Vocal Cord Strengthening Exercises

• Perform these exercises three times per day, 10 repetitions of each exercise.
  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  