be sung in one breath



Exercise 4: PITCH – Control

This warm up exercise is an exercise that helps to control your pitch. 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) The exercise below should be sung in one breath