

World's Easiest and Best Exercise

This exercise will

1. strengthen ALL the support muscles in your abdomen, which will enable you to sing with more clarity and breath-support.
2. enable you to sing as loud or as soft as you wish in all vocal ranges.
3. strengthen the 15 muscles that surround the vocal mechanism.
4. build endurance, increase stamina and eliminate the break in your voice when switching from chest- to head-voice.

This exercise must be done every day (it only takes 10 minutes). After 30 days, you will notice a dramatic change in your singing. It can be done as many times a day as you wish; the more times you do it, the faster your progress.

This exercise was developed by a throat specialist in Ohio, who deals with singers who have vocal problems, hoarseness, or nodules from singing too long and too hard without proper breath support.

THE EXERCISE

On a volume scale from 1 - 10, 1 is the softest you can sing and still produce a clear tone.

Do all three parts of the exercise at a volume level of 1... *NEVER* louder.

PART 1: The Warm-Up

Sing any pitch in your lowest head-voice using the vowel EE. The goal is to sing the EE at a volume level of 1 for at least 45 seconds. Time yourself to see how much work you have to do. Example: 15 seconds is poor, 30 seconds is average, 45 seconds is good, and 60 seconds is great. Do this part only one at a time.

PART 2: Stretching

Start at your lowest chest-voice pitch then slide slowly up the scale to your highest head-voice pitch using the vowel sound OH. The goal is to sing OH at a volume level of 1, sliding slowly from bottom to top without any "break" in your voice. Do this 4 times. Then, reverse the exercise. Slide from top to bottom without a "break" in your voice. Do this 4 times. Then slide up and down (creating a siren-sque sound) 4 times without stopping and without a "break" in your voice.

Part 3: Power

Sing any pitch in your lowest head-voice using the vowel OH at a volume level of 1. The goal is to sing the OH at a constant volume level of 1 for at least 45 seconds. The only thing that counts is time. Check your watch, take a full singing breath, sing OH for as long as you can. When you run out of breath, note the number of seconds. Repeat the exercise 10 times, each time striving to last longer than the previous time. You must do the exercise 10 times in a row without resting.

If you are looking to improve rapidly, this is the exercise that will help you accomplish your goal.