



## Lesson 5

You gotta get down to get up  
What you will learn in this video.

1. Why having a strong but not too strong chest voice is so important.
2. Where the chest voice placement is, how it feels, what to think in order to get sing low and what not to think.
3. Anatomy of the Vocal Chords in the chest voice position
4. Exercises that make and keep your chest voice strong with out over powering the rest of your voice.

Exercises: (please warm up before doing these)

1. Liptrills with a Quack: This exercise trains your brain to think the right thoughts when you are gettin' down.
2. Rockin Soul: This special exercise increases your range while teaching your brain not to go to the LOW ZONE when you sing low.
3. BIG CHESTY AAA: Singing in COMPLETE Chest VOICE.
4. Mmmm: A great exercise for really feeling the vibrations in the front so your placement is where it should be and it keeps your chest voice from being too fat.
5. NehNehNeh: This excercise gets you ready for the crossover into the middle voice.

Like all exercise, do these daily! PLEASE....make sure you are using your „flankens“ before you sing the low note and your tongue is under control like in exercise 2. After doing these exercises, you MUST go back and do some head voice exercises from lesson 4 for the muscle balance. All together once you get it down, it should take about 30 minutes.