

Lip Rolls Explained

- ▶ Welcome to your fast and effective warm up! This is not to replace a full vocal workout however it will provide you with a few great exercises that will get your voice ready to sing, making it easier to achieve the desired sound and also increase a little stamina. Repeat the exercises as many times as you like until you feel your voice is warm and ready to go!
- ▶ Follow along with the scales as high or as low as is comfortable. Remember this is a warm up, we are not working on intense technique or strength building so think of it as a gentle stretch. No pushing or pressure. Keep it all light and easy!
- ▶ For more in depth workouts to develop strength and stamina, contact the studio for a lesson or keep following for new online courses coming soon!
- ▶ Firstly, lets look at a really gentle wake up for the voice. – lip rolls. To create this sound think like a little kid playing with toy trucks
- ▶ I chose to push my cheeks up gently to support the voice and air flow even more, again making this so much more of an easy warm up than a vocal work out.
- ▶ Try a few gentle runs up and down from as low to as high as you can go. Just get used to the shape, sensation and the sound.

