

Sample warm-ups. Each one repeated several times, one semitone higher each time — typically until the top note reaches high-G (or A if ambitious). Altos and basses drop down an octave at the point where it becomes too high for them. May be tried with varying dynamics.

1. To a single vowel sound (ah-ah-ah or ee-ee-ee, etc.) either staccato or legato:



2. To 'pa', 'na', 'la', 'za' or similar:



3. Vowel sounds again (legato):



4. Changing sounds within the phrase:



5. 'Bella signora'. Also using the vowel sounds of that phrase but leaving out the consonants.

