

Vocal Gym Exercises

#	Formant	Feature	Pattern	Volume				Tempo			Variable	7DS						
1				Q	M	L	S	S	M	F		F	B	I	R	T	A	S
2				Q	M	L	S	S	M	F		F	B	I	R	T	A	S
3				Q	M	L	S	S	M	F		F	B	I	R	T	A	S
4				Q	M	L	S	S	M	F		F	B	I	R	T	A	S
5				Q	M	L	S	S	M	F		F	B	I	R	T	A	S
6				Q	M	L	S	S	M	F		F	B	I	R	T	A	S
7				Q	M	L	S	S	M	F		F	B	I	R	T	A	S
8				Q	M	L	S	S	M	F		F	B	I	R	T	A	S
9				Q	M	L	S	S	M	F		F	B	I	R	T	A	S
10				Q	M	L	S	S	M	F		F	B	I	R	T	A	S
11				Q	M	L	S	S	M	F		F	B	I	R	T	A	S
12				Q	M	L	S	S	M	F		F	B	I	R	T	A	S
13				Q	M	L	S	S	M	F		F	B	I	R	T	A	S
14				Q	M	L	S	S	M	F		F	B	I	R	T	A	S
15				Q	M	L	S	S	M	F		F	B	I	R	T	A	S
16				Q	M	L	S	S	M	F		F	B	I	R	T	A	S
17				Q	M	L	S	S	M	F		F	B	I	R	T	A	S
18				Q	M	L	S	S	M	F		F	B	I	R	T	A	S
19				Q	M	L	S	S	M	F		F	B	I	R	T	A	S
20				Q	M	L	S	S	M	F		F	B	I	R	T	A	S
21				Q	M	L	S	S	M	F		F	B	I	R	T	A	S
22				Q	M	L	S	S	M	F		F	B	I	R	T	A	S
23				Q	M	L	S	S	M	F		F	B	I	R	T	A	S
24				Q	M	L	S	S	M	F		F	B	I	R	T	A	S
25				Q	M	L	S	S	M	F		F	B	I	R	T	A	S
26				Q	M	L	S	S	M	F		F	B	I	R	T	A	S
27				Q	M	L	S	S	M	F		F	B	I	R	T	A	S
28				Q	M	L	S	S	M	F		F	B	I	R	T	A	S
29				Q	M	L	S	S	M	F		F	B	I	R	T	A	S
30				Q	M	L	S	S	M	F		F	B	I	R	T	A	S
31				Q	M	L	S	S	M	F		F	B	I	R	T	A	S
32				Q	M	L	S	S	M	F		F	B	I	R	T	A	S
33				Q	M	L	S	S	M	F		F	B	I	R	T	A	S
34				Q	M	L	S	S	M	F		F	B	I	R	T	A	S
35				Q	M	L	S	S	M	F		F	B	I	R	T	A	S
36				Q	M	L	S	S	M	F		F	B	I	R	T	A	S

Volume Key: Q = quiet, M = medium, L = loud, S = swell **Tempo Key:** S = slow, M = moderate, F = fast

7DS Key: F = flexibility, B = breathing, I = intonation, R = range, T = tone, A = articulation, S = strength