



GET VOCALLY RIPPED

Forty Five Exercises Designed To Get Your Voice In Amazing Shape!

More than "warm ups", these targeted **exercises** get you the sound that you want in record time!

Daily practice is essential

- Just as in the gym, it's not enough to know what to do, you need to do it consistently.
- Avoid "Binge" practices. Aim for daily consistency. Sing and work out 5 days a week with some rest days in between.
- The body responds best to smaller increments of workouts done consistently.

Focus on proper form

- These exercises are specifically targeted to train sensations and muscles within the voice.
- Don't just try to match pitch, focus on where you are working your voice, and match TONE.
- Isolation and control are essential.

It's not about how high you can go, or how loud you sing

- If at any point an exercise goes too high for you, drop down the octave that works for you.
- Keep in mind, every chord has three notes to it, so find a harmony if the recorded pitch isn't optimal.

Aim for 10-12 minutes a day

- There's no need to do all of these exercises in one sitting.
- Learn each isolation first. These were initially introduced one week at a time- with 3-5 recordings per week.

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- Hours of vocal exercises won't get you anywhere but bored and tired.
- Start with doing one specific topic a day until you grasp that topic.
- Then move on to the next topic.
- Work out for about 10-12 minutes a day, then move on to your own singing and practice. Go at your own pace. For some voices, even 10-12 minutes may feel too fatiguing. Do what YOU can do.

Choose your own style-specific workout

- At the end of the Get Vocally Ripped Program, choose the workout that best fits your style.
- There are many pop workouts with this system designed to go with "The Singer's Style Lab" to help pop singer's create their own signature sound.
- Don't skip past exercises, since they're important for vocal control and understanding.
- However, if an exercise really helps you find a particular sound, feel free to stick with it indefinitely!

Monitor your vocal health

- Your vocal health is your responsibility and number one priority.
- The workouts in this program are designed to promote vocal health and stamina.
- Many conditions can reduce vocal health: allergies, fatigue, smoking, or even staying up too late.
- If at any moment, you are running into soreness, vocal scratchiness, cough, or pain,
- Stop and take care of your own vocal health and hygiene.

Happy Singing to You!

- There are many "right" ways to sing, and many amazing vocal styles around the globe.
- Use these exercises to find **your** unique singing style.

Let your voice be heard!

The Professor Kelly