# Daily Workout for a Beautiful Voice

Exercises

by

## **Charlotte Adams**

edited by

Charlene Archibeque



www.sbmp.com

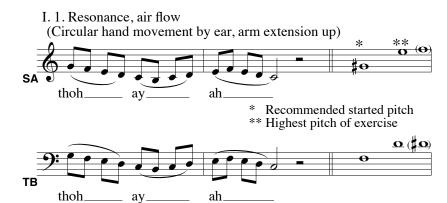
Charlotte Adams has taught music at Cherry Creek High School since 1974. She holds a B.A. degree from Colorado College and a M.M. degree in choral conducting from Indiana University.

Charlotte says, "Trained first as a pianist, I have worked to improve my own voice while exploring ways to get vocal concepts across to my students. I have frequently brought voice teachers into my classroom, have attended numerous voice workshops, and have sought the advice of voice professors. I believe that if you first develop the individual voices in your choir, you will have a strong base on which to build a beautiful choral sound."

Under her direction, Girls' 21 has performed at state and national conventions sponsored by CMEA, MENC, and ACDA. In 1984 at the CMEA Convention in Colorado, Charlotte was presented with the "Colorado Director of the Year" award presented by the Colorado Chapter of ACDA Charlotte was the first high school director to receive this award.

**Daily Workout Vocal Exercises Octavo**, SBMP 40 available at SBMP.COM

#### **Vocal Workout Exercises**



 I. 2a. Resonance, engagement of diaphragm, relaxation of facial muscles
 (Index finger draws circles in middle of forehead or above head)





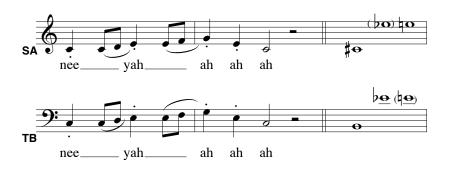
I. 2b. Resonance, relaxation of facial muscles (Index finger draws circles in middle of forehead or above head)





bee bee bee bee bee bee bee

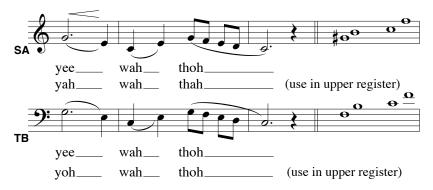
I. 3. RELAXATION, resonance
(Brush cheeks with thumbs in upward motion
Bounce hands at hip level in high register)



II. 4. Resonance, sustained breath support, unified vowels (Lifted circle by ears, upward movement on descending notes)



II. 5. Breath stream, resonance, relaxation (Big circle with one arm; two arm circle on "thoh")



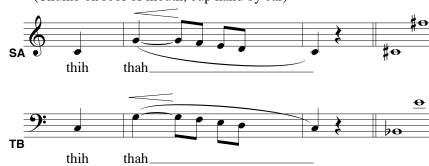
#### II. 6. RELAXATION

(Beach ball tossed from hand to hand with wrist snap on top and bottom of 5 note pattern)



9: Pe(10)

III. 7. Lifted soft palate, breath support (Thumb on roof of mouth; cup hand by ear)



III. 8. Unification of vowel sounds, resonance, extended phrasing (Candy kiss, oreo cookie)



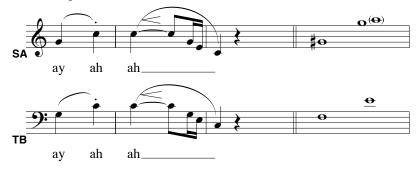


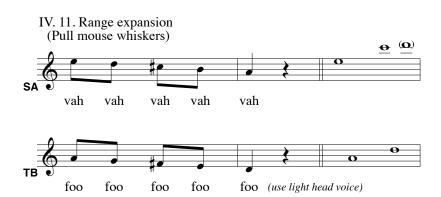
#### III. 9. RELAXATION (Puff out cheeks)



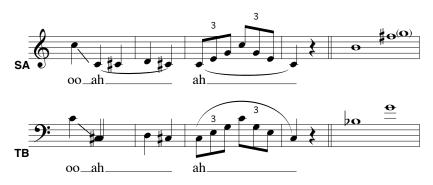


IV. 10. Range expansion, lifted soft palate (Swing both arms in, then out, then in a two arm circle.)





#### IV. 12. Legato, deep breathing, uniformity throughout registers (Hand on neck to encourage low larynx)



### IV. 13. RELAXATION, buoyancy, activation of articulators (Bounce bubbles with hands)





## V. 14. Range expansion, facial expression (Two arm circles, up on toes)

TB

I

love\_



sing.

V. 15. Range, agility, diaphragmatic support (March with swinging arms)









V. 16. RELAXATION, range, agility, breath articulation (Clown smile on inside, temple to temple; two arm circles, up on toes)



