

# Practice Routine 6

This text lesson outlines your sixth 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.

## Freeing Your Voice

**How Long to Practice Routine 6:** Approximately two to three weeks.

**PRACTICE TIME:** Rib Cage exercises – approximately 35-40 minutes (3 sets each)  
Vocal Exercises – approximately 22 minutes  
Songs – Your choice

## Exercises: Vocal Toning

**1** Watch Basics: Purpose and Use of Staccato

**2** Learn each of the vocal exercises

## Your New Practice Routine

(You can do the vocal exercises at some point later than the rib cage exercises.)

Practice: Rib Cage Exercise 2: Preferably 3 sets

Practice: Rib Cage Exercise 3: Preferably 3 sets

Practice: Vocal Exercises: Vocal Toning – all 7 vocal exercises (or as many as you can do each day)

Practice: Songs – If possible, at least one a day, about 10 minutes after you complete the vocal exercises.

**Your VEs:** After you've practiced the Vocal Toning exercises some days and feel like you are learning how to do them by referring to the video lessons and coaching, pick one exercise and send me a VE of yourself doing about 2 to 3 minutes of it. Use my video accompaniment when you do this. I'll give you feedback and suggestions on what to do next. Also, please don't forget to send me a song, sung after you have done at least two of the vocal exercises of this routine.

**3** After approximately 7 to 10 days of practicing the above routine, begin alternating your vocal exercises: Vocal Toning and Vocal Ease & Flexibility every other day or every two days (as you desire).

By alternating the routine in this manner the exercises will have an additionally beneficial effect on your singing voice.

**How Long To Practice:** Practice this alternating routine for 7 to 10 days (or longer if you wish).

**WHEN TO MOVE ON TO PRACTICE ROUTINE 7:** You can move on to the next Practice Routine found in the section: "Expanding Your Range," when:

- ✓ You can do these exercises more easily (does not have to be perfect);
- ✓ Your staccato feels more automatic, tiny and free – and is at least beginning to match how I do it when you hear me in the video lessons;
- ✓ You feel the improvements that I listed in the video lesson: "Your Practice Routine, When to Move On" that accompanies each of the exercise routines: "Vocal Ease & Flexibility" and "Vocal Toning."
- ✓ Your rib cage expansion technique, applied to the vocal exercises, feels significantly easier and you are able to keep your stomach relaxed at least a majority of the time.