

Physical Warm-up Exercise

Exercise One:

- Breath Awareness
 - Swing arms in a wide arc above head on an inhale
 - Hands together
 - Stretch up
 - Exhale with a sigh as arms lower
 - Repeat three times
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- Shoulder Roll
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- Side Stretch
 - Reach arm above head on an inhale
 - Interlace fingers with index fingers pointing up
 - Inhale and stretch up
 - Exhale and bend to the right
 - Left ear should not touch shoulder
 - Breathing normally, hold for a count of 10
 - Return to upright
 - Shake out arms
 - Repeat the process to the left
- Shoulder Stretch
 - On inhale, bring shoulder up to ears
 - On exhale, let shoulder drop to relaxed position
 - Repeat twice
- Spine Roll
 - Assume correct singing posture
 - Tuck chin and slowly roll down imagining each vertebrae moving
 - Arms are relaxed and heavy
 - Neck is relaxed
 - Bend knees so that the roll can reach the small of your back
 - Verbalize a note with a hum
 - Stand slowly by reversing the process

Stretch Singing Muscles

- Neck Stretch
 - Gentle Neck Stretch 1
 - Drop right ear toward right shoulder
 - Put hand on head, but don't pull
 - Switch Sides and repeat
 - Do two repetitions

- Gentle Neck Stretch 2
 - Let head drop forward to chest
 - Raise and repeat three times
- Gentle Neck Stretch 3
 - Cross arms across chest for balance
 - Open mouth
 - Drop head backwards
- Benefit
 - Stretches the muscles in the throat that are involved in singing
 - Relaxes the muscles you Don't use in singing
 - Straining your voice often results from trying to involve too many muscles around the voice box.
- Cheek Stroke
 - Place heels of your hands at your jaw hinge
 - Light pressure
 - Open mouth
 - Draw hands down the lower jaw
 - Repeat three times
- Yawn
 - Force a nice big yawn
 - Feel the stretch
 - At the back of the throat
 - As the soft palate raises and stretch over the roof of your mouth
 - At the jaw hinge
 - At the root of the Tongue
- Eyebrow Lift
 - Lift your eyebrows as high as you can for 5 count
 - Repeat 3 times
 - Benefit
 - Stretches the muscles in the roof of the mouth
 - Stretches the muscles inside your cheeks near cheek bones
 - Can be used WHILE SINGING to create brighter, clearer tone
- Pucker, Smile, Relax
 - Pucker lips as tightly as possible
 - The smile insuring that the corners of your mouth are as far apart as possible
 - Completely relax your face
 - Repeat three times
 - Benefit
 - Loosens the muscles used in articulation as we sing

- Tongue Stretch
 - Stick your tongue out as far as possible
 - Draw the tongue back in and down in the back of your throat as possible
- Benefit
 - Like a shoe stretcher for your vocal tract to open it up