

## Vocal Cord Strengthening Exercises

- Perform these exercises three times per day, 10 repetitions of each exercise.
  1. Say “AH-AH-AH” with a hard glottal attack.
  2. Say “AH” with a hard glottal attack.
  3. Prolong “AH” with pushing/pulling technique for \_\_\_\_\_ seconds.
- Say the following words with a hard onset:

|          |          |       |        |
|----------|----------|-------|--------|
| Easter   | Ear      | Old   | Out    |
| Into     | Add      | Ooze  | Add    |
| Extra    | Accident | Each  | Egg    |
| Eat      | Upstairs | Ink   | Either |
| Ate      | Air      | Every | Ignore |
| Ill      | Easy     | Apple | Edge   |
| It       | Owl      | Army  | All    |
| Acid     | Itch     | Often | Earn   |
| Awful    | Elephant | Above | Alive  |
| Upstairs | Animal   | Early | Ugly   |
| Eel      | Argument | Is    | Other  |
| Attack   | Umbrella | Aid   | And    |
| Ease     | Another  | Ale   |        |
| Earth    | Urgent   | Age   |        |