



# Vocal Warm Up

1. Squeeze the muscles  
of the face 😄

Don't be embarrassed!:)

Go back and forth between

a **surprised face** and a **sour face**

**5 times**



2. Blow through your  
lips like a horse 🐎

1 set for 5 sec x 5times



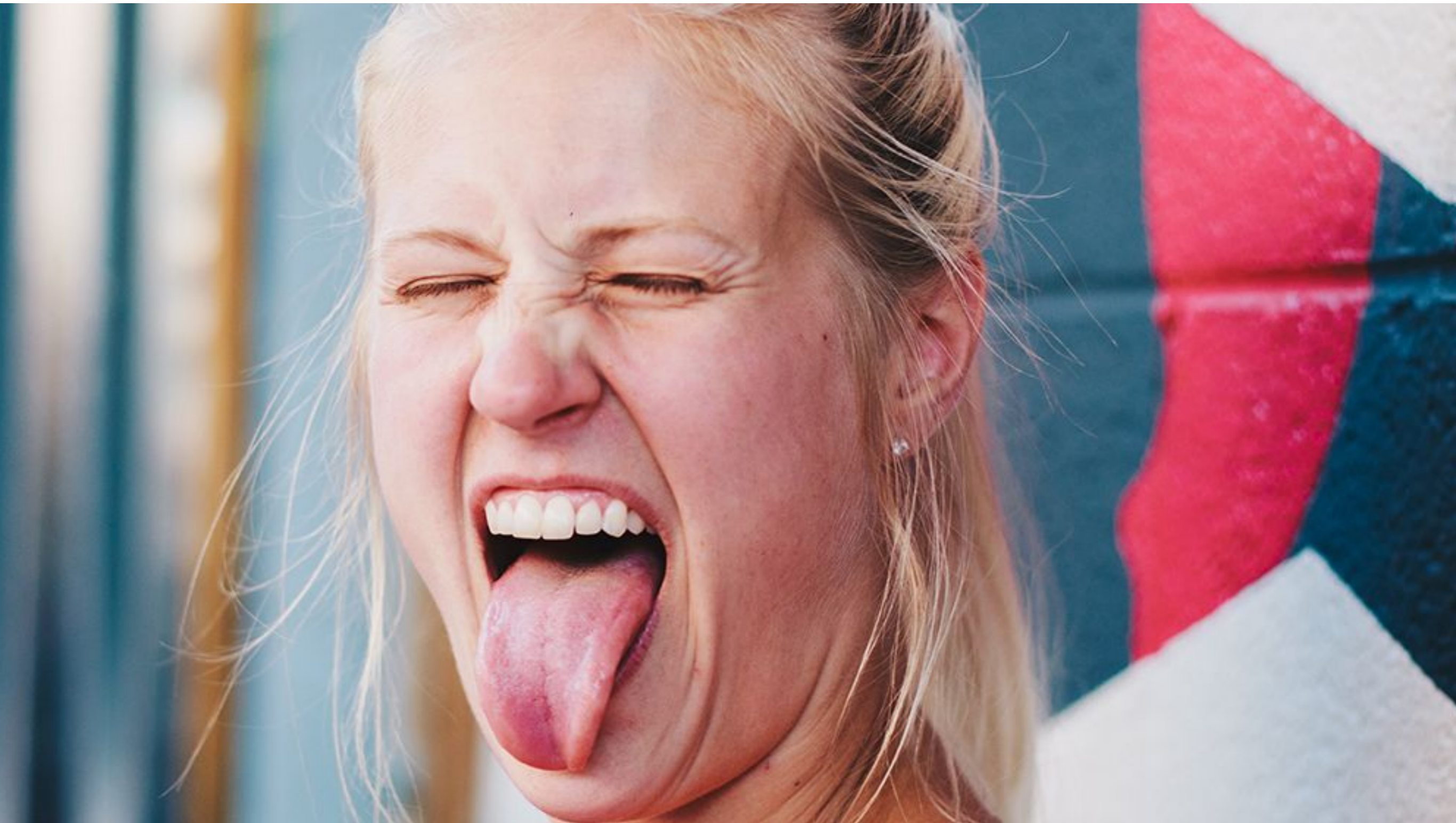
# 3. Warm up the tongue 🗨️

The tongue is a huge muscle  
and important for speaking !

Cleaning the teeth with the tongue,

10 circles in each direction

**Keep the lips closed!**



4. Warming up the  
resonance in the chest



Follow me!

**Beat your chest**

waking up

all the muscles

on a

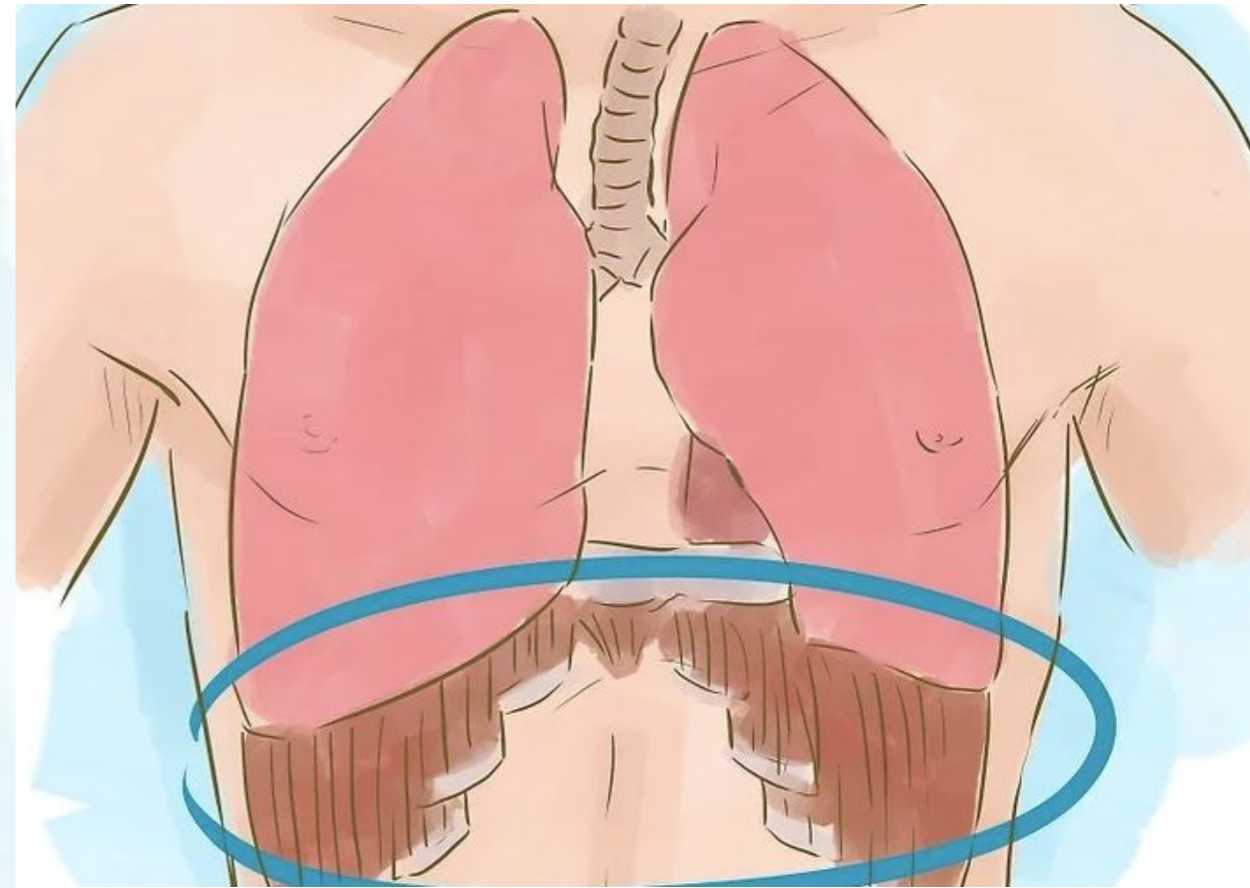
**Maaaaa** 🎵🎵

sound



5. Warm up the  
diaphragm muscle

Place **one hand on the diaphragm** which is just below the rib cage and give me **5 sharp SH sounds** and **1 long one** at the end.



# 6. Let's practice articulation!

Make sure your mouth is fully working

# BDG

We are going to be saying BDG  
again and again

10 times really fast!

PTK

We are now going to try P T K!

Last one!!

**M L W**

Let's finish up this warm up with M L W !! 😁

It is important to warm up your voice overtime that you are speaking publicly, giving a presentation, or a talk.

By warming up your voice you protect your voice but also you make sure that you are performing at your best !

**Thank you for joining**

