

Cardio singing is the act of vocalizing at the same time with a set of physical exercises that develop the connection between the voice and the body. Cardio singing has a huge impact on developing the vocal stamina, and the perennial question of "How do I improve my vocal range?" gets addressed directly when one practices cardio singing.

Singing engages the entire body as the vocal instrument. Think of your body like this giant tuning fork that vibrates at a certain frequency, combined with the power of melodies and harmonies and lyrics to mesmerize audiences. Isn't singing just wonderful? Of course, laryngeal components, and appropriate closure of vocal cords are vital, but that would just solve a part of the whole singing equation. The main driving force or the engine for singing is the entire body.

Singing is about the coordination of various intricate muscles in the body in order to produce rich and fuller tones. The entire process begins from the pelvic region and works its way upward, reaching the larynx producing what I call as a vocal "Spark", and the spark goes upward, colliding against various resonators in the body. For optimum functioning of the voice, it is important that the right set of muscles are engaged and strengthened during practice. Appropriate breath support is crucial and with that, one can only feel the muscles just above the pelvic region, and absolutely no direct stress on the vocal cords.

Cardio workouts help engage the right muscles for singing and takes away undue stress from the laryngeal vocal apparatus. Try running on a treadmill, or skipping along with vocalizing on a note. Feel the difference in your voice within two minutes of doing this activity. Want to take your voice to the next level? Why not try doing planks along with singing? Or still intense workout? Squat down as low as you can and start humming on your scales. This also would re-program your mind to not "reach" for the higher notes, but instead gently "land" on them.

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