Vocal Gym Exercises

#	Formant	Feature	Pattern	Volume				Tempo			Variable	7DS						
1	E	M/vocal fry	G1-0	X	M	L	S	S	M	X	-	1	B	I	R	T	A	S
2	E	H	SL_IIII_IIII_IIII	X	M	L	S	S	M	X	Tongue Forward	F	1	I	R	T	A	S
3	Z	S	I513243534231	X	M	L	S	S	X	F	-	F	2	1	R	T	2	S
4	O/E/I	-	G1-3-1-5-1-8-1	Q	X	L	S	X	M	F	-	F	B	I	1	2	2	S
5	U	M	I1358531	Q	X	L	S	S	X	F	Larynx Down	F	B	I	2	1	A	S
6	A/E/I/O/U	multi	I12345432123454321	Q	X	L	S	X	M	X	-	F	B	2	R	2	1	S
7	A/E/I/O/U	multi	S1	Q	M	L	X	X	M	F	-	F	2	I	R	T	2	1
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