

The Science and sequence of vocal warm-ups: Using vocal warm-ups to develop unit sound

Expected goals For Individual vocal improvement

- Breath support
- Posture
- Balance of resonance to focus
- Range extension/evenness
- Agility
- Dynamic flexibility
- Interval accuracy
- Fully resonated vowels
- Projection without vocal stress
- Awareness of own instrument

Expected goals for the building of a unit sound

- Ability to produce a blend-able quality
- Matched resonance
- Breath management
- Ability to fine tune
- Matched vowels
- Breath timing
- Section blend/section to section blend
- Appropriate barbershop quality
- Synchronization
- Tuning
- Instant target vowel
- Full dynamic range
- Listening skills
- Finesse and artistry

Priority/order

- Warm up the body, prepare for appropriate muscle use
- 5 note mid-range exercises
 - Incorporate breathing, posture, instant accuracy, key changes, cone shaped balance, vowel match
- Octave exercises
 - Adding range extension, strengthen mid-voice (passagio)
- Chords
- Vowels
- Tuning
- Building of stamina

Suggested exercises