

LOVE YOUR VOICE *workbook*

HOW TO GET THE VOICE
YOU'VE ALWAYS WANTED.



ROCKITVOCALSTUDIOS.COM

Welcome!



Hello and welcome to the Rural Sound Sessions virtual training program!

I'm thrilled you're here to achieve the voice you've always wanted! Whether you're a beginner or refreshing your skills, this program will guide you through exercises to boost your results and confidence.

This guide includes video and audio training—just click the links to access them.

You'll learn to sing and speak with confidence and joy. Here are a few things to remember:

- Your voice is an instrument made up of muscles that can be trained and strengthened like any other.
- Confidence comes with consistent practice and trust in your voice. The more you practice, the more confident you'll become.
- Don't fear mistakes, pops, and cracks—learn from them and observe what caused them.
- Don't worry about sounding 'bad' initially. Like any skill, growth involves experiencing messy phases as you learn more about your voice.
- Singing should feel good. If you experience scratching, tension, or pain, stop immediately. Singing correctly should feel easy and effortless, even if it doesn't sound perfect yet.
- Your vocal muscles are small. Small actions and sounds can produce big results. Avoid pushing or straining.

Please reach out if you have any questions or want to schedule a private consultation to check your technique.

I wish you all the best on your new vocal journey!

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Your Instrument

The voice is produced by a fascinating mechanism involving the vocal cords, which are located in your larynx, commonly known as the voice box. Here's a simple explanation of how the vocal cords work:

Respiration: It all begins with the respiratory system. When you want to speak, you take a breath in, filling your lungs with air. This air contains oxygen that your body needs, but it also plays a crucial role in creating sound.

Larynx and Vocal Cords: As you exhale, the air flows out of your lungs and into your windpipe (trachea), which leads to your larynx. The larynx houses the vocal cords, which are two flexible, fold-like structures made of muscle and mucous membrane.

Closing and Opening: When you're not speaking, your vocal cords are relaxed and open, allowing air to pass through freely. However, when you speak or make a sound, your brain sends signals to your larynx to tighten the muscles around the vocal cords.

Sound Production: As the muscles tighten, the vocal cords come together, partially or completely blocking the passage of air. When you then exhale, the air pressure builds up behind the closed vocal cords. This pressure forces the vocal cords to vibrate rapidly as the air pushes through the small gap between them.



Your Instrument Continued:

Pitch and Tone: The rate of vibration of the vocal cords determines the pitch of your voice. Thicker and longer vocal cords vibrate more slowly, producing lower-pitched sounds, while thinner and shorter cords vibrate more quickly, creating higher-pitched sounds.

Resonance: The sound produced by your vocal cords isn't enough to create the rich and varied voice you hear. Your vocal tract, which includes your throat, mouth, and nasal passages, acts as a resonating chamber. By changing the shape and size of this chamber (by moving your tongue, lips, and other articulatory organs), you modify the sound produced by the vocal cords, giving it distinct qualities and forming words and speech sounds.

In summary, your voice is a result of your vocal cords coming together and vibrating as air flows through them. The way you shape the sound with your vocal tract determines the unique quality of your voice and allows you to produce speech and sing. This intricate process allows for the wide range of sounds and tones that humans can produce when communicating.



2: Warming Up

Warming up your voice before singing is crucial for several reasons. It prepares your vocal cords by gradually increasing blood flow and flexibility, reducing the risk of strain or injury.

Warm-ups also help to improve your vocal range, allowing you to reach higher and lower notes more comfortably.

Additionally, they enhance your tone quality and control, making your voice sound richer and more polished. By engaging in vocal warm-ups, you set a strong foundation for healthy and effective singing, ensuring that your voice remains resilient and capable of delivering its best performance.

Warming up before singing doesn't take long. A small 10 minute warm up can make a huge difference to the results you get when you move on to working your voice or singing songs.

A warm up shouldn't feel like work. Warm ups are gentle ways of getting your voice active and mobile. You should never feel tired or strained in your voice during or after warming up your voice.

Click [HERE](#) to watch the training on my top 3 vocal warm up exercises.



3: Guided Warm Up

In this session I guide you through a simple and effective warm up that will get you ready to start training your voice or moving on to sing or perform.

Click [HERE](#) or the button below for the video.

Click [HERE](#) to access my Easy & Effective Vocal Warm Up from the Rock Your Voice Podcast.



4: The Bridge / Break

Understanding why your voice pops or cracks is key in building confidence and control with your instrument.

This video explains what your vocal ‘break’ is and why we experience pops and cracks when we sing, and more importantly how to eliminate them.



4: Your Vocal Range

Your range refers to the different notes your voice can sing comfortably.

Your range can go from low to high. Some people have bigger ranges than others. Your range can also be trained to expand gently.

If you push to hit higher OR lower notes, you will not help expand your range. Like training any muscles, building your range can take a little bit of time and consistent training. If you strain to reach notes, you can put yourself at risk of permanent injury or set yourself back by straining your voice.



More training!

If you want to explore your voice further, check out the [Rock Your Voice Podcast](#) where you'll find guided vocal training sessions, guest artist interviews, industry guidance and more.

Please keep in touch and share your vocal success as you continue to explore and develop your voice!

Follow @rockitvocalstudios on instagram and facebook and reach out any time if you have any questions at all!



[CLICK HERE](#)