Welcome to my warm ups album! The idea is to have my everyday warm ups available for everyone, at any time. There’s no tricks here, nothing too complicated, nothing you can’t manage by yourself, and nothing you’d need a singing teacher for.

These are the warm ups I’ve used every day for many years with a variety of singers with different ranges, abilities and needs. They should be simple to understand and very effective for warming up your voice on a daily basis. Attached in this PDF document are musical examples of each exercise and a few tips on different ways to approach them, essentially what I would say to you if I was there with you playing the piano.

If you’ve got any queries, don’t hesitate to get in touch. Email me at pete@vocalwarmups.co.uk and I’ll get back to you. If you’d like to be sent information when I’ve produced Volume 2, then email me and I’ll put you on the mailing list.

I hope you enjoy using these simple but effective warm ups as much as the many hundreds of people I’ve worked with over the years have.

Pete Faint
March 2010
TRACK 1
Start off with a gentle hum, starting quietly.

TRACK 2
Keeping things gentle, run through the vowel sounds, start working your mouth muscles as you sing.

TRACK 3
Open up with a bright, clear “Ah”. Also use other vowel sounds here in place of “Ah”.

TRACK 4
Using the same music, try alternating the vowel sounds, again waking up the mouth muscles.
TRACK 5
Slide gradually from the first note to the second, and down again.

Ah

Ah

TRACK 6
Repeat the previous exercise, but with a bigger slide.

Ah

Ah

TRACK 7
Make sure the volume is even throughout, and you don’t rush on the way down.

Ah

ha ha ha ha ha ha ha ha ha ha

Ah

ha ha ha ha ha ha ha ha ha ha
TRACK 8
Aim for a clean transition from the first to second notes.

Ah

TRACK 9
Expand the lower reaches of your voice, slowing descending.

Oo ee oo ee oo

TRACK 10
Be careful to sing the notes exactly as written, and keep up with the increasing pace towards the end. This should be a good work out!

E A aah___ ha ha  E A aah___ ha ha  E A aah___ ha ha  E A aah___ ha ha
TRACK 11
This exercise is for clarity of words and clean pitching of intervals. Make sure you separate the ‘t’ of ‘flat’ and the ‘t’ of ‘tyres’.

My car has flat tyres

TRACK 12
There are loads of potential tongue twisters which you could substitute for use with these tracks. Use these, or use your favourites!

Chester Cheetah chews a chunk of cheap Cheddar cheese

TRACK 13
Red, yellow, orange, lorry, leather, there’s plenty of options! Toy Box, Toy Box. Piccalilly, Piccalilli. Pickled Peppers, Pickled Peppers. Caterpillar, Caterpillar. etc...

Red lorry yellow leather Red lorry yellow leather
Another tongue twister exercise, with a triplet feel. Try Cucumber, Cucumber. Or Equity Deputy, Equity Deputy. All good fun, and very useful!

Sat-ur-day mat-in-ee Sat-ur-day mat-in-ee Sat-ur-day mat-in-ee Sat-ur-day mat-in-ee

One last tongue twister exercise, at a faster tempo for those things which are easier to get, or for the cleverer singer!

Cat-er-pil-lar cat-er-pil-lar Cat-er-pil-lar cat-er-pil-lar

A great fun exercise which uses the brain as much as it uses the voice. Once you’ve mastered this, try counting up to ten instead of five.

1 2 3 4 5 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5 1 2 3...
Another tricky exercise for the brain as well as the voice. Try working backwards from eight to one, once you’ve mastered it this way round.
And finally, a good sing, in full voice, to finish the warm up.

And there we go. You should be ready now for your performance. Please use these in whatever way works for you. You won’t always need all the tracks and sometimes you’ll want to use some of them more than once, but that’s for you to make it work for you as you need it.

Always bear in mind that if the exercise goes too high for you, or starts too low, just join in part way through or stop and move to the next track at any time it becomes uncomfortable. These exercises aren’t meant to replace a singing teacher and I strongly recommend you seeking further help during your time as a singer, whatever level you’re working at.

Good luck and I hope you enjoy these warm ups for many years to come.