

Practice Routine 7

This text lesson outlines your seventh 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.

Expanding Your Range

OK! You’re on the move and making progress – this is fantastic!

By practicing each of the preceding routines; exercises, techniques and gaining insight into your singing voice, you are ready for the next steps – eliminating register break, improving the extent of your comfortable range, gaining greater pitch precision and limbering your voice in new ways.

Rib Cage Expansion Technique Applied to Songs

Your rib cage expansion technique by now should be feeling reliable – perhaps still some aspects to develop – but getting comfortable and making a difference as you apply it to your vocal exercises. If you have not yet tried to use it in singing songs, please begin to do so. This usually takes its own practice and sort out as you have been accustomed to singing without. Schedule times to practice songs where, as an exercise, you just focus on the rib cage expansion technique.

When you get to Practice Routine 8, there will be some video lessons on when and how to end off on your rib cage exercises. Also, in the section: Song Performance & Development, there are some video lessons regarding the application of Rib Cage Expansion Technique to singing songs.

How Long to Practice Routine 7: 3 to 6 weeks. This practice routine contains three vocal routines – 7A, 7B, 7C - which you will practice one at a time and then begin alternating one after the other as many wonderful vocal transformations occur. See below for specific directions on each step.

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

1

Watch Basics: What is Register Break? Achieving a Multi-Octave Range (2 parts)

Watch: Are You Straining to Sing?

Exercises: Eliminating Register Break

2

Learn each of the vocal exercises.

Watch: Your Practice Routine, When to Move On

New Practice Routine 7A

(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: Eliminating Register Break – 5 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.

How Long to Practice Eliminating Register Break: Practice these exercises for approximately two weeks. You may not have each of them perfect. That's OK. We're going to come back to them. The three vocal exercise routines in this section (and actually some of the earlier ones and upcoming ones in the next routines) all contribute to each other. So in fact, the vocal exercise routines move forward and backward so to speak, always continuing to improve many characteristics of your voice.

Exercises: Improving Range & Precision

3

Learn each of the vocal exercises.

Watch: Your Practice Routine, When to Move On

New Practice Routine 7B

(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: Improving Range & Precision – 5 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.

How Long to Practice Improving Range & Precision: Practice these exercises for one to two weeks. You may not be doing each of them perfectly. We will come back to them.

Exercises: Vocal Limbering – MP3 Routine

This routine is a combination of exercises from Vocal Ease & Flexibility, Vocal Toning and Eliminating the Break. By putting these specific exercises together in this way you will experience a new level of improvement with your vocals.

4

New Practice Routine 7C

(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 Limbering – 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.

How Long to Practice Vocal Limbering: Practice these exercises for one to two weeks. You may do each of them perfectly. We will come back to them.

5 New Practice Routine 7D

(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

Alternate between these three exercise routines every other day or every two days:

1. Eliminating the Break – 5 exercises
2. Improving Range & Precision – 5 exercises
3. Vocal Limbering – 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.

How Long to Practice Routine 7D: Practice this alternating routine for anywhere from two to three weeks.

WHEN TO MOVE ON TO PRACTICE ROUTINE 7: You can move on to Practice Routine 8 found in the section: “Building Your Voice,” when:

- ✓ You have practiced all 4 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