

The Art of Body Singing Warm Up and Workout Routines

Includes extensive material from “The Art of Body Singing” Volumes 1-4 and features several new exercises and teachings.

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I=intro M=men's start W=women's start

1. Funny Voice
2. Routines Intro
3. Intro Drool Ex
4. Women Drool Ex
5. Men Drool Ex
6. Intro Ascending Drool
7. Ascending Drool
8. Intro Way Down
9. Men Way Down
10. Women Way Down
11. Intro Sustained TR
12. Recover Tech
13. Sustained Tongue Roll
14. Intro Ascending TR
15. Ascending TR
16. Trippled Tongue Roll
17. Recover Tech Lip Roll
18. Sustained Lip Roll
19. Intro Ascending LR
20. Ascending LR
21. Trippled LR
22. Intro One Breath Ex.
23. Descending One Breath (Head Voice)
24. Ascending One Breath (Chest Voice)
25. Intro Two Octave Arpeggios
26. Two Octave Arpeggios
27. Intro Lip Roll w/Umb
28. LR w/ Umb
29. Intro Nasal Horn Buzz
30. Nasal Horn Buzz
31. Intro Little A
32. Little A
33. Intro Sustained Tones
34. Sustained Tones
35. Intro Ratio Shifting
36. Ratio Shifting

37. Intro Caruso's Ex
38. Caruso's Ex
39. Intro Mixo Ex
40. Mixo Ex
41. Intro Po Pa
42. Po Pa
43. Intro Mucus Buzzer
44. Mucus Buzzer
45. Intro Throat Resonance
46. Throat Resonance
47. Intro Ping Pong
48. Ping Pong B flat Major
49. Ping Pong "G" Major
50. Ping Pong "G" Minor
51. Ping Pong B flat Minor
52. Contact Info