



DAILY VOICE EXERCISES

**15 minutes a day
to boost your voice power
and to keep feeling great!**

PETER BAKER & MARK LAXTON

VOICEOVERMASTERCLASS.COM



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**This free resource is brought to you from the team at
www.VoiceoverMasterclass.com**

**This PDF is part of the course;
30 Days To A More Powerful Confident Voice!**

Meet The Voiceover Masterclass Team



Peter Baker has been in broadcast media all his working life. He is a radio presenter, voice artist, podcast producer and TV producer & director with many years working at BBC TV and ITV Granada.

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Mark Laxton is a course creator and marketing specialist as well as an author and publisher. He has helped many individuals and organisations reach success with his honest and effective marketing systems.

marklaxton.com



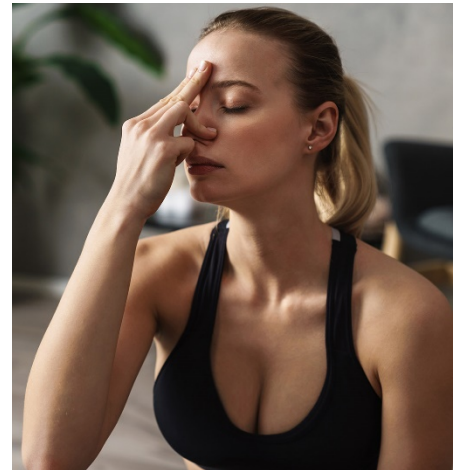
Katy Brody is a professional presenter, voice talent and podcaster and is an expert in the look and image of presenters and TV sets, Katy has years of experience in business media productions for many top clients.

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15 MINUTES A DAY

This set of exercises take just about 15 minutes a day and you're welcome to customise them to your own needs to help improve your voice.

As well as watching each video and doing the exercises suggested in it, we also suggest that you spend 15 minutes doing these basic breathing and voice exercises, to really help improve the way that you use your body correctly and to help project words clearly and with resonance and confidence.



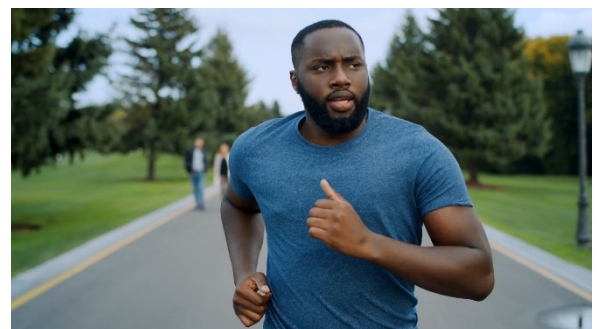
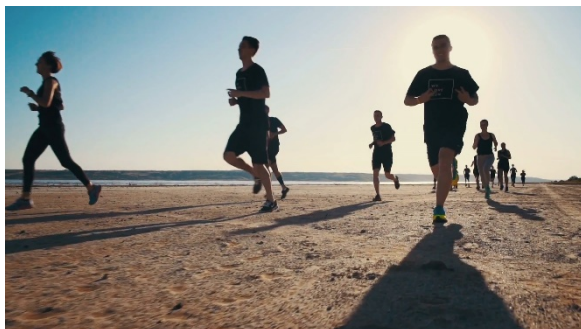
GENERAL HEALTH

First of all, we assume that you WANT to be healthy, and you WANT to have an improved voice, and you try to do as much active movement and exercise as possible, you don't smoke, you eat good food regularly and you have quality sleep every night. That's assumed!

Sleep is so important to "reset" your body every night, that we have created its own course.

Check out our **"Sleep Better! Fall Asleep Faster and Sleep Deeper for Longer"** course out at this link: <https://www.voiceovermasterclass.com/sleep-better-course/>

The 15 minutes of daily exercise is split into three five-minute sections to make it all easy to remember. We hope you find this useful and remember to never start any exercise regime before checking with your doctor who knows your health condition well.



SECTION # 1 - BREATHING

Many people abuse their bodies, and that's not just by overeating or smoking or taking drugs, but simply by not using all the muscles that we all have to help to draw in air and to create clear words to communicate with others.

It's not just that we are mostly lazy in breathing now, over the last 200 or so years, human beings have had more sedentary lifestyles, being less active in our work with labour saving devices and mechanical transportation vehicles, so regular deep diaphragmatic breathing to give our bodies energy and nourishment has in a way been "forgotten" by modern man. Much of our food is processed and "soft" as well, so we don't exercise our jaws on our food. The result of this is that our airways and mouth sizes are amazingly measurably smaller than our ancestors, making it actually harder for us 21st century humans to breathe correctly.

The general advice from experts is to always breathe through your nose and never through your mouth unless your nose is blocked, or you do need an extra gulp of air for some extra exertion. Also try to take less breaths than you think you need. "Over" breathing sounds like a good idea to get more oxygen in, but actually breathing fast shallow breaths is not good for us at all.



If you'd like to know the science behind this, we do recommend the best-selling book "*Breathe*" by James Nestor. James explains the many experiments done over the years to show how all this makes sense. One technique you may like to learn about is to tape shut the mouth when sleeping to force the body to breathe through the nose, it's that important to improve your general health and to prevent a range of sleeping disorders!



EXERCISE 1 – Alternate Nose breathing – 5 minutes



Stand or sit in an upright seated yogic position. Close your mouth. Place your fingers as shown. Close your right nostril and breathe in through the left nostril only.

Breathe in deeply so you feel all your lungs expand and you feel your diaphragm go down. Take 5 seconds to complete this inhalation. Immediately close the left nostril and start to exhale gently through the right nostril, also taking 5 seconds to completely exhale all the air in your lungs. Now inhale through the right nostril for 5 seconds, then close this right nostril and exhale through the left nostril, again for 5 seconds.

All the time, monitor your body well, ensuring you are completely filling the lungs on inhalation and completely expelling all air on exhalation. Do this near a ticking mechanical clock if you can, to ensure that you are as close as possible to 5 seconds for each move. Don't hold your breath at any part of the exercise. Don't panic about not getting enough breath, it will be fine if you are generally fit with no lung disease. Stop if you feel dizzy or light-headed.

Summary:

Stand or sit in an upright seated comfortable yogic position.

Close your mouth.

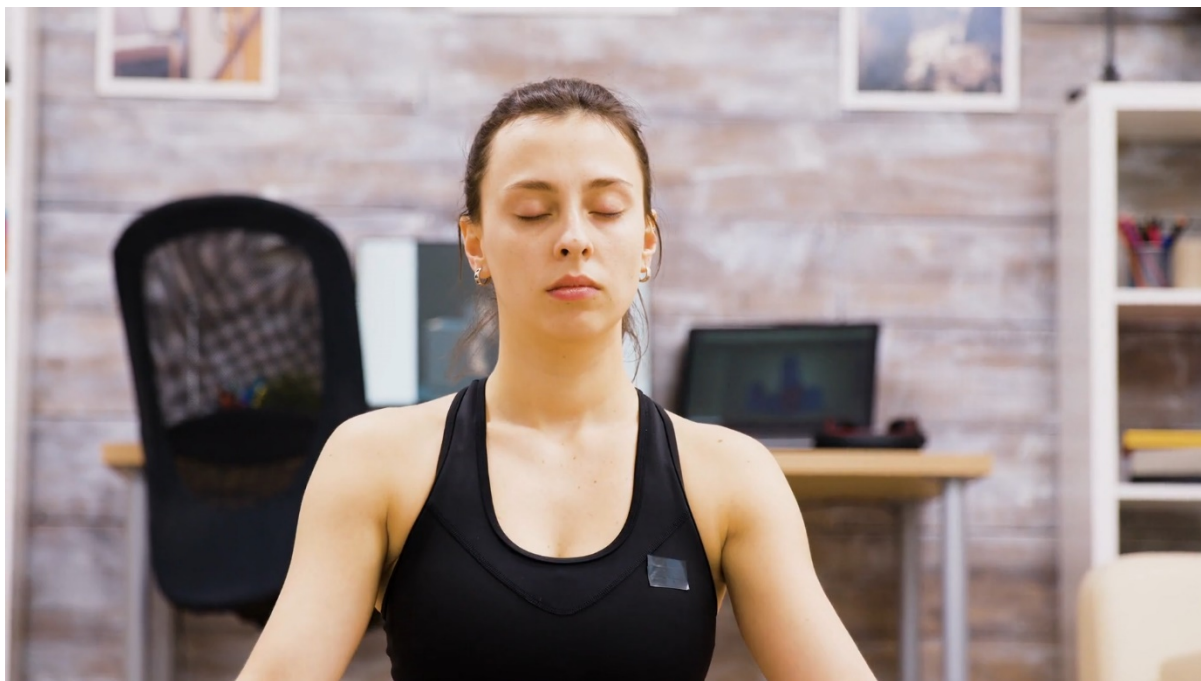
Block the RIGHT nostril. Breathe IN fully for 5 seconds via the LEFT nostril.

Now block the LEFT nostril. Breathe OUT fully for 5 seconds via the RIGHT nostril.

Keep the LEFT nostril blocked. Breathe IN fully for 5 seconds via the RIGHT nostril.

REPEAT for 5 minutes. Keep calm, relax and know it's doing you good.

EXERCISE 2 – Deep and resonant humming – 5 minutes



Deep humming is very useful for

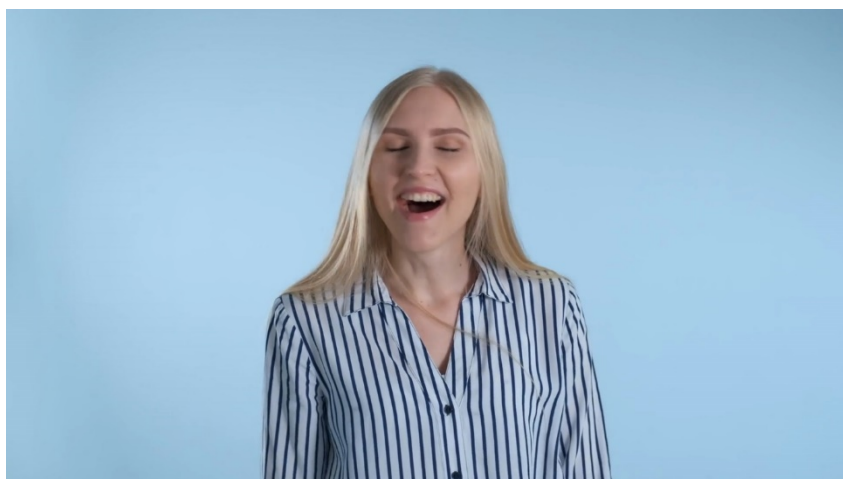
- General relaxation
- Developing a more resonant and richer voice
- Keeping the vocal cords healthy

The exercise:

- 1- Sit cross-legged or in a supportive chair.
- 2- Keep your mouth shut and breathe through the nose.
- 3- Breathe in a deep diaphragmatic breath for 5 seconds.
- 4- Place a hand on your upper chest to feel the vibrations you will generate.
- 5- Very slowly, exhale, humming a low note; don't worry if you are not musical, make sure it's not so low the sound breaks up, try to keep the note going for at least 10 seconds.
- 6- Repeat this hum, but this time start to yawn while humming, but keeping your mouth closed. Your larynx will drop down in this "start of a yawn" and the hum will be mellower and richer. Continue to repeat these types of "half yawn" hums. Ensure that your hand on your chest is picking up these more intense vibrations.

If you are having difficulty in achieving the "half yawn" mellower and more intense hum, you may not be relaxed enough. Try to "switch off" from the pressures of the world. You may also like to gently massage your vocal folds by the back-pressure air vibrations you get by going "Ooooo" sung on a single note down a drinking straw dipped into a glass of cold water.

EXERCISE 3 – Vocal clarity exercises – 5 minutes



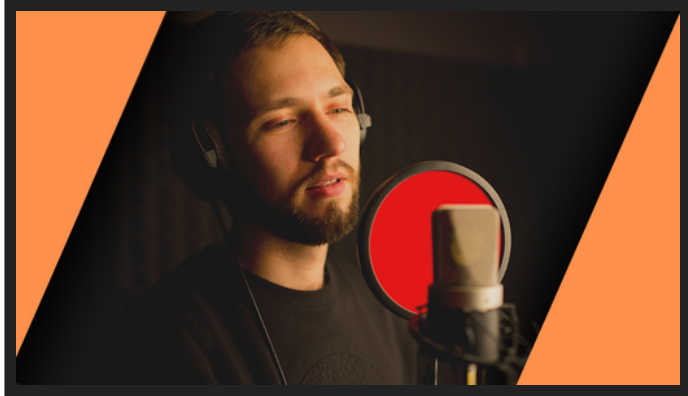
Clarity Exercise # 1 (One minute): Clench your hands and put both hands into your relaxed cheeks and massage the sides of your face in a circular motion for about 10 seconds, then stop and simply open your mouth wide “AAAH” shape for 10 seconds and really stretch it open and hold it. Do this all three times, taking 1 minute.

Clarity Exercise # 2 (One minute): Look in a mirror and mouth the letters “Q” then “E” then “Q” again, and then the letter “R”. You don’t have to speak the letters. Look at the shape of your mouth as you mouth the letters. “Q” should be a tiny round hole for your mouth. “E” should be stretched wide, very wide. “Q” takes you back to a small hole again. “R” stretches you wide like in Exercise # 1. Do this slowly, a second for each letter for a minute.

Clarity Exercise # 3 (One minute): Look at the second hand of a watch or clock or use the timer function on your phone. Take a complete diaphragmatic breath. Now say the alphabet from A to Z as fast as you can and as clear as you can. Say the whole alphabet in one exhaled breath. Try to make each letter separate. You should be able to do the whole alphabet in 10 seconds; experienced voice artists can do it all easily in 5 seconds. ABCDEFGHIJKLMNOPQRSTUVWXYZ. Advanced: Do it while actively smiling too!

Clarity Exercise # 4 (One minute): Relax the lips and let them lightly touch. Take a complete diaphragmatic breath. Now blow air to make a “raspberry” sound, but make it sound like a telephone ring tone to make it easier. You should be able to blow out 4 sets of “telephone ring” pairs or about 10 seconds worth with each inhaled breath. Feel your lips tingle as they enjoy the workout.

Cool down Exercise (One minute): Repeat low humming again to cool down your exercise session. Hum while stretching, rolling your shoulders, shaking out your hands and gently turning your head from side to side. You’re now ready to face the rest of your day!



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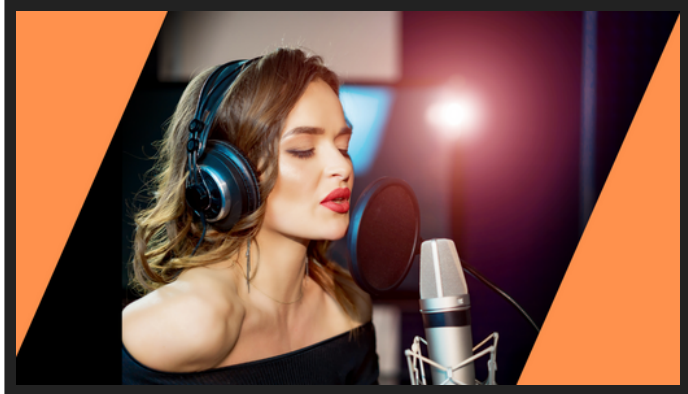


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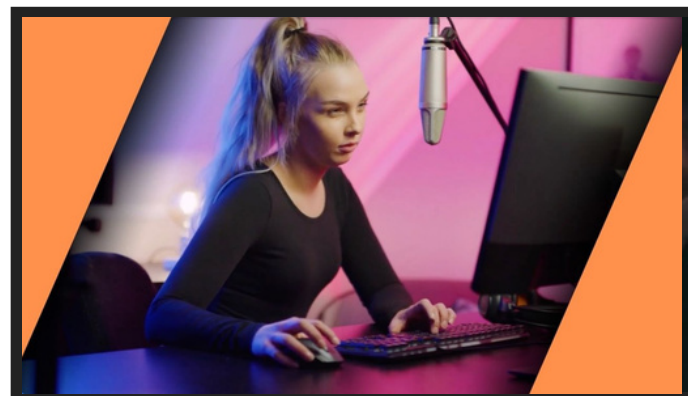
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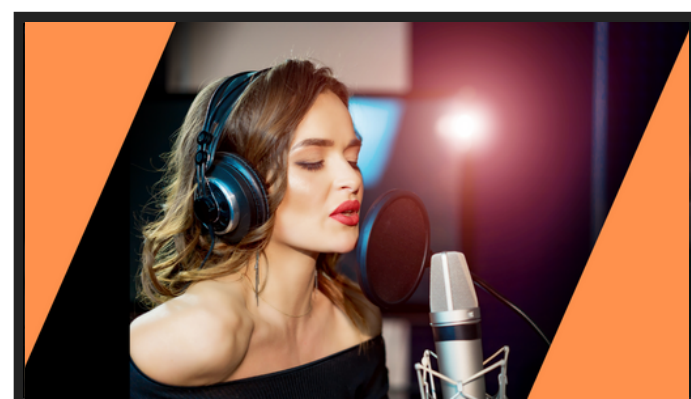
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