

# Super quick warm-up exercises

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- Exhale, inhale, exhale
- Exhale, inhale, exhale on long "f" "s" sh"
- Exhale, inhale, exhale staccato:

A musical staff in 4/4 time with a treble clef. The melody consists of quarter notes with an 'x' mark above each note, indicating a staccato or breath mark. The notes are grouped into three measures of four notes each.

f, f, f, s, s, s, sh, sh, sh.  
p, p, p, t, t, t, k, k, k.

A musical staff in 4/4 time with a treble clef. The melody starts with quarter notes, followed by a half note, and then a series of quarter notes. There are three downward-pointing triangles above the first three notes. The piece ends with a double bar line.

m - m - m - m - mo - - - o. *etc.*  
n - n - n - n - nu - - - u.

A musical staff in 4/4 time with a treble clef and a key signature of two sharps (F# and C#). The melody consists of quarter notes and half notes. The piece ends with a double bar line.

Su - su - su - su - su. *etc.* Su - su - su - su - su.  
Wo - wo - wo - wo - wo. Wo - wo - wo - wo - wo.  
I love\_\_ to sing...

A musical staff in 6/8 time with a treble clef. The melody consists of eighth notes and quarter notes. The piece ends with a double bar line.

ma-ma-ma-ma-ma-ma, ma - - - - a, a, a, a, a, a, a, a. *etc.*

*For "Messiah" season:*

A musical staff in 4/4 time with a treble clef and a key signature of two sharps (F# and C#). The melody consists of eighth notes. The piece ends with a double bar line.

lo-lo-lo-lo, lo-lo-lo-lo, lo-lo-lo-lo, lo-lo-lo-lo, lo. *etc.*  
lu-lu-lu-lu, lo-lo-lo-lo, le-le-le-le, li-li-li-li, la.

*Experiment with different consonants (w, v) and eventually leave out the consonant.*

You may conclude with "tuning" exercises, although for the singers those are often hard to apply to the music.