

5 Multilingual Vocal Warmups

A calm 5-minute ritual you can use before meetings, recordings, or your Online Voice Evaluation.

Quick start	Do the full 5 minutes, or pick any 2 warmups when you're short on time. Keep the volume easy: no pushing, no pain.
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If you feel pain, stop. This is training, not strain.

The 5-minute sequence

1) Reset + breath (60s)	Stand tall. Inhale through the nose for 3 counts, exhale on a long "haa" for 6-8 counts. Repeat 3 times. Keep ribs wide and shoulders soft.
2) Lip trill siren (60s)	Lip trill from low to mid and back down (gentle siren). If lip trill is hard, try a soft "vvv" instead. Keep airflow steady.
3) NG hum to vowel (60s)	Hum on "ng" (as in siNG). Feel the buzz behind the nose. Open to "ng-ah" without losing the buzz. 5 slow reps.
4) Vowel ladder (60s)	On a comfy 3-note pattern, sing: "oo → oh → ah". Keep jaw loose and tongue forward. Repeat 4-6 times.
5) Articulation + intention (60s)	Speak then sing 2 lines of a lyric or script. Add clear consonants (d/t/k/g) and one emotion (calm, bold, playful).

Walkthrough video

Follow along here: <https://singingattitude.com/warmups?lang=en>

Next step

If you want personal feedback, book an Online Voice Evaluation and we'll build a safe plan for your goals.

singingattitude.com/book