

## LANCASTER STUDIO WARM-UP ROUTINE

Below is an outline of the stages of vocal warm-up that you must build into your daily practice routine. Specific exercises for each stage will be tailored to you individually and explained in your lesson.

### I. ENERGIZE, STRETCH, & ALIGN BODY

- Mindful, gentle physical exercises to get blood flowing
- Full-body stretches to release back and neck tension and encourage limbs to stretch
- Align and center the body from top-to-bottom

### II. COORDINATE BREATH

- Breathing exercises that encourage you to feel and coordinate the relationship between dynamic air-pressure and energized, “allowed” air-flow.
- Five areas to check on inhalation
  - Pelvic floor release
  - Lower back release
  - Open ribcage north-south stretch
  - Sternum to spine front-back stretch
  - Epigastric east-west stretch
- Six areas to check on exhalation
  - Five inhalation areas
  - Lower abdominal muscles gradually turn up and under the upper abdominals
- Breath connection to voice exercises

### III. DISCOVER RESONANCE & FREE ARTICULATORS

- Siren exercises that coordinate breath with an easy, resonant tone
  - Six physical areas to check to allow maximum resonance
    - Neck/head north-south release
    - Base of neck east-west stretch
    - Jaw release down and back
    - Wide nose with narrow corners of mouth
    - Faucial pillar east-west stretch
    - Root of tongue wide and released
- Articulation exercises that coordinate the articulators with breath and resonance

### IV. COORDINATE REGISTERS

- Cuperto exercise
- Laryngeal tilt exercises

### V. COORDINATE STACCATO & COLORATURA

- Staccato exercise
- i - e - a - o - u exercise
- “zy” exercise

- VI. EXTEND RANGE
  - Different exercises depending on voice type
- VII. LEGATO & STRAW PHONATION
  - Sing a legato melody on “u” through a straw
- VIII. *MESSA DI VOCE* (Advanced)
  - 16 counts on one note

### “GENTLE” WARM-UP

Use this warm-up routine when you are sick, vocally fatigued, or are already pretty “warm” because of a lot of singing several days in a row.

#### I. ENERGIZE, STRETCH, & ALIGN BODY

#### II. COORDINATE BREATH

Bbbb...  
*mp*

Rrrr...  
*mp*

#### III. DISCOVER RESONANCE & FREE ARTICULATORS

#### IV. COORDINATE REGISTERS

[vjɛ - ni vjɛ - ni vjɛ - ni vjɛ - ni vjɛ - ni]  
*mp*

[lu - i lu - i lu - i lu - i lu - i]  
*mp*

[ge - de ge - de ge - de ge - de ge - de]  
*mp*

[bi - di bi - di bi - di bi - di bi - di]  
*mp*

[həŋ həŋ həŋ həŋ həŋ həŋ - o]

*mp*

Smile on bottom note, drop jaw (with lips together) on top note, and “chew” (move jaw around) on descending notes

mmmm...

*mp*

[miŋ miŋ miŋ miŋ miŋ miŋ miŋ miŋ miŋ miŋ miŋ miŋ miŋ] [no no no no no no no no no no no no]

*mp* *p*

### V. COORDINATE STACCATO

[hu - u - u - u - u - u - u - u - u - u - u - u - u - u - u - u - u]

*mp*

### VII. LEGATO

Sing as softly and clearly as possible, with loose lips and minimal jaw and tongue movement

[iuie-iuia-iuio-iuiu]

*pp*

### VI. EXTEND RANGE

Modify vowels as necessary

[zi]

*f*