

Vocal Warm-Up Sheet

Warm-Up Routine:

1. Gently stretch a little: stretch arms, roll shoulders, wiggle around to loosen up the body
2. Find a comfortable, easy tall position with feet balanced beneath you. Think yoga tall not army tight!
3. Do a few goofy siren sounds up and down.
4. Sing warm up exercises for about 5-10 minutes. Begin in a medium-low range and repeat the exercise, descending by a half step for each repetition. Then return to your medium range and ascend by half steps. Only sing as high or as low as is comfortable.

1 2 3

mm _____ oo _____ ee _____
 me _____ oh _____ ay _____
 moo _____ ah _____ ah _____
 mah _____ me ___ may ___ mah zee _____ zah _____
 mah ___ moh ___ moo voo ___ voh ___ vah me ___ may ___ moh ___ mah _____

4 5 6

ah _____ oh _____ ah _____ ah _____
 oh _____ thee _____ thah _____ oh _____
 moh _____ mah _____ thoo _____ thoh _____ zoo _____ zoh _____ zah _____
 vee _____ vah _____ ah _____ I _____ love to sing
 mah ___ moh ___ may ___ me ___ mah _____ moh _____ me thee _____ thoh ___ thah _____

7 8 9

yoo _____ yoh ___ yah _____ ah ey ee oh oo
 yoh _____ me ___ mah _____ mah mey mee moh moo
 yah _____ oo _____ vah vey vee voh voo
 yay _____ ah _____
 yee _____ ee _____

10 11 12

yoh oh oh oh oh yoo oo oo oo oo oo oo oo yoo oo oo oo oo oo oo oo
 yah ah ah ah ah yoh oh oh oh oh oh oh oh yoh oh oh oh oh oh oh oh
 yah ah ah ah ah ah ah ah ah me ee ee mah ah ah ah ah
 yay yay yay yay yay yay yay voh oh oh vah ah ah ah ah
 vee vey vah ah ah ah ah yee yee yee yee yee yee yee yee

13 14

oh _____ yoo _____
 ah _____ yoh _____
 oh _____ ah _____ me _____ mah _____
 ee _____ ey _____ ah _____ voo _____ voh _____
 thoo _____ thoh _____ thah _____ yee _____

15

ah _____
 oh _____
 oh _____ ah _____