

Warm Up Part 1: Stretch



Figure 12: Neck Rotation

Neck Stretches

As you do the neck stretches, keep in mind that you need to FEEL the stretch! A guiding principle to stretching your neck is to feel as if your chin is reaching as high to the ceiling or as low to the floor when you look up and down, respectively.

1. Roll your head forward, then to the left, to the back and to the right. Do this rotation 4 times.

2. Repeat the rotation, but this time, hold each position for 3 breaths (1 breath = 1 inhale, 1 exhale). Do the rotation 4 times.

3. Look up, then tilt your head to the left. Hold for 3 breaths.

4. Still looking up, tilt your head to the right. Hold for another 3 breaths.



Figure 13: Step 3 and 4



Figure 14: Step 5 and 6

5. Stretch the sides of your neck. Reach the left arm over your head so that your hand touches your right ear. Let the weight of your arm tilt your head to the left as is comfortable to stretch the right side of your neck. Hold this for 3 breaths.

6. Reach your right arm over so that the hand touches your left ear. Stretch the left side of your neck for another 3 breaths.

7. Stretch the back of your neck by clasping your fingers at the back of your head. Bring your chin to your chest, and let the weight of the arms and hands behind your head to deepen the stretch. The stretch may even extend to your back. Hold for 3 breaths.



Figure 15: Step 7 - stretching back of the neck

Jaw Massage



Figure 16: Temporomandibular joint (TMJ)

You will be using your index and middle fingers together for the first 4 exercises.

1. Put your fingers on the part of the face directly in front of the ears. This is your temporomandibular joint (TMJ). Open and close your mouth in order to feel where your jaw hinges. Massage that area in circular motion 10 strokes forward, then 10 strokes backward.

2. Next, massage the masseter muscle, which is the jawbone under your ear. Make a chewing motion to feel that muscle bulge. Massage that area in circular motion 10 strokes forward, then 10 strokes backward.



Figure 17: Masseter muscle



Figure 18: Part of masseter muscle, under cheekbones

3. Place for your fingers under the cheekbone. You may need to press a little harder to feel the muscle, which is also part of the masseter muscle. Massage that area in circular motion 10 strokes forward, then 10 strokes backward.

*QUICK CHECK: How is your breathing?

4. Starting from the TMJ, apply steady pressure and slide your fingers down the jawbone all the way to the point of the chin. Repeat this up-down motion 5 times.



Figure 20: Step 5

5. Place one thumb on the soft area right behind your chin and massage in circular motion, 10 strokes to the right, 10 strokes to the left.



Figure 19: Massage downward from TMJ to chin

Tongue Stretch

For the tongue exercises, stick out your tongue until you feel the stretch at the back of your tongue. Make sure your jaw is relaxed, and that your tongue is stretched without the assistance of your jaw or teeth. Hold each position for 3 breaths.

When you bring the tongue back into your mouth, be conscious that it naturally returns to resting low and flat at the floor of the mouth (remember vocal tract alignment).

1. Stretch your tongue up, as if trying to reach the nose.



Figure 21: Stretch tongue upward

2. Stretch your tongue down, reaching the chin as far as it will go.



Figure 22: Stretch tongue downward

3. Stick your tongue straight out, parallel to the ground, without touching the teeth or lips, and hold.



Figure 23: Stretch tongue out and forward

*QUICK CHECK: How is your breathing?

4. Next, let's do tongue rolls. Press the tip of your tongue against the back of your bottom teeth. Roll the back of the tongue out to the front of the mouth. Then, without closing the jaw, roll the tongue back inside your mouth and lay it flat to the floor of the mouth. Do this alternately for 5 times.



Figure 24: tongue rolls

BONUS EXERCISE #1: Upper Body Stretch

Stretching the upper body releases muscle tension, which will open up your vocal production systems – from your chest up to your resonators. These stretches will be done in standing position. Your knees should be soft, and feet should be shoulder-width apart. There should be a fist-width between your chin and your chest.

1. Begin with your hands on your side. Raise your hands above your head. Reach as high up as you possibly can without losing your neck. Hold for 5 seconds.



Figure 25: Stretch arms

2. While raised, interlock your fingers on both hands and slowly bring your arms in front of you, palms facing out. Push your hands out as far as you can. Hold for 5 seconds.

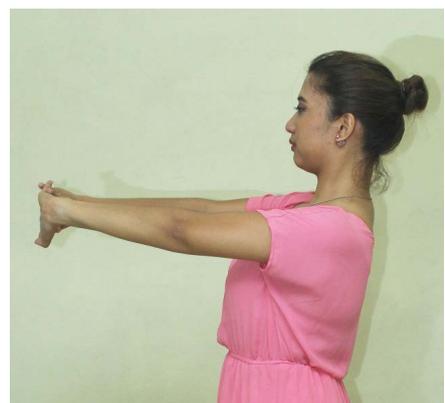


Figure 26: Arms stretched, fingers interlocked up



Figure 27: Stretch back, fingers interlocked

3. Bring your arms behind you, and interlock your fingers on both hands. With palms facing up, push your hands down as far as you can. Do NOT tilt the head back. Hold for 5 seconds.

4. Put your hands back to the side, then make big circles with your arms. Circle your arms forward 5 times, then backward another 5 times.



Figure 28: Make big circle with the arms

BONUS EXERCISE #2: Facial Workout

This set of exercises is meant to release tension from your facial muscles by simulating common facial expressions and actions. For maximum results, have fun with it!

1. **YAWN.** Take 3 full and deep yawns, including the sigh. Yawning opens up the throat and relaxes your face and neck muscles. Just try to stay awake!

2. **CHEW.** Do the chewing motion as if you have bubble gum inside your mouth. Keeping your lips closed, move your jaw left-right-center for 10 seconds.

3. **PUCKER UP.** Position your lips as if you are giving someone a kiss. Pout and stretch your lips out as far as you can for 5 seconds. Then for another 5 seconds, suck your lips in as completely as possible, creating a squeaky sound.

TRIVIA: There are 3 muscle groups that control the movement of the lips, and puckering up stretches them!

4. **SILLY SMILE.** Starting with an expressionless face, slowly begin to raise the corners of your mouth, turning it into a huge smile showing your teeth.

5. **EYE ROLLS.** Move your eyes up then down, left then right – without moving the head! Do this for 8 counts, and then roll them round and round for another 8 counts.

Warm Up Part 2: Breathing

1, 2, 3

This simple breathing exercise will allow you to feel each part of an entire breathing cycle.

1. Sitting down or standing up, inhale in 3 counts.
2. Hold your breath in 3 counts.
3. Exhale in 3 counts.
4. Hold in 3 counts.
5. Repeat 3 times.

Deep Breathing Practice

Best done in standing position, practice breathing from the core and inhale/exhale for 5 times while putting your hand:

1. On the abdomen
2. On the waist
3. On the back
4. Give yourself a hug and feel your breath from the back
5. On your abdomen, pant like a puppy; do this for 10 seconds



Figure 29: Feel breathing from the back

Spray an FFFF

This exercise will help you practice both deep breathing and flexibility.

1. Stand with your arms crossed at shoulder height, fingertips touching the elbow of the opposite arm. Your feet should be shoulder-width apart.
 2. Inhale while facing front.
 3. As you exhale, spray out an “ffffff” while rotating your upper body to the right, including your head. Inhale while in this position.
 4. Go back to center while exhaling with “ffffff”
 5. Repeat on the left side.
 6. Repeat everything 5 times. You may find yourself being able to stretch further the more you do it.
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BONUS EXERCISE #1: Breathe and Stretch

This exercise falls under the category of “chest opener” exercises. It allows you to stretch out your chest to

1. Stand with your legs wider than shoulder-width apart. Place your hands directly in front of



Figure 30: Stretch arms down, palms facing each

2. Inhaling, bend your knees and go on a squat.



Figure 31: Bend down on

3. Exhaling, stretch your arms up and out, creating an “X” figure with your body. Release any tension from the shoulder, if there’s any.



Figure 32: Stretch to an X position

4. Repeat 3 times.

BONUS EXERCISE #2: Speech to Breath

1. Count from 1 to 100
2. Blurt out a series of numbers in a single breath
3. Alternate the length of breath groups (short, medium, long)
4. Be sure to breathe in through your mouth and feel your abdomen expand and contract

Warm Up Part 3: Vocalization for Speech

Vocalization Exercises

Vocalizing is not only for singing. You need to warm up your vocal folds and resonators in order to make the vocal production seamless.

1. Chew as if you have a large piece of gum in your mouth. While chewing, let out a soft hum, starting with your natural pitch, then going higher and lower.
2. Take a deep breath, and let out a hum in your neutral volume and pitch. Do this until your lungs no longer have air.
3. Take a deep breath, and alternate the “ooh” and “aah” sound until your lungs no longer have air.
4. Take a deep breath, then exhale all the air in your lungs with a single “HA” sound. Repeat 5 times.

The Siren

1. Take a deep breath, and let out the NG sound, starting with your neutral pitch
2. Slowly glide your pitch downward to the lowest pitch you are capable of producing without discomfort
3. Slowly glide your pitch upward to the highest, comfortable pitch
4. Do this 5 times, creating the sound similar to a siren

Laughter Exercise

Laughter, indeed, is the best form of medicine. Several researches have shown the many health benefits of laughter, from improving cardiovascular health to being a fun ab workout. When it comes to voice, laughter is a great way to engage the lungs and resonators.

Here's a short list of laughter exercises that you can do. The best way to do these exercises is to work with a partner so you have someone to have fun with. Do each of the exercise for 30 seconds. As you will notice, each laughter exercise starts out with a “forced” laugh that will actually make you laugh!

1. Silent laugh. Pretend that you are in a room where someone's asleep and you're doing your best not to wake them up.
2. 1-inch laugh. Let out a quick but loud “ha,” as if starting to laugh and then deciding to cut it off.
3. Numbered laugh. Give a random number which will correspond to the number of ha's in each set of laugh. (Example: 2 = haha, 4 = hahahaha)

Last-Minute Warm Up

This set of exercises can also function as a standalone warm up for those who need it “the last minute”. If you were called to do a speech or presentation in a moment's notice, this should be all you need.

1. Raise your hands in the air while taking a deep in-breath. Then, let out a loud sigh as you put your hands down. Do this 3 times.
 2. Next, warm up the lips. In your normal volume and pitch, say the following repeatedly for 10 seconds each:
 - “BA” (as in bababababa...)
 - “BRRR” (horse lips exercise)
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3. Now, we warm up the tongue. In your normal volume and pitch, say the following repeatedly for 10 seconds each:

- “LA” (as in lalalala...)
- rolling R

Repeat the exercise, this time making your pitch glide up and down your vocal range.

4. Starting at mid-range, make a siren sound by alternating the “Weee” (high pitch) and “Ooo” (low pitch) sound, gliding up and down your vocal range.

Cool Down Exercise

1. Sustain low abdominal breathing; inhale/exhale for 30 seconds
2. Do the neck stretches like in the warm up exercises
3. Do a gentle hum, feel the vibration on your maxilla (muscle on top of upper lip)
4. Reset your voice to a comfortable level. Still feeling the maxilla, say usual sentences like “how are you?”
5. Hydrate yourself.