

I want 2 sing

VOCAL WORKOUT FOR GIRLS

A complete warm-up & Vocal technique
programme for the female vocalist

www.iwant2sing.co.uk



THE COMPLETE VOCAL WORKOUT FOR GIRLS

Welcome to 'The Complete Vocal Workout for Girls' – Use the instructions below alongside the exercises to get the most out of your workout.

This program offers a thorough vocal workout encompassing warm-up, technique and performance taking you through exercises of varying levels of difficulty and range. When you're just starting out, be sure to begin with just levels 1 & 2 first. Once you've been doing the workout for a while, or if you are an intermediate or experienced singer, do all 3 levels. Each exercise has a demo and a click to count you in at the start of each one.

If you need help with any of the terminology please see the 'Glossary' at the back of the booklet

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TRACK LISTING

Voice Warm-up's

1. HUMMING – Level 1
2. HUMMING – Level 2
3. HUMMING – Level 3

Voice Placement Warm-up's

4. PLACEMENT Warm-up – Level 1
5. PLACEMENT Warm-up – Level 2
6. PLACEMENT Warm-up – Level 3

Support Muscles Warm-up's

7. DIAPHRAGM PUSHES - Ha
8. DIAPHRAGM PUSHES – Hey

Technique Exercises

9. VOWEL PLACEMENT 1 – (Chest Register - Mix Voice)
10. VOWEL PLACEMENT 2 – (Mix Voice – Head Register)
11. CHEST VOICE WORKOUT (Yeah)
12. VOCAL BRIDGES Level 1 (Ee)

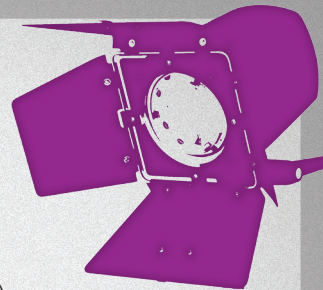
13. VOCAL BRIDGES Level 2 (Oh)
14. VOCAL BRIDGES Level 3 (Ah)
15. DESCENDING RANGE (Ee, Ay)
16. ASCENDING RANGE (Ooh-eeee)
17. OCTAVE STRETCHES (Various Vowels)

Breathing Exercises

18. SUSTAINED NOTES – 8 Seconds (Ooh)
19. SUSTAINED NOTES – 12 Seconds (Ooh)
20. SUSTAINED NOTES – 16 Seconds (Ooh)
21. SUSTAINED NOTES – 20 Seconds (Ooh)
22. SUSTAINED NOTES – 24 Seconds! (Ooh)
23. DYNAMICS 1 – Crescendo (Ooh-Ah)
24. DYNAMICS 2 – Crescendo-Diminuendo (Ooh-Ah-Ooh)
25. FLEXIBILITY (Various Vowels or 'La la la')

Performance Exercises

26. PERFORMANCE WITH TECHNIQUE (Oh How I Need you)
27. AD-LIBBING



VOICE WARM-UP'S

HUMMING – Level 1

Humming is a very effective & gentle way to gradually warm up the voice. Level One covers a fairly low range of notes.

HUMMING – Level 2

This exercise takes you a little further up your range.

HUMMING – Level 3

This is a challenging exercise to get you to really push yourself for the top notes. It is necessary to 'warm-up' all the notes available to you. It is not important to reach the top note of the exercise, but push yourself to reach 'your' top note.

VOICE PLACEMENT WARM-UP'S

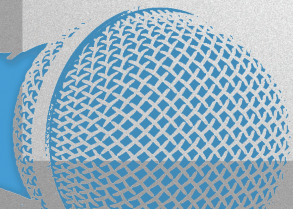
PLACEMENT Warm-up – Level 1

For Level 1 & 2 start each note with a Mmm, feeling a slight buzz on your lips then open out to a 'Me' sound. The more you feel the 'buzz' on the lips, the more forward you have managed to place your sound.

PLACEMENT Warm-up – Level 2

PLACEMENT Warm-up – Level 3

For Level 3 go straight to the 'Me' on the way up but still trying to position the sound forward. On the way down, continue to position each vowel sound as forward as you can.



SUPPORT MUSCLES WARM UP'S

DIAPHRAGM PUSHES - Ha

The power behind each note should come from the stomach muscles NOT the throat on this exercise. Completely relax the throat and use tension from the tummy to 'push' out the sound making the 3rd note a little louder by using more force each time.

DIAPHRAGM PUSHES – Hey



TECHNIQUE EXERCISES

VOWEL PLACEMENT 1 – (Chest Register - Mix Voice)

This exercise helps to train your voice to be able to place each individual vowel as 'forward' as possible. This ensures you are singing from one of the safest places with your voice and helps you to get the strongest sound. You are looking to produce a bright & clear sound NOT soft & breathy.

VP1 works within the chest register (lower) range up to the Mix (Middle) Voice.

Some vowels will be easier to position forward than others. Many people find 'Ee' the easiest so each exercise begins using that Vowel (Ee – ooh etc.) Crescendo (get louder) as you go to the second vowel each time but for the very first time sing 'just Ee' – i.e Ee to Ee.

VOWEL PLACEMENT 2 – (Mix Voice – Head Register)

VP2 continues further up your vocal range working from the Mix/Middle voice up to the Head (high) register. You may find it much more difficult to get vowels in your head register forward (bright & clear as opposed to soft & breathy). With training & practice this will get easier.

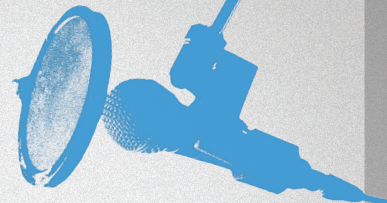
Again begin by singing JUST ‘Ee’ for the very first one remembering to Crescendo half way through.

CHEST VOICE WORKOUT (Yeah)

This exercise helps you to take your Chest voice (the lower, fuller sound) up higher. Using ‘yeah’ stay strong throughout the exercise using the Chest voice sound and don’t revert into your Head voice (the higher, breathier part). Make sure you push/reach for the notes from your stomach not your throat, to prevent from straining your voice.

VOCAL BRIDGES Level 1 (Ee)

This exercise works many things including your placement, range & vocal flexibility but it’s primary purpose is to get you to



transition as smoothly as possible through your vocal registers (from Chest register to Head register and vice versa). The place where your 2 registers meet is called the Passaggio (Passage), also known as Bridge or Break point. This is often the most problematic area of the voice and notes in this area are often a bit wobbly until you get much higher or lower than it. Use ‘Ee’ to start with.

VOCAL BRIDGES Level 2 (Oh)

Level two changes vowel to ‘Oh’ and ascends and descends through notes on each interval getting you to pass through the vocal bridge twice each time.

VOCAL BRIDGES Level 3 (Ah)

Level three uses 'Ah' and moves up and down even more through the notes in the Vocal Bridge.

DESCENDING RANGE (Ee, Ay)

This exercise works your lower range notes using the sounds 'Ee' then 'Ay'. Take a big breath to start and do the full Octave (8 note cycle) in one breath. Breathe again before you go to 'Ay'.

ASCENDING RANGE (Ooh-eeee)

This exercise works on stretching your range upwards. Reach for the high notes using Ooh-ee. Go as far as you can.

OCTAVE STRETCHES (Various Vowels)

This exercise gets you to stretch up an 8-note interval jump – an Octave, using various different vowels. It is important to make sure that you climb high enough up the octave and are not flat (slightly under the intended note) and descend low enough down the octave without being sharp (slightly higher than the intended note).

BREATHING EXERCISES

These exercises will help to increase your breath capacity and control. Fill up with a good lung-full of air at the start of each exercise, but making sure your breathing is low, centralized from the stomach and not up high in the shoulders and chest. Use 'Ooh' each time.

SUSTAINED NOTES – 8 Seconds (Ooh)

SUSTAINED NOTES – 12 Seconds (Ooh)

SUSTAINED NOTES – 16 Seconds (Ooh)

SUSTAINED NOTES – 20 Seconds (Ooh)

SUSTAINED NOTES – 24 Seconds! (Ooh)

DYNAMICS 1 – Crescendo (Ooh-Ah)

Crescendo means to get louder. Slide from the Ooh to the Ah getting louder as you do so.



DYNAMICS 2 – Crescendo-Diminuendo (Ooh-Ah-Ooh)
Diminuendo means to get quieter.
First crescendo Ooh to Ah, as in Dynamics 1, but then diminuendo back to the Ooh.

FLEXIBILITY (Various Vowels)
This is a challenging exercise to get the voice moving very quickly but smoothly, also pushing your higher range. Try to separate the notes and not slur or slide the vowels into one another. An easier version to start with is to sing 'la la la' and progress on to using the varying vowel sounds once you have developed greater vocal flexibility.

PERFORMANCE EXERCISES

PERFORMANCE WITH TECHNIQUE

(Oh How I Need you, Love you, Hate you)

This exercise is designed to help your performance skills and how you express a song. Use varying dynamics, tones, facial expressions and gestures to express the emotions behind the words you are singing. In the second half of the exercise lines 1 and 3 should be sung LOUD and 2 and 4, SOFT.

AD-LIBBING

Following the examples, make up some melodies to sing over the music that work with (compliment) the chords being played. Use a mixture of words and sounds, rhythms, range and dynamics.



GLOSSARY

Ad-lib – Also known as runs, riffs & trills are a selection of words and/or sounds which are other than the standard lyrics & melody of a song but should be related in context and feel. The notes you choose to sing need to compliment & relate to the chords and the key you are singing in – it is possible to pick up this skill by ear with practice.

Chest/Full Voice/Register - The chest voice is the normal-lower vocal range of a singer. It is named so because notes sung in this range resonate in your chest. When you speak you are in chest voice. The voice tone of chest voice is fuller and louder than head voice, because the vocal chords are thicker.

Crescendo – to gradually increase in volume

Diaphragm – The diaphragm is a sheet of internal muscle that extends across the bottom of the rib cage and performs an important function in respiration. The diaphragm is the muscle system singers use to CONTROL the breath.

Diminuendo – to gradually decrease in volume

Head Register/Voice – The Head voice refers to the higher, lighter notes that your voice breaks into once it exceeds the range you can sing using your chest voice. It is named so as it feels like the tone is resonating in your head when you sing these notes.

Interval – A combination of two notes and the distance between their pitches.

Mix Voice/Middle Voice – Is singing with a blend of the head voice and the full voice chest sound. It is an effective technique to bridge the ‘weak spot’ of the break or passage (passaggio) and smoothly transition from one vocal register to another.

Octave – An Octave is an interval (gap) of 2 notes each pitched/positioned 8 notes apart from each other. An Octave will always be the same note (letter e.g A) but a whole step, or 8 steps to be exact, higher.

Placement – is the positioning of the voice/sound/resonance, which in this singing technique is sought to be ‘forward’, positioned to the front of the mouth and face.

Vocal Bridge/Passaggio - “Passaggio” is the Italian School word for “passage.” It is the point in your vocal range where the chest voice meets and makes the transition into the head voice. Notes across the vocal bridge are often a bit wobbly and weaker. The switch from one ‘voice/register’ to another, often does not occur at one precise note but may be apparent across several notes until the voice becomes ‘stable’ and clear again.

THE **I WANT 2 SING**

COMPLETE VOCAL WORKOUT offers 25 exercises to include a 3-pronged 'warm-up' (Voice, Placement & Diaphragm) plus extensive technique exercises of varying levels to cater for those just starting out as well as the more advanced Singer. The technique covers everything from breathing to expanding range & performance Skills.

EXERCISES (tracks)

HUMMING - Vocal Warm-up (1-3) **PLACEMENT** Warm-up (4-6)

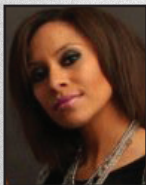
DIAPHRAGM Warm-up (7-8) **VOWEL PLACEMENT** (9-10)

CHEST VOICE WORKOUT (11) **VOCAL BRIDGES** (12-14)

DESCENDING RANGE (15) **ASCENDING RANGE** (16)

OCTAVE STRETCHES (17) **SUSTAINED NOTES** (Breathing

Exercises) (18-22) **DYNAMICS** (23-24) **PERFORMANCE** (25-27)



NATASHA ANDREWS is the Vocal Coach behind [iwant2sing](http://www.iwant2sing.co.uk). She is a professional singer herself and teaches 1 to 1 private Vocal Lessons in North and West London as well as private and group workshops in schools and colleges, government schemes, corporate events & conferences, youth initiatives & adult workshops across the UK.

For more info, visit www.iwant2sing.co.uk