

WARMING UP

with a straw



1. SIRENS

Glide from lower to upper range, only where it feels comfortable



5 different slides per round.
3x rounds

3. MOTORCYCLE

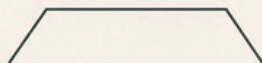
Go from softer to louder



3 crescendo's per round.
3x rounds

5. SUSTAINS

Glide, sustain the pitch and go down



5 glides per round.
Going up in your range.
3x rounds

2. BOTTOM UP TOP DOWN

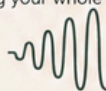
Glide from the lowest part of your range to the highest part of your range



3x low – top. 3x top – low.
Don't push. Let your voice
settle where it wants.

4. INCREASING HILLS

Make different sirens, while increasing range. Do around 5 on one breath, covering your whole range.



5 slides per round.
3x rounds

6. MELODY

Pick a melody (from a song), sing it through the straw



A verse + chorus.
One round



COOLING DOWN

with a straw



A simple way to help your voice relax,
release tension and return to balance.

1 BOTTOM UP TOP DOWN

Glide from the lowest part of your
range to the highest part of your range
and back down again.



3x low – top.

3x top – low.

*Don't push. Let your voice
settle where it wants.*

2 SIRENS

Glide from lower to upper range,
only where it feels comfortable.



5 different slides per round.
3x rounds

3 SUSTAINS

Glide, sustain the pitch and
gently go down.



5 glides per round.
Going up in your range.
3x rounds

1

2

3



GOOD TO KNOW

By stretching & contracting your
vocal folds after singing, you're
making sure all the tension is being
released and any forming knots in
your voice muscle are going.

This also prevents you from
waking up with a morning
after voice.

Cooling down helps your
vocal folds return to a calm,
balanced state.

It reduces tension, supports
recovery and keeps your
voice healthy for the long run.

Consistency is key.
Your voice will thank you.



TIP

Stay relaxed, keep the airflow easy
and enjoy the release.

FOLLOW ALONG

Practice Video

Most singers have a hard time actually warming - up or cooling down their voice. It is often not out of unwillingness, but more because they don't know exactly what to do.

Habit Science says that to be able to stick with something, you need to make it as easy as possible by eliminating any possible hindrances. (ofcourse, within reason ;-)

That's why I created a follow along practice video, so you can just hit play and go right before practice or performing.

• CLICK VIDEO HERE: •



If you want to make sure you are doing all the exercises right, I have created a full mini e-course to explain you **per exercise** how to do it and what to look for.

I also am explaining and giving you short & doable exercises to use the straw the right way, in the lines of lips, posture, breathflow, strainfree singing etc.

