THE VOCAL WORKOUT

VOLUME 1

VOICE ACTIVATE

HOW TO SING LONGER NOTES

AIM
To gradually expand lung capacity

INSTRUCTIONS

1. Hold your breath for selected amount of beats **(see BREATHING CHART)**.

2. Select **mouth shape** using **consonant sounds** 'VVV', 'JJJ', 'ZZZ', 'LLL', 'NNN'* then finally vowel **sound 'Ahhh'**.

3. Using selected **mouth shape** release your breath for selected amount of beats **(see BREATHING CHART)**.

EXPERIMENT

Using the chart below release your breath using the following **Consonant and Vowel Sounds**

1. 'VVV'
2. 'JJJ'
3. 'ZZZ'
4. 'LLL'
5. 'NNN'* (*tongue pressed on the roof of your mouth)
6. 'AHHH'.

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SOUND CHECK

- Choose one consonant sound to exercise with **(BREATHING CHART)**
- Click with fingers to keep moderately slow and steady pulse.
- As on the chart, choose a HB and RB target.

  i.e. Hold breath (HB): Five beats (click fingers)

Release breath (RB): Five beats (click fingers)

- Gradually move up the HB/RB targets

By the time you get to 6. 'Ahhh', you will be able to approach your long notes with confidence and the ability to sustain.

PRACTICE INTERVALS

(HOW TO INCREASE)

- Using each consonant sound (page 3), practice holding and releasing your breath for 5-6 repetitions per set, three sets a day.
- When comfortable with the exercise, increase the *set frequency* or amount of beats in a rep. Your lungs to adapt to the exercises in small steps.
- If you feel dizzy drop back one rep or release air to fewer beats per set.

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CHART GUIDE

As described in the video, use the chart below to keep track of breathing progress (please print).

If you can successfully release your breath (steadily) between **4-5** repetition practices, move to the next consonant sound (see page 3) and repeat the exercise.

BREATHING CHART

RELEASE BREATH

Beats	5	10	15	20	25	30
5						
10						
15						
20						
25						
30						

HOLD BREATH

NOTE

This exercise is all about control (sustained release of breath) so be focused.

As I said, after regular practice, you will hear the results when you attempt to sing more extended notes.