

# Practice Routine 4

This text lesson outlines your fourth 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.

## Secrets to Natural Breath Control

Work through the lesson videos in this section while you continue to practice with any of the earlier vocal exercises: Warm-ups, Quick Fix Exercises, and Singing Songs Better techniques.

During Practice Routine 4, I’m going to give you some choices. Based on the amount of practice time you have available each day, you can design your practice based upon these suggestions.

There are some very important lesson videos in this section.

**How Long to Practice Routine 4:** Approximately two to three weeks.

**Your Next Days of Practice - Choices:** In this section along with watching some video lessons and continuing any of the earlier vocal exercises, you will be learning Rib Cage Exercise 2 and 3. If you want to move forward a bit slower or have limited practice time, you can choose to start with Rib Cage Ex. 2 and after some days add Rib Cage Exercise 3. You can start with fewer repetitions and then add more as you become familiar with the exercises and so are able to take less time.

OR, if you wish to progress faster and have the available practice time, you can learn both Rib Cage Exercises starting on the same day at the maximum number of repetitions, and practice them one after the other on each day of your practice. THIS IS YOUR CHOICE.

You will still be singing and doing vocal exercising while you learn this rib cage technique. And, there are still other areas of the school you can explore and learn from that will additionally help you develop as a singer.

It helps to play some nice music in the background as you practice the rib cage exercises.

*Remember:* You can modify the following daily routines to fit your own time requirements. These are just suggested daily routines. But, I’m leading you towards a schedule where you will be doing Rib Cage Exercises 2 and 3 daily (or as daily as possible) and will be increasing the number of repetitions to the optimum daily number so as to get you to the point of easy application in your upcoming vocal exercises and singing of songs.

When you get to the point where you can easily apply this rib cage expansion technique, you will no longer have to practice them as you will maintain it through application. I have a video lesson later in the curriculum that explains this.

### ***If You Have Limited Practice Time***

If you're short on time, divide up your time to include some exercises and one or two video lessons each day. In this way you will continue to improve your voice while you acquire some very essential and eye-opening discoveries which will lead to even greater vocal growth and freedom of singing expression.

### **A possible 'Practice Routine 4' schedule would look something like this:**

(NOTE: Remember, if you have more time to practice/view video lessons than I have allotted below, add more to any day's schedule.)

#### **Day One:**

Practice: The Singing Breath (5 minutes) and/or Rib Cage Exercise 1 (10 minutes)

Watch "Basics: Natural Breath Control" and "Breathing versus Vocal Sound"

Practice: from Quick Fix Exercises, 3 exercises of your choice (10 minutes)

#### **Day Two:**

Practice: The Singing Breath (5 minutes) and/or Rib Cage Exercise 1 (10 minutes)

Watch "Orientation to Your Instrument"

Practice: from Quick Fix Exercises, 3 exercises of your choice (10 minutes) and/or several techniques from "Singing Songs Better" section, working with one of your songs.

#### **Day Three:**

Practice: The Singing Breath (5 minutes) ~~–or–~~ Rib Cage Exercise 1 (10 minutes)

Practice: 2-3 exercises from Quick Fix Exercises (6 – 10 minutes)

Watch "How to Develop and Use This Technique"

Watch "Rib Cage Exercise 2." Learn how to do it

Practice: 10 repetitions (1 set)

Refer also to the PDF Text lesson: Rib Cage 2

## Day Four:

Practice: Rib Cage Exercise 2. 2-sets = 20 repetitions (15 minutes)

Practice: From 'Quick Fix Exercises' 2 – 3 exercises (6 – 10 minutes)

Watch "Rib Cage Exercise 3" and learn how to do it

Practice: Rib Cage Exercise 3, 2 mini-sets (5 repetitions each set)

Refer also to the PDF Text lesson: Rib Cage 3

## Day Five, Six, Seven:

SUGGESTION: Do the Rib Cage Exercises earlier in the day, your vocal exercises at some point later in the day or evening. This would give you two shorter practice times rather than one longer time.

Practice: Rib Cage Exercise 2. 2 sets = 20 repetitions (15 minutes)

Practice: Rib Cage Exercise 3. 3 to 4 mini-sets (5 repetitions for each set)  
(about 15 minutes)

Practice: Any exercises from 'Quick Fix Exercises' and/or 'Singing Songs Better' sections.  
(15 minutes or more)

## Day Eight:

Practice: Rib Cage Exercise 2. 3 sets = 30 repetitions (15 minutes)

Practice: Rib Cage Exercise 3. 3 full sets (10 repetitions for each set) (20 – 25 minutes)

Practice: Any exercises from 'Quick Fix Exercises' and/or 'Singing Songs Better' sections.  
(15 minutes or more)

Watch the video lessons in the next section: "Singing Secrets." Maintaining your exercise practicing, you can watch one lesson per day or if you have the time, watch all of these video lessons in one day. Do what you can. Something is better than nothing – you will make steady progress.

**WHEN TO MOVE ON TO PRACTICE ROUTINE 5:** When you have practiced Rib Cage Exercises 2 *and* 3 for at least one week and feel that you are making some progress with being able to expand and maintain your rib cage expansion, AND have watched the lessons in "Singing Secrets" you are ready to move on. Please be sure to send me a VE of 2 repetitions of Rib Cage Ex 2 and 2 mini-sets

of Rib Cage Ex. 3. In this way I can work directly with you and help you get the most out of your practice.

## **STUDENT TESTIMONIAL**

*“Dear Jeannie,*

*I have been doing the rib cage exercises [Rib Cage Exercises 2 and 3] for about 3 weeks, it's a totally different way of singing, I'm trying to use it when I sing and the resonance feels much more than with the other technique I was using. I'm really excited because I finally feel that I'm going somewhere with a bigger voice.*

*Getting use to the rib cage expansion was not that easy at first; it was having a lot of tension in my stomach and hunching my back, but in front of the mirror things changed and now it feels better.*

*Now I'm also doing the vocal exercises with the rib cage expansion, and it's a totally new experience.” Best Regards, María*

## **Pep Talk**

As I mention in the video lessons regarding the practicing of rib cage exercises 2 and 3, you'll be practicing them until you can easily apply the results in vocal exercises and songs. At that point you will no longer need to practice them!

In other words, you will not be practicing them the rest of your life! You'll be practicing them for some weeks to a few months depending on how much you practice each week.

Be prepared: There is a “learning curve” to these. The first week is the hardest. Just go through the steps of the exercises as best you can. Little by little, day-by-day, you'll get better at them. In this case, you have to do the exercises in order to get to the point where you can do the steps of the exercise well. Keep checking yourself against the lesson videos.

The results are awesome – so give yourself the time and space to just go through the routine, check yourself with against my video lessons, and the other video exchanges I've done with other students in the school to make sure you're following the directions as best you can. It will definitely get easier to the point of complete confidence.