

VOCAL WARM-UP SHEET

ESSENTIAL EXERCISES



Vocal Warm-Up Sheet

Vocal warm-ups are essential for singers, speakers, and performers because they prepare the voice for healthy, efficient use.

Proper warm-ups help prevent strain, improve vocal quality, and support better control, flexibility, and endurance.



Breathing Exercises

Exercise	Duration	Instructions
Diaphragmatic Breathing	2 minutes	Place hand on belly, breathe deeply so belly expands, exhale slowly
Hissing Breath	1-2 minutes	Inhale deeply, exhale on "sss" sound for as long as possible
Rib Expansion	1 minute	Hands on ribs, breathe to expand ribs sideways, hold 5 seconds
Panting Exercise	30 seconds	Quick, shallow breaths like a dog panting to engage diaphragm



Lip and Tongue Trills

Lip and tongue trills help release tension in the lips, jaw, and vocal folds while encouraging smooth airflow.

They are especially useful for easing into singing or speaking without forcing the voice.

- **Lip Trills** — Blow air through closed lips to create a motorboat sound, slide up and down your range
- **Tongue Trills** — Roll your R's while moving through different pitches
- **Lip Bubbles** — Make bubbling sounds with relaxed lips on a single note, then scales
- **Humming** — Hum gently through your range, feeling vibration in your face

💡 **Pro Tip:** Always start in your comfortable middle range before moving to higher or lower notes. Never push or strain your voice.

🎵 Vocal Sirens and Slides

1. **Siren Slides** — On "ooo" or "eee", glide from lowest to highest note like a siren (2-3 minutes)
2. **Octave Slides** — Slide smoothly between octaves on "mee" or "mah" sounds (2 minutes)
3. **Descending Slides** — Start high and slide down slowly, releasing tension (1-2 minutes)

🗣️ Articulation Exercises

Clear articulation improves diction, helps words stay crisp, and makes your speech or singing easier to understand.

Use these exercises to wake up the tongue, jaw, and lips while keeping your delivery relaxed and precise.

Exercise	Repetitions
Tongue Twisters (Red Leather Yellow Leather)	5 times, increasing speed
Lip Consonants (Pa-Ta-Ka-Pa-Ta-Ka)	10 repetitions
Jaw Loosening (Yawn widely, massage jaw)	5-6 times
Vowel Shapes (Ah-Eh-Ee-Oh-Oo)	3 rounds through range
Consonant Clarity (Tip of the tongue, teeth, lips)	5 times clearly

🧘 Cool Down

Cooling down after singing or speaking helps your voice recover and reduces lingering tension in the throat, jaw, and breath support.

A short cool down can help you finish with ease and prepare your voice for the next use.

- ☐ Gentle humming on a descending scale
- ☐ Soft sighs from high to low
- ☐ Yawn-sighs to release tension
- ☐ Sip water and rest voice for 5-10 minutes

Consistent practice builds vocal strength, flexibility, and confidence over time. Listen to your body, and remember that just 10-15 minutes of warm-ups can make a significant difference.