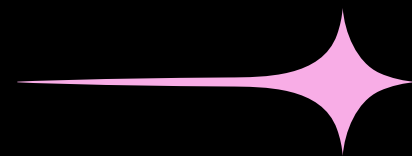


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6 TIPS FOR

UNLOCKING

HIGH NOTES



WITHOUT VOCAL STRAIN

01

ABDOMINAL BREATHING IS YOUR POWERHOUSE

Exercise: **Abdominal Breathing**

1. Place your hand on your lower belly.
2. Inhale deeply, allowing your abdomen to expand.
3. Exhale slowly, letting your abdomen naturally retract.

The Pro Tip: The secret sauce for those high notes? Abdominal breathing. Period. Power up from the core!

02

GET YOUR ALIGNMENT IN CHECK

Exercise: **Posture Perfection**

1. Stand with your feet hip-width apart.
2. Keep your chest lifted.
3. Point your chin slightly downward, not upward.

The Pro Tip: A lifted chest and a chin pointed slightly down means you're perfectly aligned for vocal greatness.

03

RELAX, DON'T DO IT (THE STRAIN, I MEAN) 😎

Exercise: **Shoulder Rolls and Neck Stretches**

1. Roll your shoulders back 5 times.
2. Stretch your neck side to side gently.

The Pro Tip: Tension is a no-go when you're scaling those heights. Keep it loose!

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04

MIND OVER MATTER



Exercise: **Visualize the Note**

1. Think of the high note as below you, not above.
2. Imagine "landing" on the note gently.

The Pro Tip: In singing, perception is everything. Think "land," not "hit," and watch how your voice follows suit.

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05

KEEP IT OPEN - THE THROAT, THAT IS!



Exercise: Yawn-Sigh Technique

1. Begin with a yawn to open up the throat.
2. Sigh out on a descending scale, going as low as comfortable.

The Pro Tip: Think of your throat like a tunnel. The more open it is, the less strain you'll feel when those high notes come soaring out.

06

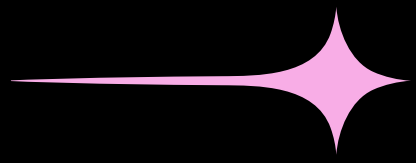
GRADUALLY EXPAND YOUR RANGE

Exercise: **Range Discovery**

1. Find the highest note you can sing comfortably on a keyboard or app.
2. Gradually work your way up, aiming for half a step higher each week.

The Pro Tip: Just like in the gym, work your way up to high notes by starting with easy exercises. Build strength and flexibility, leaving bad habits behind! 🎵

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**ALRIGHT, SUPERSTAR,
THERE YOU HAVE IT—SIX KILLER TIPS TO
UNLOCK THOSE HIGH NOTES AND LEAVE
EVERYONE'S JAWS ON THE FLOOR. 🤩**

**UNTIL NEXT TIME, LET THOSE HIGH NOTES
FLY! 🎵**

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