

CONTENTS


Page

Third Year Warmups	3
Third Year Progress Chart	47
Fourth Year Warmups	49
Fourth Year Progress Chart	93
Index	95

	Tips		Posture
	Reminders		Breathing

Making the Most of Your Warmups:

- 1) Always warm up your voice before or at the beginning of a rehearsal.
- 2) Start with the first five warmups in this book (1a to 1e). Use these five for one week. Then omit Warmup 1a and add Warmup 2. Each week continue to omit the oldest warmup and add the next new one so that you always have five warmups to practice. Each warmup lasts five weeks.
- 3) Use the tips to make the most of each warmup.
- 4) At the end of each week, check off the warmups you have been using:



The progress chart shows a horizontal line with five circles below it. The first circle is checked. To the left of the line is a box containing the numbers 5, 7, 8, 6. Above the line is a red box containing '1e'.

Then circle the appropriate numbers on the progress chart.

- 5) If you are eager to improve in some specific area, check the index for appropriate warmups.

Soloists: In warmups with more than one vocal part, you may choose the part with the best range for your voice or change the key.

Men's, Women's and Children's Choirs: See the Conductor's Edition for special instructions.