Warm Upsssss

Starters - Don't go too high, these are just initial warmings - do one of each pair but not both
Mmmmaaaaa (scale 1to5 gentle on way down)
Vvv Zzz Zsh (slide 1to5)

Brrr (slide 1to5)
Brrr rr rr rr (Arpeggio +3 times at top)

Middles - voice is starting to warm up now so start to go fairly high - do one or two of these
Ha ha ha …. Aaaaaa (staccato arpeggio up chord 1 and down chord 5 then repeat legato)
Ha ha ha (Scale 1to8 up then spilt SATB on way down - ST up to 3rd AB stay on 1)
Ya ya ya ya ya ya (same as brrr arpeggio only use if brrr 1to5 was used)
Eeeyaa aa aa (notes are 1, 5,3,1 and should be nasal)

Belty boiss - voice is basically warm now so these should go to the higher points of range to warm up belt/top notes) - can do both in one warm up but not all the time
Taya taya taya aaa (notes are 1,3,3,5,5,8,8 10,8,10,8,10,8,8 8,5,8,5,8,5,5 5,4,3,2,1 - I like to start slow and speed up but its not necessary)
Bella Señora (1,3,5,9, 8, scale to 1 with S+T going up to the 3rd for the scale down)

Others - these are done after Belt stuff and are to help get used to singing differently to others/differently to how you'd expect - can do one or two of these but they are not essential
1,121,12321,1234321…… (sung in a round, can miss out numbers and clap/click/stomp instead to make harder
1,2,3,4,5 (bit of a brain teaser esp when replaced with other words
Puppy on a cliff (on a bungie phew! - siren down and then up repeat with one slow one fast and then vice versa)

Tongue Twisters - like before they aren't essential but are good for very fast/wordy songs - Two at most of these (all sung to scale going up)
Mummy daddy baby brother father mother
Chipshop in space
Pheasant Plucker
Coffee Pot
Smart fella
Red/yellow lorry/lolly/leather

<u>FUN SONGS – aim to do one per rehearsal as people like them but don't get carried away lol</u>
Flowers
4 songs (I wanna sing, swing low, oh when the saints, this train)
Ping pong
Penguin song

This is not definitive and by no means THE way to warm up just A way and the way I like to :)