

# Movement for Voice

## Exercises- Week 5

### Aim

To strengthen the pelvic floor and transversus abdominus muscle groups and to increase awareness of how these can be used with voicing

### PELVIC FLOOR MUSCLE TRAINING

Sit comfortably cross-legged or in a chair with your feet on the floor

Squeeze and lift your pelvic floor

Hold for 8 seconds, make sure you are breathing normally and the rest of your body is relaxed

Lift a little higher, then lift higher again (you shouldn't be able to lift higher after this last one)

Relax completely

Repeat 10 times



### SINGLE LEG BALANCE

Stand on one leg

Perform vocal warm up while standing on one leg

Optional variations: swing leg forwards and backwards, turn head from side to side, eyes closed



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