

WARM UP AND EXERCISE

- **Vocal Warm Up:** Easy peasy stuff. This is NOT finished sound, just getting the motor running
- **Exercise and Skills Growth:** Practice tone, placement, flexibility, and stretch your range. Train your voice to be flexible by going back and forth between skills
- **For even more info,** check out my course READY TO ROCK at readytorockwithcourtney.me

WORK ON REPERTOIRE (SONGS)

- Memorize Melody + Rhythm
 - Sing the song on a voiced consonant, a consonant+vowel syllable, or an open vowel.
 - Decide where to breathe
- Memorize Words
 - Write the words as if they are a poem
 - Determine correct pronunciation and make notes
 - Speak the words in rhythm
 - Decide where you need to modify vowels because of the range
- Put words and music together, then:
 - Phrasing
 - Musicality

COOL DOWN

- Repeat your warm-up, but don't stretch your range to its extremes.
- Keep it light.
- If you used one part of your range more than another while working repertoire, cool down the opposite end of your range