

VOICE EXERCISES

It is important to have good posture while completing these exercises. This will allow your lungs to fill complete so you can have stronger breath support while you perform these exercises.



DEEP BREATHING

Repeat _____

Sit up straight in a firm chair with your shoulders back. Place one or both hands on your stomach to feel your breathing. Breathe in through your nose and feel your stomach move out as you inhale deeply for 3-4 seconds. Hold your breath for 2-3 seconds. Slowly exhale through your mouth for 3-4 seconds as you feel your stomach move in. Try and avoid having your shoulders move while you are completing this breathing exercise.

YAWN-SIGH

Repeat _____

Tilt your chin up and yawn by opening your mouth so you feel the stretch in the jaw. As you breathe in deeply pull your tongue back along the floor of your mouth. When you exhale hold out a soft "Ah" sign for 3 to 5 seconds. You should feel your muscles stretch throughout this exercise.

VOICING VOWELS

Repeat _____

Say the following sounds from left to right and focus on producing a good tone with each sound.

MAY	ME	MY	MOU	MOO
BAY	BE	BY	BOM	BOO
DAY	DEE	DIE	DOE	DOO
HAY	HE	HI	HOE	HOO
KAY	KEY	KY	KO	COO

LIP OR TONGUE TRILLS

Repeat _____

Start by taking a deep abdominal breath. Then bring your lips together and stick them out slightly. Your lips and cheeks should stay relaxed. Exhale and produce the sounds "Brrr" and your lips should trill consistently. If the sound stops take another deep breath. If you have difficulties trilling your lips try your tongue and use "Purr" sound.

PITCH SLIDE

Repeat _____

The goal is to produce a slide from your lowest pitch to your highest pitch by using a soft voice with strong breath support. You could use "Ah," "Eee," or "Ooo." After completing the repetitions from the lowest to the highest pitch, switch and go from the highest to the lowest pitch.

SYLLABLE REPETITIONS

Repeat _____

Say the following sounds but keep each one short in production.

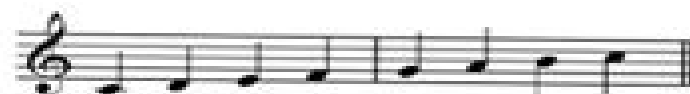
HA	HA	HA	KEE
KA	KA	KA	KEE
GA	GA	GA	GEE
YA	YA	YA	YEE

PA	PA	PA	PEE
TA	TA	TA	TEE
MA	MA	MA	NEE
ZA	ZA	ZA	ZEE

HUMMING SCALES

Repeat _____

Humming is a great way to warm up the voice. When humming, make sure you are pushing the air from your diaphragm instead of pushing from your voice box and causing unnecessary stress to your vocal cords. Use the



Do Re Mi Fa Sol La Ti Do

Daily Exercises For Voice

**Joseph C. Stemple, Edie R.
Hapner, Lauren Timmons Sund**



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Vocalises: 20 Daily Exercises B. Lütgen, Max Spicker, A collection of vocal exercises arranged for Medium voice composed by B Lütgen **Vocalises -- 20 Daily Exercises, Vol 1: High Voice** ,1985-03 A collection of vocal exercises arranged for High voice composed by B Lütgen *Fifty Lessons for the Voice, Op. 9* Giuseppe Concone,1892 The Harmonious Voice: Achieving Vocal Mastery Through Technique and Expression Pasquale De Marco,2025-08-15 In the realm of music the human voice reigns supreme an instrument capable of expressing emotions weaving stories and captivating audiences The Harmonious Voice Achieving Vocal Mastery Through Technique and Expression is the ultimate guide to unlocking the full potential of your vocal abilities transforming your voice into an instrument of beauty power and expression Within this comprehensive guide you ll embark on a transformative journey delving into the science behind vocal production the art of vocal technique and the secrets of vocal expression Expertly crafted for aspiring singers vocal coaches and music enthusiasts alike The Harmonious Voice empowers you to achieve vocal mastery through a holistic approach to vocal development Discover the intricacies of the singing voice exploring the anatomy of the vocal cords the role of resonators and the mechanics of vocal registers Through practical exercises and expert guidance you ll learn to harness the power of breath control master vocal range and resonance and achieve vocal clarity and projection that will leave audiences spellbound Beyond technique The Harmonious Voice delves into the art of vocal expression guiding you in interpreting lyrics connecting with the song s message and creating vocal nuances that evoke imagery and storytelling You ll master the art of vocal dynamics exploring the power of crescendos and decrescendos and overcome stage fright and performance anxiety allowing your true voice to shine With a focus on vocal health and longevity this book provides invaluable insights into vocal hygiene the impact of diet and lifestyle on vocal health and strategies for preventing vocal strain and injury You ll learn the importance of warming up and cooling down the vocal cords as well as techniques for maintaining vocal health during illness and vocal recovery The Harmonious Voice is more than just a manual of vocal technique it s an invitation to embark on a journey of vocal discovery Explore different vocal genres and styles collaborate with other musicians and embrace vocal learning as a lifelong pursuit Through this transformative journey you ll not only enhance your vocal abilities but also deepen your appreciation for the power and beauty of the human voice With its engaging writing style practical exercises and expert insights The Harmonious Voice is the ultimate resource for aspiring singers vocal coaches and music enthusiasts seeking to unlock the full potential of their vocal abilities Discover the secrets of vocal mastery and embark on a transformative journey to vocal excellence today If you like this book write a review **Catalogue of the Officers and Students** Eastern Michigan University,1897 *Voice Training Programs for Professional Speakers: Global Outcomes* Aliaa Khidr,2017-05-31 Voice Training Programs for Professional Speakers Global Outcomes is a professional resource for voice education and training programs used to care for the voice of different professional speakers and occupational voice users This includes

teachers media reporters fitness instructors telemarketers clergy speech pathologists and more Each chapter is authored by an experienced voice clinician who provides a clear description of a target population and its challenges as well as a detailed roadmap describing a unique global experience in developing implementing and advocating for these programs in academic institutions professional unions and workplaces This book provides detailed steps and outcomes of globally tested health care and voice training programs for each of the professional speaker populations addressed Voice Training Programs for Professional Speakers can thus be used by phoniatricians logopedists speech language pathologists and vocal coaches as a comprehensive resource for tailored preventative and management programs It can also be used by future and current professional speakers as a great self education resource to help them better care develop and advocate for their own voices and careers

Voice Therapy Joseph C. Stemple, Edie R. Hapner, Lauren Timmons Sund, 2025-08-06 The sixth edition of Voice Therapy Clinical Case Studies continues to offer a comprehensive approach to voice therapy focusing on management strategies derived from real world clinical cases Authored by leading voice clinicians the cases now feature an updated format that integrates comprehensive voice evaluations detailed treatment plans with long and short term goals and new decision making sections to guide therapeutic choices New to this edition videos by master clinicians enhance practical learning through visual demonstrations The new chapters videos and evidence based cases are well suited for classroom instruction Both novice and seasoned clinicians alike will discover invaluable insights for managing even the most challenging voice and upper airway cases Key Updates in the Sixth Edition Expanded Content Three new chapters addressing The comprehensive voice evaluation Clinical decision making Gender affirming voice care Over 25 new clinical case studies offering in depth exploration of voice and upper airway interventions 37 video demonstrations that provide practical examples of a range of voice therapy techniques Find the full list here Enhanced Structure Chapters reorganized by disorder category to facilitate seamless navigation allowing clinicians to easily locate relevant information Revised chapter introductions clarify key concepts and set the stage for deeper learning Detailed Interventions Each case now offers greater detail on therapeutic interventions helping readers follow treatment progress step by step New Co Editor Lauren Timmons Sund BM MS CCC SLP Additional Features In addition to the clinical cases and videos this text offers The voice evaluation in documentation format Each case includes a dedicated decision making section aiding clinicians in creating personalized treatment plans Cases highlight both in person and telehealth service delivery models reflecting current clinical practices Call Out Boxes spotlight critical topics and provide supplementary information to deepen understanding *Practical Italian Vocal Method* Nicola Vaccai, 1923 [30 daily exercises](#) Giuseppe Concone, 1986 **Vocal Power: Harness Your Inner Voice to Conquer Everyday Communication Challenges, with a foreword by Michael Irvin** Arthur Samuel Joseph, 2013-11-22 I was able to learn an incredible amount about my voice and about how to have great impact with more pleasure and less pain Tony Robbins New York Times bestselling author of *Awaken the Giant Within* Achieving Vocal Power

is about making a strong impact on others on all three levels of communication words tone of voice and body language simultaneously It means finding and developing an authentic voice that is true to who you are as a unique individual In Vocal Power Arthur Samuel Joseph a top voice consultant and communication strategist to some of the biggest names in business entertainment sports and politics shows you simple techniques and exercises that will Improve not just your posture but also your stature Enhance your vocal quality Sharpen your mental focus Manage your fear of public speaking Grow your influence beyond your wildest dreams You never get a second chance to make a first impression Make it count Become a person people listen to

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