

## RHS Vocal Students

On this page you will find resources to vocal warm-ups and exercises we use in class each day. You can download or listen to the exercises. Sing with each vocal exercise daily to increase your range, breath control and vocal stamina and to also train your ear.

We will upload more recordings and other resources to help you become incredible singers.

### 1. Scales:

**Audio Link:** [Scales: Click this link to listen and download MP4](#)

**Note:** All scales should be practiced in Solfeggio and Numbers. Use solfege syllables with "moveable" "do". When using numbers always start the scale on the scale number "1" whether Major or minor.

Exercise: Note: All of these scale exercises are on the same audio file.

C Major, C# Major D#/Eb Major Sing Solfeggio (do, re, mi, fa, sol, la, ti, do) Ascending and Descending or

Sing Numbers (1, 2, 3, 4, 5, 6, 7, 1) Ascending and Descending

Natural Minor Scales

Bb minor, C minor, D minor Sing Solfeggio (la, ti, do, re, mi, fa, sol, la)

Sing Numbers (1, 2, 3b, 4, 5, 6, 7b, 1)

Harmonic Minor Scales

Note: These are the same as the natural minor scales but the 7th scale step is raised one half step

Bb, C & D Harmonic Minor Sing Solfeggio (la, ti, do, re, mi, fa, si, la) Note: "sol" turns to "si" ("see) when raises 1/2 step.

Sing Numbers (1, 2, 3b, 4, 5, 6b, 7#, 1)

Melodic Minor Scales

Note: "fa" and "sol" are raised to "fi" and "si" ascending and lowered to "fa" and "sol" descending

Bd, C & D Melodic Minor Sing Solfeggio (la, ti do, re, mi, fi, si, la, sol fa, mi, re, do, ti, la)

Sing Numbers (1, 2, 3b, 4, 5, 6#, 7# 1, 7, 6, 5, 4, 3b, 2, 1)

### 2. [mi,me, ma,mo, mu] with whole step turn on [ma]:

**Audio Link:** [\[mi,me,ma, mo mu\]: Click to listen and download .m4a](#)

**Note:** This exercise starts on the note "D4" the 5th of the played G Chord. Continue to ascend chromatically one octave. The highest note sung is E5 in this exercise. (E4 for Men) Remember men are singing one octave lower than the women.

**Range: Women: D4 to E5, Men: D3 to E4**

**Tempo: slow and legato**

### 3. "Follow Me":

Audio Link: ["Follow Me" Click to listen and download .m4a](#)

**Note:** This exercise starts on the note "C4" the tonic of the scale. Sing "follow, follow, follow, follow me" on (do, re, mi, fa, sol, fa, mi, re, do) pitches. Use a slight crescendo when singing ascending to "sol". **Sing smoothly or legato making sure to sing long vowels and short consonants.**

**Range: Women: C4 to A6, Men: C3 to A5**

**Tempo: 1/4 note=120**

### 4. "5 Tone Descending on [mi]:

Audio Link: ["mi 5 tone descending \(sol to do\)" Click to listen and download .m4a](#)

**Note:** This exercise starts on the note 5th scale step of the scale ("sol"). Sing "mi, mi, mi, mi, mi" using the Solfeggio syllables (sol, fa, mi, re, do). **Sing legato with a slight crescendo while descending. Relax the shoulders and keep the jaw loose. This exercise can also be sung using "yah" [ja] instead of [mi].**

**Range: Women: , Men:**

**Tempo: 1/4 note=110**

### 5. "Where am I Going Tonight?":

Audio Link: ["Where am I Going Tonight" Click to listen and download .m4a](#)

**Note:** This exercise starts on B below Middle C and uses the solfeggio syllables "do, mi, sol, do, sol, me do" in an ascending and descending arpeggio. **Sing legato with a slight crescendo while ascending and keep the volume as you are descending. Relax the shoulders and keep the jaw loose. Use very round vowels and quick consonants.**

**Range: Women: B4 to C6 , Men: B3 to C5**

**Time Signature: 6/8 felt in 2**

### 6. [i] [a] 5 Tone Ascending and Descending:

Audio Link: [\[i,a\] 5 Tone Major Ascending and Descending: Click to listen and download .m4a](#)

**Note:** Feel this exercise in 4. Start on [i] and change to [a] on beat 2. Ascend Chromatically keeping the tempo steady and the air flowing quickly. You can use a slight feeling of laughter but do not get breathy. **Sing light and detached with a slight crescendo while ascending. Relax the shoulders and keep the jaw loose. Lot's of space and breath "Low, Down and Out" before each chromatic step.**

**Range: Women: C3 to A6 , Men: C2 to A5**

**Tempo: 1/4=90**

## 7. Lips and Teeth

**Audio Link:** ["Lips Teeth": Click to listen and download .m4a](#)

**Note:** Sing "The lips, the teeth, the tip of the tongue(2Xs) Articulate, Enunciate, Exaggerate (1X)". Don't allow the consonant to be more pronounced than the vowels. The vowels are still the most important. Sing the consonants crisp and clear but stay on the vowel as long as possible. The starting pitch is always the 5th note of the scale (sol).

**Be careful! This exercise is not played with movement chromatically. Listen for the leaps when the key changes. Stay relaxed and do not let yourself get tension in the chest, shoulders and jaw. Breathe fast, low, down and out and NOT into the shoulders. NOT CLAVICULAR (shoulder) BREATHING!**

**Range: Women: E4 to D5, Men: E3 to D4**

**Tempo: 1/4=135**

## 8. "E' nesce di Musetta"

**Audio Link:** ["E' nesce di Musetta" Click to listen and download .m4a](#)

**Note:** "E' nesce di Musetta" sounds phonetically like "Eh neh sheh dee Mu:zeh:tah" IPA (International Phonetic Alphabet)= [ɛ ne ʃe di muzet:ta] **I adapted this warmup from the 4th Act of Puccini's 'La Bohème' the**

**Tenor/Baritone Duet "O Mimì, tu più non torni". Although both roles sing different words listen for the unison Major 6th at the 2:58 mark when the duet starts. The Baritone sings "E' nesce di Musetta".**

**Range: Women: C4 to E, Men: C3 to E4**

**Tempo: With "Rubato". Rubato means "stolen". The tempo is not steady. There is a give and take, speeding up and down.**