

# Practice Routine 8

This text lesson outlines your eighth series of lessons and practice routine.

Use this as the reference guide for your next steps and your daily practice. You can print it out as well as save it to your “favorites” on your student page for easy reference.

## Building Your Voice

As you have noticed I’m sure, we have been taking your vocal development in a logical step-by-step. Each new step builds on the ones already taken and each step taken prepares you for what’s about to come.

**What to Do If You Encounter Difficulty:** If, after working on applying the vocal exercise directions and coaching provided, you still find something too difficult to do, go back to any earlier section of vocal exercises that were going well. Work longer with those and then move yourself forward step at a time. Send me a VE so I can help.

**How Long to Practice Routine 8:** 3 to 4 weeks. This practice routine contains two vocal exercise routines - “Developing Tone & Resonance” and “Increasing Strength & Stamina” - which you will practice one at a time and then alternate every couple of days one after the other: Routines 8A, 8B and 8C. See below for specific directions on each step.

**PRACTICE TIME:** Rib Cage exercises 2 and 3 – approximately 35-40 minutes (3 sets each)  
Vocal Exercises – approximately 20 minutes or longer  
Songs – Your choice

## *Building Your Voice*



[Watch](#): Rib Cage Exercises...How Much Longer?

## New Practice Routine 8A

Practice this Routine for about 2 weeks:

- 1 Practice: Rib Cage Exercises 2 and 3 – 2 to 3 sets each
- 2 Practice: Vocal Exercises of Developing Tone & Resonance – all 4 exercises
- 3 Watch: Your Practice Routine, When to Move On

## New Practice Routine 8B

Practice this Routine for about 2 weeks:

- 1 Practice: Rib Cage Exercises 2 and 3 – 2 to 3 sets each
- 2 Practice: Vocal Exercises of Increasing Strength & Stamina – all 5 exercises
- 3 Watch: Your Practice Routine, When to Move On

## New Practice Routine 8C

**The Rib Cage Exercises:** At this point, (or after Practice Routine 8A) you may be ready to end your practicing of the Rib Cage Exercises 2 and 3 and begin the final Rib Cage Exercise 4. The videos in this section will explain how to know when you are ready for this exciting transformation and what to do. The suggested routine I will give you below will outline what your practice would look like when you get to that point.

# **1** Watch: each video lesson in “Phasing Out the Rib Cage Exercises”

The rib cage exercise routine as outlined below would be only for when you are ready to begin eliminating Rib Cage Exercises 2 and 3 and adding Rib Cage Ex 4 (see videos in this section to determine if and when you are ready and then what to do). Otherwise, continue 2 to 3 sets of Rib Cage Ex.s 2 and 3 until ready to eliminate.

## **PRACTICE ROUTINE:**

**Rib Cage Ex 2 – 1 set**

**Rib Cage Ex 3 – 2 sets**

**Rib Cage Ex 4 – 3 sets (of 4 to 5 repetitions per set) – send in a VE of 2 reps**

**Vocal Exercises – approximately 20 – 45 minutes**

**Alternate every other day or every two days:**

**“Developing Tone & Resonance”**

**“Increasing Strength & Stamina”**

**Songs: - your choice (also working with techniques from “Singing Songs Better”)**

**WHEN TO MOVE ON TO PRACTICE ROUTINE 9:** You can move on to Practice Routine 9 found in the section: “Working With Style,” when:

- ✓ You have practiced all 3 of the above routines
- ✓ Your rib cage expansion technique applied to the exercises is stable
- ✓ Your stomach is relaxed and not held tense nor is it pushing in as you sing
- ✓ You are not pulling up or pushing down for pitch
- ✓ Moving around your range feels free
- ✓ You are ready to and beginning to eliminate Rib Cage Exercises 2 and 3 and have begun Rib Cage Exercise 4

**NOTE:** If you are not yet ready to begin Practice Routine 9 you can still watch the beginning video lessons of **Working with Style** if you wish. However, I strongly suggest that you achieve the above before you begin working with any of the vocal exercises of that section.