



Ultimate Vocal Warm Up Guide



Welcome Songbird!

Hello Songbird! My name is Kerri Ho, founder of thesongbirdtree.com and co-creator of The Vocal Revolution - an online singing program that is changing the lives of singers across the globe! I'm so thrilled that you've joined me today for my Vocal Warm Up - The Ultimate Guide.

In this guide, I want to give you ALL the tools you need so that you can set your voice up to WIN, every time you sing, whether that's before a rehearsal, a gig, a singing lesson or even getting ready to belt out your fave tune down the highway in your car.

In This Guide You Will Learn:

1. Why warming up is so important
2. Is there a correct way to warm up and if so what is it?
3. My Ultimate Vocal Warm Up: My best 16 warm ups done in the perfect sequence that will flawlessly warm up your voice and help you sound great
4. Bonus 2 minute magical warm up for when you're really pressed for time

“To get the most out of your voice, you need to use your whole body, not just your vocal folds.”

- Kerri Ho

Why is warming up so important?

Singing is a very physical activity. To get the most out of your voice, you need to use your whole body, not just your vocal folds. So just like an athlete would stretch and warm up their body before a race to ensure they are primed to win, you are a vocal athlete and you need to stretch and warm up your vocal instrument before you sing to ensure you sound the very best you can. Just like an athlete is prone to injury without a good stretch and warm up, you too are prone to vocal injury without a good stretch and warm up of your voice.



Why is warming up so important?

What happens if you don't warm up:

1. You won't sound your best
2. Your voice will be inconsistent
3. You risk vocal fatigue and damage
4. You feel embarrassed and lose confidence =(

What happens when you do warm up correctly and properly:

1. You sound your best - because you've done the preparation needed to set yourself up to win
2. Your voice is consistent - you have a lot more control over vocal breaks, high notes and difficult vocal lines and riffs
3. You build a healthier voice - you're able to sing healthily for longer periods of time and have longevity to sing with strength for LIFE
4. You feel proud of yourself and build confidence =) YAY!

Is there a correct way to warm up?

Absolutely! The best type of warm up will adequately warm up your WHOLE voice - the low notes, the high notes and everything in between. It will also make sure you address ALL the areas needed for a strong, healthy voice including:

- Tension in the body
- Posture and alignment
- Breathing
- Flexibility and range
- Resonance
- Jaw and tongue tension
- Head voice
- Chest voice
- Mix voice

This type of vocal warm up will not only adequately warm up your voice, but will build your best voice! So even if you don't have a rehearsal or gig to prepare for, doing this Ultimate Vocal Warm Up regularly will help you improve your voice exponentially!

So what are we waiting for, let's let's dive right into my Ultimate Vocal Warm Up Workout:





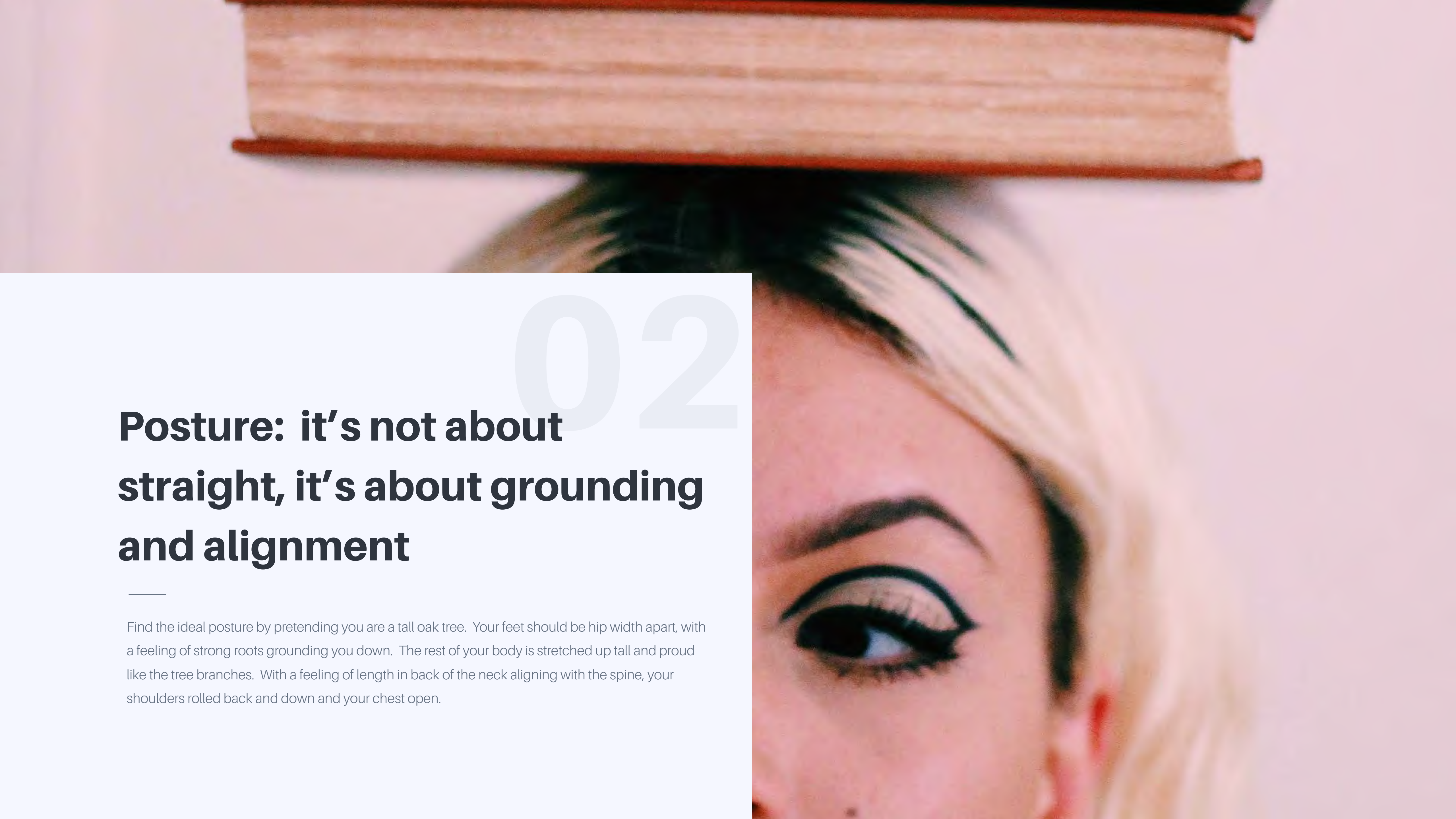
My Ultimate Vocal Warm Up



1. Stretch and Relax!

Put on your fave song and take 30 seconds to do a little happy dance, shake off and stretch out any built up tension in your body. The point is to get silly and lose all inhibitions! This is crucial because tense muscles absorb your sound! So don't skip this!



A close-up photograph of a woman with blonde hair balancing a stack of several books on her head. The books are stacked horizontally, and the woman's eyes are looking upwards. The background is a plain, light-colored wall.

02 Posture: it's not about straight, it's about grounding and alignment

Find the ideal posture by pretending you are a tall oak tree. Your feet should be hip width apart, with a feeling of strong roots grounding you down. The rest of your body is stretched up tall and proud like the tree branches. With a feeling of length in back of the neck aligning with the spine, your shoulders rolled back and down and your chest open.

3. Breathing: it's not about more, it's about just enough

Place your hands on your rib cage and stretch them open. You should feel your ribs literally open up sideways to move your hands slightly. Do this quickly 10 times in a row, releasing the air with a robust "SHHH!" sound.

If you have time, do the same exercise sitting and bent over your lap in a chair, then crouched down on the floor on all fours. This will help you increase your rib cage expansion capacity and therefore your vocal stamina in the long term.

Now we're going to get into the vocalises. Each vocalisation should start at Middle C and go up to as high as you can comfortably go with your voice, then back down to as low as you can comfortably go with your voice and back to Middle C. As you do this every day, you should find that your voice grows and you increase notes to both the highest and lowest parts of your range!



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Flexibility and range extension

- Bubbles (i.e. lip trills)
 - Major Arpeggio (1-3-5-8-5-3-1) -
Staccato (i.e. bounced/detached), then Legato (i.e. joined/smooth)
- Frigatives: e.g. V's, Zs
 - Descending 5th Slides on "V" then "Z" (5-1)



5. Resonance

- Mmm (while singing this, move your mouth like you're chewing on chewing gum)
 - Descending 5 Notes (5-4-3-2-1)
- Ming (imagine the sound shooting out of your nose and eyes like lazer beams hitting the opposite wall)
 - Descending 5 Notes (5-4-3-2-1)



Jaw and tongue tension

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- Lazy Blah's (sing this like you're super lazy and can't be bothered, dropping the jaw and letting your tongue hang out slightly over your bottom lip)
 - Major Triad (1-3-5-3-1)
- Dopey Gug's (sing this like you are Goofy or really dumb ;)
 - Arpeggio (1-3-5-8-5-3-1)



7. Head Voice

- Operatic Ooh (sing this like you are an opera diva or the Queen of England, exaggerating the length in the jaw and the poshness of the sound)
 - Descending 5th slides (5-1)
- Operatic "I looove to sing.." (remember, you're an opera diva!)
 - Arpeggio (1-8-5-3-1)





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Chest Voice

- Mum Mum (sing this like you're cute toddler annoyingly calling out to your mum)
 - Arpeggio + repeated top note (1-3-5-8-8-8-8-5-3-1)
- Road Runner "Mi Mi" (sing this like you are the Road Runner on the Bugs Bunny show!)
 - Arpeggio + repeated top note (1-3-5-8-8-8-8-5-3-1)

9. Mix Voice

- Goog Goog (sing this with a dropped jaw and let yourself break when your voice wants to break!)
 - 1.5 8ve scale (1-3-5-8-10-12-11-9-7-5-4-2-1)
- Go Go (sing this like you are talking and let your voice break when it wants to, do not pull up chest voice!)
 - 1.5 8ve scale (1-3-5-8-10-12-11-9-7-5-4-2-1)
- No No (sing this like you are telling someone "NO!")
 - Arpeggio + repeated top note (1-3-5-8-8-8-8-5-3-1)



BONUS WARM UP: The magic of a straw!

For when you are really pressed for time and you need to squeeze in a vocal warm up, I've got your back!

Please note, this will never replace a proper warm up forever, it really is only to be used when you are really pressed for time.

This is what warming up with a straw does for you:

- Warm up your whole voice in 2 mins
- Help to smooth out vocal breaks
- Reset your vocal folds when you feel vocally tired after singing
- Rehabilitate your vocal folds after you've been sick, suffered vocal injury/ lost your voice
- Sing a song without any strain or effort

Why does it work?

There's heaps of voice science behind it but basics are:

- The back pressure produced causes your vocal folds to be:
 - In its OPTIMAL SHAPE for vibration so that they vibrate in the most balanced way and helps you sing the healthiest way possible
 - Lengthens your vocal tract creating more natural resonance so you don't strain
 - Creates a cushion between your vocal folds, so they don't slap together harshly

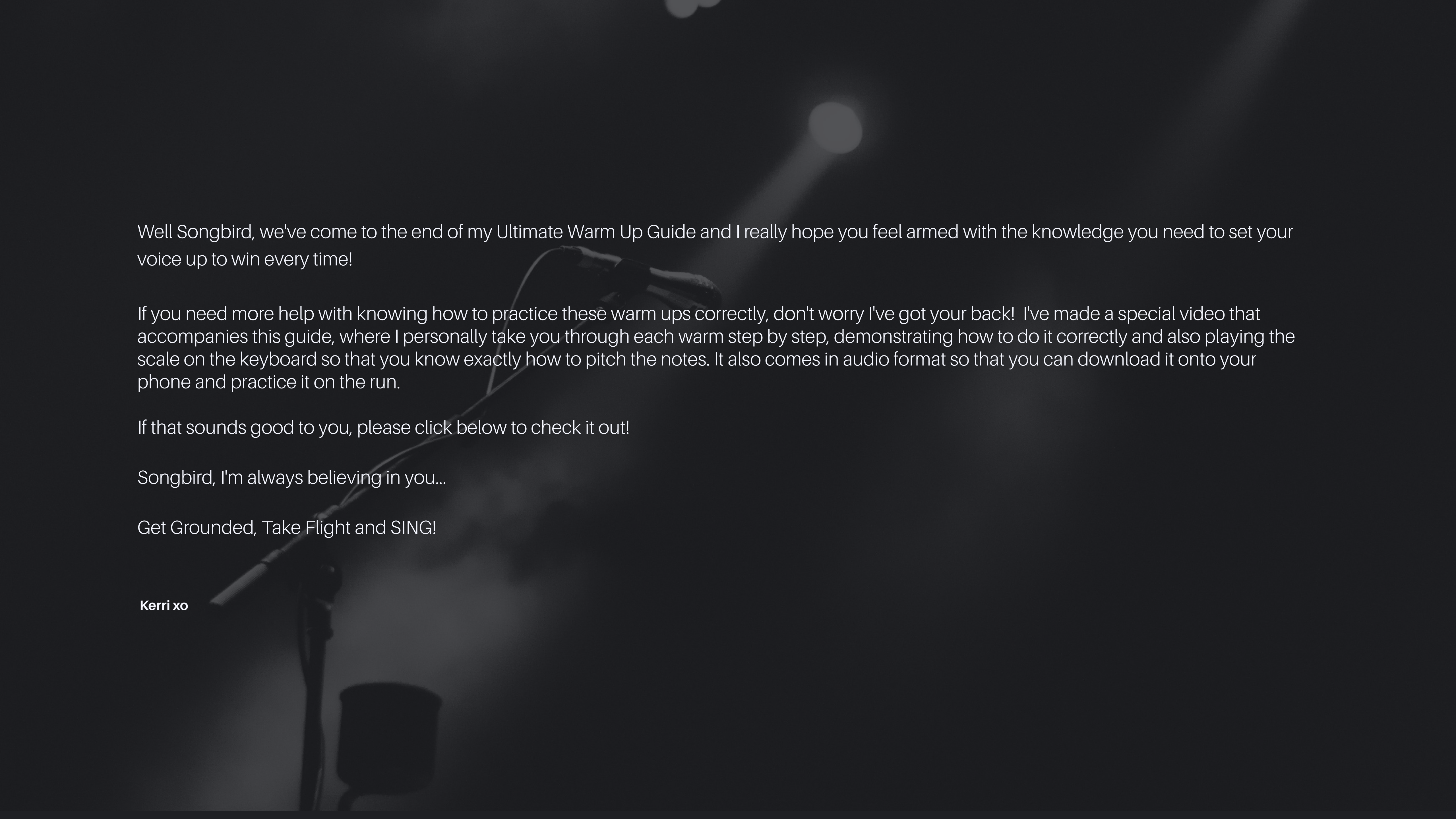


Exercise

Use a straw with smaller diameter, e.g. a normal drinking straw, NOT a milkshake straw, put your lips lightly over one end and sing through it using a “WV” sound.

- Sirens on a “WV” - 1.5 minutes
 - Starting with larger and slower sirens from the very bottom of your range, all the way through to your highest range and back down, gradually getting faster and working certain sections of your voice (i.e. sirens over lower range, then mid range, then high range)
- Sirens on a “WV” like revving up a motorbike from lowest to highest range - 0.5 min





Well Songbird, we've come to the end of my Ultimate Warm Up Guide and I really hope you feel armed with the knowledge you need to set your voice up to win every time!

If you need more help with knowing how to practice these warm ups correctly, don't worry I've got your back! I've made a special video that accompanies this guide, where I personally take you through each warm step by step, demonstrating how to do it correctly and also playing the scale on the keyboard so that you know exactly how to pitch the notes. It also comes in audio format so that you can download it onto your phone and practice it on the run.

If that sounds good to you, please click below to check it out!

Songbird, I'm always believing in you...

Get Grounded, Take Flight and SING!

Kerri xo

Ultimate Vocal Warm Up Guide Video!

Get The video and use it anytime you want by following along with me as I guide you through the optimal methods for warming up your voice so that you can sound better and sing longer.



Get it now for \$19