

Singing Secrets Audio Vocal Workouts

A fun vocal workout album with 8 different exercises using three different versions!

After purchasing/downloading, you can choose the order and variation. The recordings may be used as warm-ups or exercises according to your preference or desired vocal/musical focus. All of them are effective! The exercises are put to “songs” to add variety to a simple workout. Each exercise comes in three variations:

Variation #1-Humming

Each exercise is presented using a “Hum” for gentle vocal cord engagement using “semi-occluded vocal tract (SOVT)”, which involves sustained, controlled airflow that can help to build vocal control, improve vocal tone, and reduce tension.

Variation #2-Numbers

Each exercise is also presented using a numbering system to represent the notes’ location in a scale.

Variation #3-Solfège

Each exercise is presented in Solfège (Do, Re, Mi, etc.) to give pitch identification and various open vowels to sing through.

Singing Secrets workout exercises use AI vocal simulation so that the notes demonstrated are as accurate as possible with minimal pitch and tone variation.

Exercise Detail

Each exercise begins with a vocal demonstration of the passage. Following the demonstration, the drums will then indicate your entrance to join in.

Exercise 1:

Five Note Scale (1,2,3,4,5,4,3,2,1) (Do, Re, Mi, Fa, So, Fa, Mi, Re, Do)

The exercise begins on F2 and F3 (low and high voices in octaves). The passage ascends in half steps with the last scale beginning on C4 and C5 (G4 and G5 are the highest notes) and is 100bpm. 2:45

Exercise 2:

Major Scale (1,2,3,4,5,6,7,8,8,7,6,5,4,3,2,1) (Do, Re, Mi, Fa, So, La, Ti, Do, Do, Ti, La, So, Fa, Mi, Re, Do)

The exercise begins on C3 and C4 (low and high voices in octaves). The passage ascends in half steps with the last scale ending on G3 and G4 (G4 and G5 are the highest notes) and is 96bpm 3:42

Exercise 3:

Major Triad Arpeggio (1,3,5,3,1) (Do, Mi, So, Mi, Do)

The exercise begins on C3 and C4 (low and high voices in octaves) and ascends and descends. The passage ascends in half steps with the last exercise ending on C4 and C5 (G4 and G5 are the highest notes) and is 80 bpm 2:54

Exercise 4:

Major Triad Variation-(1,3,5,3,5,3,1) (Do, Mi, So, Mi, So, Mi, Do)

The exercise begins on G2 and G3 (low and high voices in octaves). The passage ascends in half steps with the last exercise beginning on C4 and C5 (G4 and G5 are the highest notes) and is 80bpm for 2:01.

Exercise 5:

First Five Notes Variation (1,2,3,5,4,3,2,1,1) (Do, Re, Mi, So, Fa, Mi, Re, Do, Do)

The exercise begins on G2 and G3 (low and high voices in octaves). The passage ascends in half steps with the last passage beginning on C4 and C5 (G4 and G5 are the highest notes) and is 70bpm for 3:13.

Exercise 6:

Slides in Fifths (1 slides up to 5, then slides down from 5 to 1) (Do slides up to So, then slides down from So to Do)

The exercise begins on G2 and G3 (low and high voices in octaves) and slides up an interval of a fifth to D3 and D4. The passage ascends in half steps, with the last passage beginning on G3 and G4 (D4 and D5 are the highest notes) and is 100bpm for 2:19.

Exercise 7:

Octave Jump Up With Descending Scale (1,8,7,6,5,4,3,2,1) (Do, Do, Ti, La, So, Fa, Mi, Re, Do)

The exercise begins on G2 and G3 (low and high voices in octaves) and jumps up an octave, then descends down the scale. The exercise ascends in half steps with last passage beginning on G3 and G4, (G4 and G5 are the highest notes) and is 100bpm for 1:07

Exercise 8:

Same Note 5 Times (1,1,1,1,1, 2.2.2.2.2, etc. through 8) (Do, Do, Do, Do, Do, Re, Re, Re, Re, Re, etc. through high Do)

The exercise begins on G3 and G4 (low and high voices in octaves). The exercises ascends with the highest notes being G4 and G5 and is 100bpm for 1:35

Middle C is C4. Each exercise is simultaneously sung in two octaves by two voices. Feel free to find your best octave!

*For greater understanding of all of the concepts used in these recordings, the book *Singing Secrets* is recommended. This guidebook covers the foundation of vocal study and includes specific examples and exercises in each area. It also features an optional 30-Day Master Class with daily guidance for the singer's study. The course recommends using the daily vocal exercises contained in the *Singing Secrets Workout Album* for daily singing practice.*

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