

Vocal
warm up in
8 minutes

Vocal Warm-Ups

Interactive PDF



Volume 1

Choral resource designed for
individuals or groups of all ages

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01 Welcome

Welcome to Strictly Warm-Ups! You can find us at

The warm-ups in this collection are organized into five sets. Each set includes a physical warm-up, breath awareness, then five minutes of a variety of mid-range warm-ups. There is a vocal example of each exercise. Following the words “Ready? Begin.” a click track will give you the tempo. There is a vocal model to accompany the vocalist(s) for the first exercises, then you or your group continue until the end of the exercise.

Use each set for no less than three rehearsals to allow vocalists to become familiar with the set, then move on to the next warm-up set.

Don't sing too high or too low. Warm-ups should be comfortable and in a good singing voice. Always continue to reinforce proper posture, standing tall from the crown of the head, feet shoulder width apart, hands at sides and chin gently tucked in and down. If something hurts, you are doing it wrong; this includes both physical and vocal warm-ups. Know your limits.

Interactive PDF Instructions

To use this interactive PDF, you will need to have the latest version of Adobe Reader. You can get a free download of this at

This interactive PDF comes with embedded audio files. In the upper left corner of each page, you will see a musical graphic. If you click on this, a control bar will appear from which you can play each warm-up. You will need to stop the music if you want to continue to the next slide, or the file will continue to play.

Example:

06 Yah Yoh Mee

K. Heisler

Yah Yoh Mee

In the bottom right corner of each page, there is an Index button. Clicking on this will return you to the table of contents.

02 Pump it Up

Let's get our bodies warmed up.

Stand with your feet shoulder width apart.

Stand tall and proud.

Splay your fingers and pump toward the ceiling.

Ready? Begin.

Up 1-2-3-4-5

Out front 1-2-3-4-5

Down 1-2-3-4-5

Between your feet 1-2-3-4-5

Up 1-2-3-4

Out front 1-2-3-4

Down 1-2-3-4

Between your feet 1-2-3-4 etc.

03 Breath Awareness

Where is your air?

Say a series of “fff’s” like this – f, f, f, f, f.

Feel where it is in your body.

Ready? Begin.

Sample

05 Zoom Mee

The image displays two staves of musical notation for the piece '05 Zoom Mee'. Both staves are in treble clef with a common time signature (C). The first staff begins with a treble clef and a common time signature. The melody consists of two phrases. The first phrase, 'Zoom - Mee.', is written on a whole note with a slur and a fermata above it. The second phrase, 'Zoom - Mee.', is also written on a whole note with a slur and a fermata above it, but the first note is a sharp (F#). The second staff begins with a treble clef and a common time signature. It contains two phrases: 'Zoom - Mee.' and 'Zoom - Mee.', both written on whole notes with slurs and fermatas above them. The first note of the second phrase is a sharp (F#). The word *simile* is written at the end of the second staff. A large, light gray watermark reading 'Sample' is oriented vertically across the center of the page.

22 Breathing

Now you're ready for breathing.

Inhale slowly with your mouth in the shape of "ah" and then exhale with no holding or tension.

Inhale 1-2-3-4

Exhale 1-2-3-4

Inhale 1-2-3-4-5

Exhale 1-2-3-4-5

Inhale 1-2-3-4-5-6

Exhale 1-2-3-4-5-6

Inhale 1-2-3-4-5-6-7

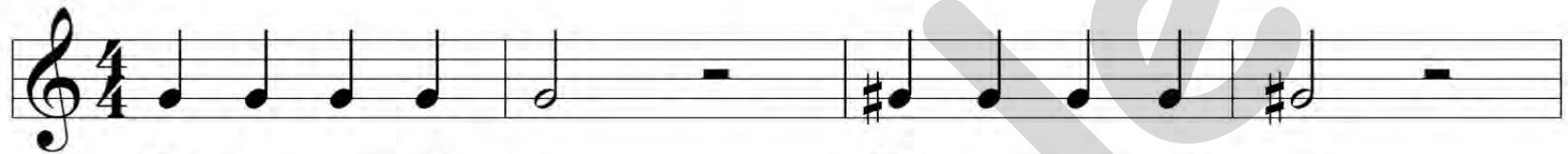
Exhale 1-2-3-4-5-6-7

Inhale 1-2-3-4-5-6-7-8

Exhale 1-2-3-4-5-6-7-8

Inhale quietly, quickly and fully. This is how every breath should feel when you sing.

24 Mah May Mee Moh Moo



Mah may mee moh moo.

Mah may mee moh moo.



Mah may mee moh moo.

Mah may mee moh moo.

25 Nah Nee

K. Heisler

Nah nah nah nah Nee nah nee nah nee.

Nah nah nah nah Nee nah nee nah nee.

Nah nah nah nah Nee nah nee nah nee. *simile*

37 Energy

Let's get warmed up. Stand with your feet shoulder width apart. Stand tall and proud. Begin with your right pinkie and repeat the words "energy, energy."

Right Pinky	Energy – Energy
Add left pinky	Energy – Energy
Add right hand	Energy – Energy
Add left hand	Energy – Energy
Add right arm	Energy – Energy
Add left arm	Energy – Energy
Add right leg	Energy – Energy
Add left leg	Energy – Energy
Body	Energy – Energy
Send it to a friend!	Energy – Energy

43 Night Time Sighs with Silence



Night time sighs with si- lence.

Night time sighs with si - lence.



Night time sighs with si - lence.

Night time sighs with si - lence.