

# Tamara Beatty

## 'Condition Your Voice' Workout Pack

### CONTENTS INCLUDE:

#### **INSTRUCTIONAL VIDEOS**

Tamara walks through how and when to do each and every voice exercise in the pack. You will learn how to get the most out of each program, and when is the best time to do it! You'll also learn how to stack the programs to make routines. Watch the "Let's Get Conditioned and Ready for Stage" Video to learn more about How to Use the 'Condition Your Voice' Workout Pack.

#### **VOICE EXERCISE PRACTICE PROGRAMS**

- Relaxing Warm Up** - A gentle warm up in a nice easy range. Use this program to ease into things, get back into the swing of things, or as a pre -warm up to another warm up program or strength training program.
- Moderate Warm Up** - A moderate warm up in a medium range. Use this program by itself as a solid, short warm up for practice or a show, or use in conjunction with another program.
- Strength Warm Up** - A strength training warm up in a medium to higher range designed to get your full voice activated, or prepare for using your voice with heavier intensity such as belting. Use this program by itself or after another Warm Up to prep for more intensive singing, practicing, or gigging.
- Warm Down** - Use this program after a gig, studio session, interview or talking in loud situations, or after a demanding practice.
- Foundations Program** - Training your chest voice to get anchored without pushing, building your low voice tone, and giving the prep necessary to extend your full voice higher.
- Balance and Connection Program** - Training your voice to use the same volume and intensity across its range, using the same 'posture' across the range to build tone, and getting the connection you need to build strength and power.
- Strength Program** - Training your voice to extend your full voice higher in a healthy way and taxing your voice in just the right amount so as to build strength and avoid fatigue.
- Release Program** - Training your voice to relax, reset, and feel easy across your range. Use this program after a show, on an 'off day', or when you're doing intensive strength training.
- Agility Program** - Training your voice to move quickly, be accurate in faster passages, and prep for riffs and stylings. If you are experiencing serious voice issues, please cease training and contact your doctor or ENT, or contact us (info below).

**To book/inquire, or connect, [contact us here](https://tamarabeatty.com)**  
**[tamarabeatty.com](https://tamarabeatty.com)**

\*These exercises are designed for healthy voices. If you are experiencing serious voice issues, please cease training and contact your doctor or ENT, or feel free to connect us for a private consult.