Vocal Function Exercises

Homework: Complete each exercise twice, two times each day. Record your longest time on the chart provided to see your progress. Complete exercises at the softest volume you can produce while using an engaged voice.

- 1. **Warm-up:** sustain "ee" for as long as possible on the musical note F (above middle C for women, below middle C for men).
 - o Record length of time in seconds
 - o No tension at the larynx use forward resonance placement
 - o Maintain a relaxed, upright posture
 - Deep breath from your abdomen (avoid tension in the chest)
 - o Sustain until you are absolutely out of air
- 2. Stretching: glide from lowest note to highest note on the word knoll or whoop
 - o Count the number of voice breaks you experience
 - Uses all the laryngeal muscles
 - Stretches the vocal folds
 - Encourages forward-placed resonance (just like we've been working on)
 - o Improves muscular control and flexibility
 - Glide through voice breaks
 - o **GOAL**: no voice breaks
- 3. Contracting: glide from highest note to lowest note on the word knoll or boom
 - o Count the number of voice breaks you experience
 - Muscle contracting exercise
 - Contracting gives low pitches
 - o **GOAL:** No voice breaks; no gravel, growl, vocal fry
- 4. **Adductory strengthening:** Sustain "oo" on musical notes C-G (middle C for women, octave lower for men) for as long as possible
 - Record length of time in seconds
 - Strengthening the muscles that bring the vocal folds together
 - o Low impact—not slamming the vocal folds together

Date		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		Seconds per trial:						
am: 1.	"ee"	/	/	/	/	/	/	/
2.	"whoop"	/	/	/	/	/	/	/
3.	"boom"	/	/	/	/	/	/	/
4.	С	/	/	/	/	/	/	/
	D	/	/	/	/	/	/	/
	Ε	/	/	/	/	/	/	/
	F	/	/	/	/	/	/	/
	G	/	/	/	/	/	/	/
pm: 1.	"ee"	/	/	/	/	/	/	/
2.	"whoop"	/	/	/	/	/	/	/
3.	"boom"	/	/	/	/	/	/	/
4.	С	/	/	/	/	/	/	/
	D	/	/	/	/	/	/	/
	Е	/	/	/	/	/	/	/
	F	/	/	/	/	/	/	/
	G	/	/	/	/	/	/	/