

The Breakdown of Voices

What each exercise mechanically does, and the benefit it gives your singing.

06



“Vvvv” and “Zzzz” Sounds

STAMINA & CORE TONE

WHAT IT MECHANICALLY DOES

Promotes square, even vocal cord closure while keeping the larynx stable. The friction from your teeth and lips (on “V”) or your tongue and teeth (on “Z”) creates a steady stream of back-pressure. This helps your vocal folds meet evenly along their whole length, rather than colliding hard or leaking air. Because the airflow is restricted at the lips or teeth, the larynx stays stable and doesn't hike up on high notes.

THE BENEFIT TO YOUR SINGING

Builds lean, efficient vocal strength and eliminates breathiness. It trains your vocal cords to hold back air pressure without using your throat muscles to choke the sound — the perfect exercise for fixing a “breathy” voice and building the muscle memory you need for long, powerful phrases.

07



Humming (“Mmm”)

PLACEMENT & RESONANCE

WHAT IT MECHANICALLY DOES

Closes the mouth, forces air out the nose, and lifts the soft palate slightly.

THE BENEFIT TO YOUR SINGING

Develops healthy nasal resonance and “placement.” You feel a strong vibration in your lips, nose, and cheekbones (the mask), helping you sing brightly without straining the throat.

08



Blowfish / Puffy Cheeks

THROAT RELEASE

WHAT IT MECHANICALLY DOES

Puffing your cheeks lowers the larynx, widens the pharynx, and pulls the epiglottis away from the vocal cords. The trapped air builds up pressure above the cords (supraglottic pressure), which balances the pressure below them (subglottic pressure) and takes the load off your larynx. That back-pressure gently pushes the larynx down into a relaxed, neutral position and stretches the throat walls wide open.

THE BENEFIT TO YOUR SINGING

Instantly un-squeezes a tight throat. Because the back-pressure helps your vocal cords close, your throat muscles don't need to grip or squeeze to make a sound. It works like an acoustic “buffer,” letting you sing through your vocal break (passaggio) with zero strain.

09



Quiet to Loud to Quiet (Messa di Voce)

VOCAL CONTROL

WHAT IT MECHANICALLY DOES

Coordinates two sets of throat muscles — the thyroarytenoid (TA) and cricothyroid (CT) — while gradually adjusting the air pressure below your vocal cords (subglottic pressure).

THE BENEFIT TO YOUR SINGING

It teaches you how to change your volume without changing your pitch or cracking. It strips away the urge to “shout” for loud notes or “whisper” for quiet notes. By mastering this handoff between your internal throat muscles, you gain the ability to sing with intense emotional dynamics and a completely seamless transition between chest voice and head voice.

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Scales on Vowels

TONAL CONSISTENCY

WHAT IT MECHANICALLY DOES

Targets specific acoustic shapes (formants) across your entire pitch range.

THE BENEFIT TO YOUR SINGING

Creates seamless transitions and tonal consistency. Different vowels naturally shape your throat differently; practicing them on scales helps you keep your tone uniform so high notes don't sound completely different from low notes.