

5-Minute Daily Vocal Warm-Up

DG Vocal Up Services LLC

Use this warm-up daily to gently wake up your voice, improve control, and build confidence.

1. Breath Wake-Up (1 minute)

Stand or sit tall. Inhale deeply through your nose for 4 counts. Exhale slowly through your mouth on a gentle “sss” sound for 6–8 counts. Repeat 3 times.

2. Lip Trills (1 minute)

Relax your lips and blow air through them to create a buzzing sound. Slide your voice gently from low to high and back down. Keep the sound light and easy.

3. Humming (1 minute)

Hum on a comfortable pitch. Focus on vibration in your lips and face. Slide up and down slowly, keeping your throat relaxed.

4. Vowel Warm-Up (1 minute)

Sing the vowels: “oo – oh – ah – eh – ee” on one comfortable pitch. Focus on clear tone and steady breath.

5. Gentle Song Phrase (1 minute)

Sing a short phrase from a familiar song softly. Focus on relaxed breathing and confidence rather than volume.

Consistency matters more than perfection. Five minutes a day builds strong, confident voices.

Want guided support? Learn more at www.dgvocalup.com