

Vocal Exercises
For Women
by
Jean Barford

Most vocal exercises are to help the vocal folds (strengthening, flexibility, etc.) These exercises are to strengthen the 15 muscles around the vocal mechanism. These exercises help to make all the muscles equally strong, therefore, allowing the vocal folds the freedom to vibrate with much less tension.

The following exercises were developed by Dr. Stemple, vocal pathologist, St. Elizabeth Hospital, Dayton, Ohio for female voices. Male voices should choose pitches about a fourth below the ones listed here.

I. WARM-UP

Sustain the sound "Eeeeeeee" for as long and as softly as possible on the musical note "F".
GOAL: 45 seconds with an uninterrupted tone flow.

II. STRETCHING

A. Slowly glide from your lowest note to your highest note on the sound "Oh", as softly as possible.
GOAL : No voice breaks

B. Slowly glide from your highest to your lowest note on the sound "Oh", as softly as possible.
GOAL: No voice breaks

III. POWER

Sustain the notes: middle "C - D - E - F - G" for as long as possible on the sound "Oh", as softly as possible.
GOAL: 45 seconds with an uninterrupted tone flow.

Each exercise should be done two times each; two times per day, and as softly (like a whisper) as they can be done. **The softer the better.**

For the best effect, these exercises need to be done everyday, but good habits begin at the rehearsal. Take the time to do them completely each rehearsal and before any performance.

These exercises may also be used as a Cool-Down after a rehearsal or performance where much is demanded of the voice.