

WORK OUT

CHEAT SHEET

Body

Joint rolls
Neck rolls
The Puppet
Stacking the spine
Stalking and darting
Swings
Moving squats
Kitty at the water
Scraping the barrel
Windmill
Magic Kung Fu
Rhythmic percussion
Back rubs
Sound ball

Breath

Increasing SS counts
The pipette
Rhythmic percussion
Farinelli rib work
Imaging the breath
Oy, what a relief
Origin of sound
Vacuuming the lungs
Following the Motorboat
Messa di voce
Laughing tones

Pitch/Phonation

Triad Slides
Sirens
Basic Solfege
Pitch and Articulation
Warm-up tunes

Resonators

Blowing through the lips
Making faces
Jaw and tongue isolations
Articulation exercises – m's, g&s, buddha
Buzzing the teeth
The chest moan
Mingee mingee may
Yawning
Sound morphing
Singing a song on just the vowels
Cats dogs ducks and owls
The Ditzzy Chick & Femme Fatale
Environmental Studies

Ear Training

Environmental accompaniment.
Transposing a melody.
Sound byte sampling.
Playing by ear.
Solfege, intervals and scales

Sight-reading

Improvisation

My old song

My current song or songs

Pick one or two exercises from each of these categories for your warm up:
Body, **B**reath, **P**itch, and **R**esonators

Add in the ear training, reading, improv, and performance songs for your full workout