

# VOICE EXERCISES

This is your “vocal workout.” Be EXTRA LOUD to strengthen your muscles and build endurance!

	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
6 LOUD, LONG Ahs							
6 HIGHS (low to high)							
6 LOWS (high to low)							
Read your list of 10 made up sentences two times							
Count to 20 two times							
Say the days of the week two times							
Say the months of the year two times							