


Ten-Step Vocal Warm-up

1. Begin with three full breaths. Release air slowly.
2. Inhale, then hum until you release as much air as possible. Repeat twice.
3. Count one to ten three times with a breath between each sequence. First use a quiet (personal space) voice; then use a medium (social space) voice; then use a projected (public space) voice.
4. Take three, slow, full breaths again.
5. Using a projected (public space) voice, count one to thirty on one breath. If you cannot achieve this on your first try, do not push your voice.
6. Repeat steps 3, 4, and 5.
7. Using a medium (social) voice, speak the alphabetic letters A through K. First employ a pitch beginning with a low to high pitch; then reverse the pitch from high to low on each letter. For example: 
8. Take three, slow, full breaths again.
9. Using medium (social) voice, speak the following sequences at a regular clip.

mcc, mcc, mcc, mcc, mcc, mee, mee, mee, mee, mee, mee, mee, mee,
ma, ma, ma, ma, ma, ma, ma, ma, ma, ma, ma, ma, ma,
mo, mo, mo, mo, mo, mo, mo, mo, mo, mo, mo, mo, mo,
mu, mu, mu, mu, mu, mu, mu, mu, mu, mu, mu, mu, mu,
pec, pec, pec, pec, pec, pec, pec, pec, pec, pec, pec, pec, pec,
pa, pa, pa, pa, pa, pa, pa, pa, pa, pa, pa, pa, pa,
po, po, po, po, po, po, po, po, po, po, po, po, po,
pu, pu, pu, pu, pu, pu, pu, pu, pu, pu, pu, pu, pu,
tec, tec, tec, tec, tec, tee, tee, tee, tee, tee, tee, tee, tee,
ta, ta, ta, ta, ta, ta, ta, ta, ta, ta, ta, ta, ta,
to, to, to, to, to, to, to, to, to, to, to, to, to,
tu, tu, tu, tu, tu, tu, tu, tu, tu, tu, tu, tu, tu,
kee, kee, kee, kee, kee, kee, kee, kee, kee, kee, kee, kee, kee,
ka, ka, ka, ka, ka, ka, ka, ka, ka, ka, ka, ka, ka,

ko, ko, ko, ko, ko, ko, ko, ko, ko, ko, ko, ko, ko,
ku, ku, ku, ku, ku, ku, ku, ku, ku, ku, ku, ku, ku,
thee, thee, thee, thee, thee, thee, thee, thee, thee, thee, thee, thee, thee,
tha, tha, tha, tha, tha, tha, tha, tha, tha, tha, tha, tha, tha,
tho, tho, tho, tho, tho, tho, tho, tho, tho, tho, tho, tho, tho,
thu, thu, thu, thu, thu, thu, thu, thu, thu, thu, thu, thu, thu.

10. Take a deep breath and release a sigh. Repeat twice.