

VOCAL WARM UP CHECKLIST

- **BASIC BODY WARMUP**

If you just got up and still feel a little stiff and tight, you may want to do a basic body warm up to get your circulation going. Remember: you need a basic body tension for good support, and your vocal cords are part of your body.

Stretches, jumping jacks, etc. Anything to get your circulation going and get rid of stiffness and tension.

- **LOW VOICE**

Start low, soft and slow. Go as low as you can.

- **MIDDLE VOICE**

Low intensity and volume, no fast movements yet.

- **MIDDLE TO LOW VOICE IN CHEST REGISTER**

Increase the volume and intensity. Use long, open vowels.

- **MIDDLE TO HIGH VOICE IN CHEST REGISTER**

Increase volume and intensity. First, use long, open vowels, then faster moving exercises.

- **HIGH TO MIDDLE VOICE (BREATHY)**

Start with lower intensity and volume and breathy sound.

- **MIDDLE TO HIGH VOICE (BELTING)**

Increase volume and intensity, moving from chest voice to high belting.

- **HIGH VOICE (HEAD VOICE)**

Go up all the way to your limit with head voice. Make sure there's no breathiness.

- **REGISTER CHANGES**

Chest voice to breathy voice, belting to mix, head voice to chest voice, falsetto to head voice, falsetto to chest voice, etc. Mix it all up to gain flexibility.

- **FAST MOVING PITCHES**

Fast moving pitches on a single vowel for good support and clean sound.

- **VERY LONG AND SUSTAINED HIGH PITCHES**

- **VOLUME CHANGES ON ONE PITCH**