



Lesson I BELTY FLANKENS!!

What you will learn in this Video:

1. What breathing muscles you need and need to develop in order to belt.
2. Which muscles shouldn't be working and should be relaxed while singing or belting.
3. The anatomy of breathing.
4. The exercises to develop these muscles.

Exercises

1. Ssss. 8, 16, 24 and 32 counts with 4 counts in between to inhale.
2. Zzzz. Holding a note. 8, 16, 24 and 32 counts with 4 counts in between to inhale.
3. Towel Pull. This exercise develops your very important Belt Breathing Muscle.

DO NOT.....

- A) ...shrug your shoulders. Shoulders should be down.*
- B) ...tighten up your lower stomach muscles because it makes your throat tense up.*
- C) ...push your chest out.*

**ALL EXERCISES MUST BE DONE WHILE STANDING UP
AND IN FRONT OF A MIRROR**