**Daily vocal warm-up routine** for a **flexible and resonant** voice.

This routine takes about **10–15 minutes** and focuses on breath support, vocal resonance, and articulation.

**1. Body & Breath Preparation (2–3 minutes)**

**Goal:** Relax tension and engage proper breath support.

🔹 **Stretch & Release Tension**

* Roll your shoulders forward and back.
* Gently stretch your neck side to side.
* Massage your jaw and face.

🔹 **Deep Diaphragmatic Breathing**

* Inhale deeply through your nose for 4 counts.
* Hold for 4 counts.
* Exhale as if blowing out candles for 6–8 counts.
* Repeat 3 times.

🔹 **Lip Trills & Sirens** (Great for resonance and flexibility)

* Perform a **lip trill** (brrrr) while humming from low to high and back down.
* If lip trills are difficult try just the hum instead.
* Using a straw, hum 5 sirens (vocalize up and down like an ambulance or police car) through it. Make sure lips are secure around the straw and you are exhaling the air as you hum the sirens

**2. Resonance & Placement (4–5 minutes)**

**Goal:** Develop a warm, rich, and free voice.

🔹 **Humming for Resonance**

* Hum **"mmmmm"** with relaxed lips. Feel for a “tickle” or vibration at the lips
* Feel the vibration in your nose, and chest.
* Move from **"mmm"** to **"ma, me, mi, mo, mu"** while keeping vibration in your lips.

🔹 **Nasal & Chest Resonance Balance**

* Say "**ng**" (like in "sing") and glide from low to high pitch.
* Transition from **"ng"** to **"ah"**, feeling vibrations move forward.

**3. Flexibility & Articulation (4–5 minutes)**

**Goal:** Improve clarity, agility, and articulation.

🔹 **Tongue Twisters for Precision: produce each one slow 3 times, then faster 3 times maintaining precision**

* "Red leather, yellow leather"
* "Unique New York"
* "Peter Piper picked a peck of pickled peppers”

🔹 **Pitch & Dynamics Practice**

* Glide through **"lah, lah, lah lah lah lah"** on different pitches.
* Experiment with **loud-soft-loud** to develop vocal control.

🔹 **Rapid Articulation Sequences: produce each one slow 3 times, than faster 3 times maintaining precision**

* "Beagle dog" (for tongue agility)
* "Pa-tee-kake" (for crisp articulation)

**4. Projection & Expressiveness (2 minutes)**

**Goal:** Strengthen vocal presence and expressiveness.

🔹 **Vowel Projection**

* Sustain "**ah, eh, ee, oh, oo**" with open throat, relaxed jaw and lips, and good breath support.
* Gradually increase volume without strain (using breath support from diaphragm and resonance from open mouth/open throat).

🔹 **Expressive Phrasing**

* Read a short phrase (e.g., "Good morning, everybody!") in different tones:
  + Friendly
  + Confident
  + Excited
  + Authoritative

**Final Check-In (1 minute)**

🔹 **How does your voice feel?**

* Relaxed?
* Resonant?
* Free and flexible?

This routine, done **daily**, will **enhance resonance, articulation, and vocal flexibility** while reducing strain. 🎙️