

STRAW ROUTINE EXAMPLES



| Routine (choose one per workout) | Exercises |
|---|---|
| <p>SR1. The 'Titze' Basics <i>Best for: mornings, warm up, warm down, essential vocal stretching, tired or injured voices</i></p> | <p>Sirens - 2mins Accents - 2mins Melody - 1min</p> |
| <p>SR2. Vocal Fold Strengthening & Speed <i>Best for: onset development, vocal agility and stability</i></p> | <p>Sirens - 2mins Accents - 1min Top Down Laugh/Giggle - 1min Laugh Arpeggio - 1min</p> |
| <p>SR3. Vocal Dynamics <i>Best for: safely exploring minimum/maximum volume, vocal fold closure & airflow coordination</i></p> | <p>Siren - 1min Accents - 1mins Messa di Voce - 2mins Sustain/Vibrato - 1min</p> |

Try squeezing in 5 of these routines into your day for a few weeks, with the majority being SR1.
Example: 9am - SR1, 11am - SR1, 2pm - SR2 or SR3, 5pm - SR1, 9pm - SR1