



VOICE TRAINING EXERCISES

Please print out
and complete each day

Exercise #	Exercise name	Tick when completed or make notes
1 DAY 1	The Chest Test Keep the mouth closed. Take a deep breath through the nose and hum the lowest note you can comfortably manage. Now drop the larynx at the back of the mouth to create a mellow resonance. Put your hand on your upper chest to check the vibrations. Do this 10 times/day.	Day 1 <input type="checkbox"/> Day 2 <input type="checkbox"/> Day 3 <input type="checkbox"/> Day 4 <input type="checkbox"/> Day 5 <input type="checkbox"/> Day 6 <input type="checkbox"/> Day 7 <input type="checkbox"/>
2 DAY 1	Internal Mouth Stretch Open the jaw, stretch the back of the mouth to drop the larynx, and hold for 5 seconds, and release. No humming or speaking. Do this 20 times a day.	Day 1 <input type="checkbox"/> Day 2 <input type="checkbox"/> Day 3 <input type="checkbox"/> Day 4 <input type="checkbox"/> Day 5 <input type="checkbox"/> Day 6 <input type="checkbox"/> Day 7 <input type="checkbox"/>
3 DAY 1	Sentence - Down the Scale Using a musical instrument or phone app, go down the notes to record the lowest pitch you can comfortably say: "This is the lowest tone I can speak comfortably". Do this 5 times a day but stop if you get strain. Write down the lowest note you can say clearly and with power and see if you can reach a lower note tomorrow. Important – Do not strain the voice!	Day 1: My lowest note = Day 2: My lowest note = Day 3: My lowest note = Day 4: My lowest note = Day 5: My lowest note = Day 6: My lowest note = Day 7: My lowest note =
4 DAY 1	Vibration Hum Spend a total per day of about 15 minutes humming the lowest note you can manage with power and without straining. Check to feel the resonance in your upper chest. Try humming while moving the head tilting down to tilting up to stretch the vocal cords.	Day 1 <input type="checkbox"/> Day 2 <input type="checkbox"/> Day 3 <input type="checkbox"/> Day 4 <input type="checkbox"/> Day 5 <input type="checkbox"/> Day 6 <input type="checkbox"/> Day 7 <input type="checkbox"/>

5 DAY 1	<p>The Big Yawn</p> <p>You need to start the yawn and feel the mouth really stretch. This shouldn't feel the same as the Internal Mouth Stretch as this time you are also actively raising the upper soft palate.</p> <p>You are tensing up the whole mouth for 5 seconds, then relax. Do this 20 times a day.</p>	<p>Day 1 <input type="checkbox"/> Day 2 <input type="checkbox"/></p> <p>Day 3 <input type="checkbox"/> Day 4 <input type="checkbox"/> Day 5 <input type="checkbox"/></p> <p>Day 6 <input type="checkbox"/> Day 7 <input type="checkbox"/></p>
6 DAY 2	<p>Shoulder Rolls</p> <p>Gently roll the shoulders to ease tensions.</p> <p>Do one minute as a warmup to speaking exercises.</p>	<p>Day 2 <input type="checkbox"/></p> <p>Day 3 <input type="checkbox"/> Day 4 <input type="checkbox"/> Day 5 <input type="checkbox"/></p> <p>Day 6 <input type="checkbox"/> Day 7 <input type="checkbox"/></p>
7 DAY 2	<p>Shoulder Massage</p> <p>With the right hand, lean over and gently massage the left shoulder. Then swap hands. If you have a partner to massage the shoulders, fine but make sure they are gentle with you.</p>	<p>Day 2 <input type="checkbox"/></p> <p>Day 3 <input type="checkbox"/> Day 4 <input type="checkbox"/> Day 5 <input type="checkbox"/></p> <p>Day 6 <input type="checkbox"/> Day 7 <input type="checkbox"/></p>
8 DAY 2	<p>Jelly Rolling</p> <p>Shake out all the tensions from your body by pretending it is jelly.</p> <p>This is a great tension disperser.</p>	<p>Day 2 <input type="checkbox"/></p> <p>Day 3 <input type="checkbox"/> Day 4 <input type="checkbox"/> Day 5 <input type="checkbox"/></p> <p>Day 6 <input type="checkbox"/> Day 7 <input type="checkbox"/></p>
9 DAY 2	<p>Big Tongued Monster</p> <p>Hold the tongue out without straining, and widen the eyes, also open widen and stretch the mouth... and for effect, you can stretch your hands in front of you!</p> <p>Hold for 10 seconds and repeat. Afterwards, rub your cheeks in circles with your knuckles to get rid of the remaining tensions that was caused by the stretch.</p>	<p>Day 2 <input type="checkbox"/></p> <p>Day 3 <input type="checkbox"/> Day 4 <input type="checkbox"/> Day 5 <input type="checkbox"/></p> <p>Day 6 <input type="checkbox"/> Day 7 <input type="checkbox"/></p>
10 DAY 2	<p>Q-E-Q-R</p> <p>Say or mouth the letters Q, E, Q and R in turn and really stretch the mouth and exaggerate the movements. A great tension remover and assists speech clarity Repeat 20 times daily.</p>	<p>Day 2 <input type="checkbox"/></p> <p>Day 3 <input type="checkbox"/> Day 4 <input type="checkbox"/> Day 5 <input type="checkbox"/></p> <p>Day 6 <input type="checkbox"/> Day 7 <input type="checkbox"/></p>
11 DAY 2	<p>Telephone Trill</p> <p>Take a deep breath and purse the lips – blow out and create a “trill” sound, it should make the lips tingle! 10 times a day.</p>	<p>Day 2 <input type="checkbox"/></p> <p>Day 3 <input type="checkbox"/> Day 4 <input type="checkbox"/> Day 5 <input type="checkbox"/></p> <p>Day 6 <input type="checkbox"/> Day 7 <input type="checkbox"/></p>

12 DAY 2	The Silent Laugh It's hilarious, but we can't hear you! Image you are laughing but move your face, mouth and belly as if you are enjoying a good laugh. A great tension remover.	Day 2 <input type="checkbox"/> Day 3 <input type="checkbox"/> Day 4 <input type="checkbox"/> Day 5 <input type="checkbox"/> Day 6 <input type="checkbox"/> Day 7 <input type="checkbox"/>
13 DAY 2	It Sucks Take a drinking straw and block it by bending it over. Now suck quite hard and you should feel the neck muscles tense up. Suck and hold for a few seconds then repeat. Do this 20 times a day, but you must stop if you get dizzy.	Day 2 <input type="checkbox"/> Day 3 <input type="checkbox"/> Day 4 <input type="checkbox"/> Day 5 <input type="checkbox"/> Day 6 <input type="checkbox"/> Day 7 <input type="checkbox"/>
14 DAY 2	The SCM Stretch This is where you stretch the Sternocleidomastoid (SCM) muscle by tilting the head backwards and to the side and holding for 5 seconds, then returning to normal. Repeat on the other side. Hum while doing the next reps. Don't do this at all if you have neck or back pain problems; ask your doctor or physiotherapist for advice.	Day 2 <input type="checkbox"/> Day 3 <input type="checkbox"/> Day 4 <input type="checkbox"/> Day 5 <input type="checkbox"/> Day 6 <input type="checkbox"/> Day 7 <input type="checkbox"/>
15 DAY 2	Think Bass When you're listening to music today, hum along the main melody an octave down from what you'd normally sing, or if you're musical, sing the bass line! Think bass!	Day 2 <input type="checkbox"/> Day 3 <input type="checkbox"/> Day 4 <input type="checkbox"/> Day 5 <input type="checkbox"/> Day 6 <input type="checkbox"/> Day 7 <input type="checkbox"/>
16 DAY 3	HANG – AAR! This is the exercise where you hum singing the word HANG showing that the sound comes out of the nose – check by pinching it – then change to AAAR and now check that nothing is coming out of the nose.	Day 3 <input type="checkbox"/> Day 4 <input type="checkbox"/> Day 5 <input type="checkbox"/> Day 6 <input type="checkbox"/> Day 7 <input type="checkbox"/>
17 DAY 3	Shoulder Freeze Just do this once on Day 3 to check if you're keeping your shoulders still and not hunching forward on your deep breaths. Put your hand on your belly and check in a mirror that your shoulders are frozen in place!	Day 3 <input type="checkbox"/>
18 DAY 3	The Bubble Guide Use a drinking straw and a glass of water plus a stopwatch to determine your lung capacity. Write the duration for each day. Longer time = bigger capacity.	Day 3: _____ Day 4: _____ Day 5: _____ Day 6: _____ Day 7: _____

19 DAY 3	Diaphragmatic Breathing Remember to fill the “lower car park” first before any cars are allowed in the “upper car park!” 20 careful, controlled breaths a day.	Day 3 <input type="checkbox"/> Day 4 <input type="checkbox"/> Day 5 <input type="checkbox"/> Day 6 <input type="checkbox"/> Day 7 <input type="checkbox"/>
20 DAY 3	The Hissing Snake Punch out 20 hisses in a row with your hand feeling how your diaphragm is being exercised.	Day 3 <input type="checkbox"/> Day 4 <input type="checkbox"/> Day 5 <input type="checkbox"/> Day 6 <input type="checkbox"/> Day 7 <input type="checkbox"/>
21 DAY 3	The Bike Tyre Only do this if you’re fit. Breathe in deep. Hold it. Then squeeze in a bit more. Hold it. Then try again until you know you’ve got the maximum in. Don’t hold your breath longer than 5 seconds and stop if you feel lightheaded. Take care.	Day 3 <input type="checkbox"/> Day 4 <input type="checkbox"/> Day 5 <input type="checkbox"/> Day 6 <input type="checkbox"/> Day 7 <input type="checkbox"/>
22 DAY 3	Hold that Nostril Close the mouth and hold one nostril to restrict the air intake. Now do your deep diaphragmatic breathing as Exercise number 19. This helps to tone up the muscles that help you to breathe.	Day 3 <input type="checkbox"/> Day 4 <input type="checkbox"/> Day 5 <input type="checkbox"/> Day 6 <input type="checkbox"/> Day 7 <input type="checkbox"/>
23 DAY 3	Rib Expansion Stand up with the hands securely on your hips and breathe deeply. Feel your ribs expand horizontally. Learn how to stretch that expansion more each day.	Day 3 <input type="checkbox"/> Day 4 <input type="checkbox"/> Day 5 <input type="checkbox"/> Day 6 <input type="checkbox"/> Day 7 <input type="checkbox"/>
24 DAY 3	The Didgeridoo Close the mouth and keep the teeth together. Now continuously hum while varying the distance between the teeth. Feel how you can control the resonance in different parts of your head while producing the mesmerising “Didgeridoo” sound.	Day 3 <input type="checkbox"/> Day 4 <input type="checkbox"/> Day 5 <input type="checkbox"/> Day 6 <input type="checkbox"/> Day 7 <input type="checkbox"/>
25 DAY 4	The Puppet Imagine that you are a puppet and suspended by strings - with the main one through your body and going through the top of your head. Go a bit floppy to understand where gravity pulls you; then imagine that you are now the puppet master! You are suspended from your head. Remember to keep the shoulders back and down.	Day 4 <input type="checkbox"/> Day 5 <input type="checkbox"/> Day 6 <input type="checkbox"/> Day 7 <input type="checkbox"/>

26 DAY 4	Neck Tension Reset This is a correction exercise when you have been straining with your head leaning forward, maybe over a laptop for some time. Very gently, pull your chin back to give a "double chin" and hold it for 10 seconds then gently release.	Day 4 <input type="checkbox"/> Day 5 <input type="checkbox"/> Day 6 <input type="checkbox"/> Day 7 <input type="checkbox"/>
27 DAY 6	The Vibrating Snout This is humming while moving the face muscles and those in the vocal tract to "push the vibrations forward" to get a tickly nose area! Experiment to get the most resonant sound; you need to get to know your voice system better.	Day 6 <input type="checkbox"/> Day 7 <input type="checkbox"/>
28 DAY 6	Someone Else's Shoes Who will you be for some time today? Imagine you are someone you admire as being cool with a smooth deep voice. Don't impersonate, just think like you feel they would think & act. On the right, mark down who you "were" on the day.	Day 6: _____ Day 7: _____

IMPORTANT: Do not undertake any of the exercises in this course if you are unwell or have underlying health conditions that could exacerbate your conditions.

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