

WARM-UPS GUIDE

PHYSICAL WARM-UPS

STRETCHING WARM-UPS

Reach

Reach up to the sky with your right hand, then your left.

Reach up diagonally with your right hand, then your left.

Reach down to the ground, keeping your legs straight.

Reach your right hand to your left foot, then your left hand to your right foot.

Bend and Stretch

With feet apart, bend your knees and touch your fingertips to the floor.

Slowly straighten your legs, keeping your fingers on the floor.

Repeat four times.

Place your feet together and repeat the pattern four times.

Step your right foot forward, and your left foot back in a lunge.

With your hands up to the sky, slowly straighten and bend your front leg four times.

Repeat with your left leg forward, and your right leg back.

Floor Stretch

Sit on the floor with your feet together, your legs straight out in front of you, and your toes pointing to the sky. Reach your arms out toward your toes. Hold the pose for eight counts.

Separate your legs and reach both arms forward, then to your right leg, then to your left leg. Hold each stretch for eight counts.

Place the bottoms of your feet together, so that your legs are forming a diamond shape. Roll down, bringing your head to your feet, and then roll back up.

ISOLATION WARM-UPS

Rolls

Roll your head, arms, shoulders, then ankles in a large circle in each direction for eight counts.

Yes, No, Maybe

Shake your head “yes” for eight counts.

Then shake your head “no” for eight counts.

Shrug shoulders “maybe” for eight counts.

Shake it Out

Shake each arm out for eight counts.

Shake each leg out for eight counts.

Alphabet

Write your name in the air using each elbow, the crown of your head,
each knee, and each foot.

CARDIOVASCULAR WARM-UPS

Jumping Jacks

Do eight jumping jacks to the front, eight to the right, eight to the back, and eight to the left.

Jump Rope

Using an imaginary jump rope, jump with both feet for four counts.

Next, alternate feet for four counts.

Resume with both feet for four counts, then cross and open for four counts.

Repeat this pattern twice.

Bounce and Jump

With your hands on your knees, bounce for four counts.

Then push your hands up to the sky, and jump for four counts.

Repeat this pattern twice.

BREATHING WARM-UPS

Deep Breaths

Take a deep breath in, filling your lungs. Blow the air out.

Ssss

Breathe in, then exhale with four short, followed by one long "sss" sound.

Repeat this pattern four times.

Short Breath

Stick out your tongue and pant like a dog.

Diaphragm

Focusing on your diaphragm, repeat the phrase

"Ah ha hayi (ya) hayi (ya) hayi ya hayi."

Four times.

DICTION WARM-UPS

Articulators

Make your face as big as possible,
sticking out your tongue and bringing your eyebrows to the sky.

Then, make your face as small as possible,
moving all your muscles toward your nose.

Repeat these poses twice.

Zm

Using only the syllable "zm", sing "Row, Row, Row Your Boat."

VOCAL WARM-UPS

Consonants

Speak through the following, focusing on clear consonant sounds:

- Puh-Puh-Puh-Puh-Puh
- Buh-Buh-Buh-Buh-Buh
- Puh-Puh-Puh-Puh, Buh-Buh-Buh-Buh, Puh-Puh-Puh-Puh, Buh-Buh-Buh-Buh
- Tuh-Tuh-Tuh-Tuh-Tuh
- Duh-Duh-Duh-Duh-Duh
- Tuh-Tuh-Tuh-Tuh, Duh-Duh-Duh-Duh, Tuh-Tuh-Tuh-Tuh, Duh-Duh-Duh-Duh
- Fuh-Fuh-Fuh-Fuh-Fuh
- Vuh-Vuh-Vuh-Vuh-Vuh
- Fuh-Fuh-Fuh-Fuh, Vuh-Vuh-Vuh-Vuh, Fuh-Fuh-Fuh-Fuh, Vuh-Vuh-Vuh-Vuh
- Kuh-Kuh-Kuh-Kuh-Kuh
- Guh-Guh-Guh-Guh-Guh
- Kuh-Kuh-Kuh-Kuh, Guh-Guh-Guh-Guh, Kuh-Kuh-Kuh-Kuh, Guh-Guh-Guh-Guh

RANGE WARM-UPS

Siren

On an “eee” sound, sing from your lowest note, up to your highest, and back down to your lowest. Experiment with using your finger to track the pitch.

Lip Trills

Putting your lips together, blow air out and feel the sound “brr”, allowing your lips to freely vibrate. Be sure your lips are not pursed, forcing air through. On a lip trill, move up and down the scale. Then move up a half step and sing through your range.

Vowels

Sing up the scale on an “eee,” down on an “aah.”

Start in your mid range and work your way up to your highest notes.

Drop out when you can no longer hit the notes.