

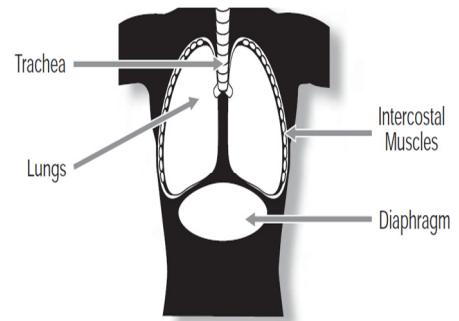
# CHOIR WARM UP EXERCISE SHEET

## Choir Exercise 01: Strengthening your Diaphragm

This warm up exercise helps to control your breathing from your diaphragm. Your diaphragm is a dome shaped muscle attached to the bottom of your rib cage. When you breathe in the muscle flattens pushing out your rib cage. This allows your lungs to expand to their full capacity.

Think of your lungs as a big balloon which needs to be filled with air before you can deflate. Make sure you do not raise shoulders when breathing in.

- 1) Hold your breath for 8 seconds and then exhale like a balloon (hiss) quickly. (Shake it out)
- 2) Hold your breath for 8 seconds and then exhale (hiss) for 12 seconds. Did you make it? (Shake it out)
- 3) Hold your breath for 8 seconds and then exhale (hiss) for as long as you can. How long did you last? (Shake it out)



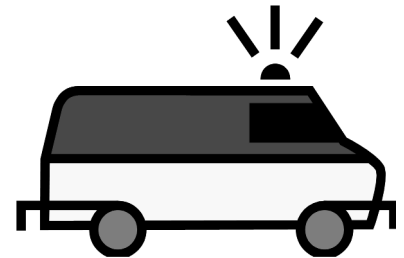
## Choir Exercise 02: Sirens (Chest to Head Voice)

This warm up exercise helps to control between your two main voices chest and Head.

Chest Voice: (Resonance below the vocal folds)

Head Voice: (Resonance above the vocal folds)

- 1) To the word “**whoo**” start on a low note and gradually take it up an octave and then back to the original note. (sounds like a siren)
- 2) Take up a half step (semitone) and start again. Do this 8 times.



## Choir Exercise 03: Staccato and Legato

**STACCATO:** is a musical Italian term meaning short and spikey. Complete the exercise below and continue to repeat by taking it down a tone (whole step) each time. Take it down to at least an octave (8 whole steps)



**LEGATO:** is a musical Italian term meaning smooth and flowing. Complete the exercise below and continue to repeat by taking it down a tone (whole step) each time. Take it down to at least an octave (8 whole steps) The exercise below should be sung in one breath

