

VOCAL LIMBERING*

MP3 EXERCISE ROUTINE

* Limbering - definition: The act of making something flexible: The opposite of rigid.

Requirements For Using This Exercise Routine:

- **Rib Cage Expansion Technique:** You are able to use the rib cage expansion technique during your vocal exercises. It may still take some effort to maintain the expansion, but the main requirement is that you are not pushing in your ribs when you sing the melody of the vocal exercise.
- **Stomach Relaxed:** Even though it may still get tense every so often, you are able to notice when it's tensed and can then relax it; you're **not** pushing it in as you sing.
- **Jaw Open:** You are able to keep your jaw open approximately a 2-finger width and unmoving when you practice the vocal exercises.
- **Tongue Position:** The tip of your tongue remains "connected" to the back of your bottom teeth – but not pushed against the teeth – while the body of your tongue remains relaxed and moving naturally as you sing the vowels of each exercise.
- **Routines Accomplished:** You have already practiced the vocal exercise routines of: Vocal Ease & Flexibility, Vocal Toning and Eliminating the Break. By being at this point, you will receive the most benefit from this exercise routine.

Routine Purpose:

I've extracted seven vocal exercises from the first three vocal exercise routines. This new vocal exercise combination offers you additional vocal development. It is designed to limber your voice. You will have a new experience with your voice after doing this routine.

Since this routine is audio only, if you have any questions about any of the exercises, you can just watch the appropriate video where I explain and teach you the exercise.

When to Practice:

You can do this routine as your daily vocal exercise routine or alternate every other day or every few days with one of the earlier or later vocal exercise routines. The full routine can also be used as a vocal warm-up prior to practicing or performing your songs.

Enjoy!