



# Daily Routine for Optimal Vocal Skill and Development


In each case, begin in the Vox Tube (or other SOVT technique), then duplicate with various vowels in normal singing—maintaining the sensations and technique.


Overall warm-up time can be 15-45 minutes or more by repeating as necessary, until voice is feeling “ready.”


- 1) Sostenuto. 
- a. Do 10 different notes across range, sustaining for a full breath (aim for 15 seconds each). Steady, clear, supported and at a volume level somewhere between piano and mezzoforte. It is advisable to avoid the extremes of the range until more fully warmed up.

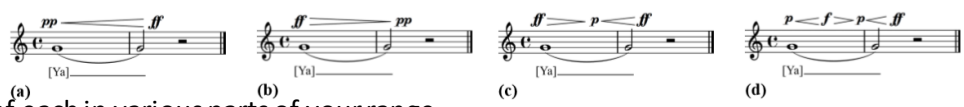
- 2) Glissando. 
- a. Do 10-20 descending slides from highest comfortable note, downward through the break and if desired, all the way into the vocal fry. Not too fast. Feel your voice throughout.
- b. Then do 3-5 Glissandi up and down (siren-like)

- 3) Portamento 
- a. Do 5 up and 5 down. Do—So (1-5, like C up to G) in different parts of the range and try at different speeds.

- 4) Legato 
- a. Do 5-10 in various areas of your range.

- 5) Portato (optional) 
- a. Do 5-10 in various areas of your range.

- 6) Staccato 
- (Also called “onset” exercises because it is as if starting notes over and over)
- a. Do 10 in various areas of your range.

- 7) Messa di Voce 
- a. Do 5-10 of each in various parts of your range.

- 8) Sing song passages into the Vox Tube (or other SOVT technique).