

ACTOR WARM UPS



Acting is **physical, vocal, mental** and **emotional work** that requires preparation in order to operate at peak performance.

AN ACTOR'S **BODY AND MIND** NEEDS TO BE **WARMED UP** IN ORDER TO **DELIVER THEIR BEST TO THE AUDIENCE.**



WHY ARE WARM UP EXERCISES IMPORTANT FOR ACTORS?



A GOOD WARM UP WILL HELP AN ACTOR TO:

1. Relax
2. Focus
3. Get rid of any anxieties
4. Prepare for the physical demands of a performance
5. Train their voice for the performance

PHYSICAL WARM UPS

Warm up exercises do not have to take up a lot of time.
You can do these exercises every day.

EXERCISE	HOW TO DO IT
1. WORK YOUR NECK	Roll your neck around forward, side to side, backward. Roll it around in one direction, then the other.
2. SHOULDERS	Shrug your shoulders up, down, then roll them forward and backward.
3. CIRCLE ARMS	Swing your arms in a circle in one direction, then the other, then in opposite directions.
4. STRETCH YOUR RIBS	Raise your arms above your head, lean to one side, feel the tension release on your ribcage. Hold for a beat, then return to the upright position and lean to the other side.
5. BREATH WORK	Stand in neutral position, inhale deeply and slowly through your nose. Exhale slowly and deliberately through your mouth. Repeat a few times to slow your heart rate down and relax.
6. FOLD	Bend forward at the waist, dropping your head, with arms extended down, holding for 10. Then come back up all the way into a slight backward bend, holding for another 10 seconds. Repeat a few times until you feel your posture has improved.
7. SHAKE IT OUT	Start shaking your hands, then your arms, then your entire body to release any lingering tension.



VOCAL WARM UPS

Your voice is your **main instrument** of **expression** as an actor, and warming it up will **prevent damaging your vocal cords** while helping you **articulate** your words. You can do these exercises every day.

EXERCISE	HOW TO DO IT
1. THE "HUM."	Exhale slowly, humming until you have exhaled all of your air. Repeat approximately five times.
2. THE "HA."	Stand and place your hand on your abdomen. Breathe in by expanding your stomach outward; you are now breathing from your diaphragm. Exhale slowly, uttering, "ha ha ha ha." Push your abdomen in with every syllable. Repeat.
3. LIP TRILLS AND FLUTTERS	Roll your tongue on the roof of your mouth to make "trr" or "rr" sound.
4. DESCENDING NASAL CONSONANTS.	Say the word "onion," stretching the "ny" sound and voice it downward in pitch.
5. TONGUE TWISTERS.	Memorize a few of tongue twisters, like "red leather yellow leather" and repeat them to get your mouth loosened up.
6. YAWN AND SIGH.	Open your mouth as if to yawn and let your voice sigh loudly from the top of your register down to its lowest note.

TONGUE TWISTERS

Peter Piper picked a peck of pickled peppers,
A peck of pickled peppers Peter Piper picked.
If Peter Piper picked a peck of pickled peppers,
Where's the peck of pickled peppers Peter Piper
picked?

Betty bought a bit of butter but
she found the butter bitter, so
Betty bought a bit of better
butter to make the bitter butter
better

Red lorry, yellow lorry.

She sells seashells on the seashore.

Unique New York

Silly Sally swiftly shooed seven silly sheep.
The seven silly sheep Silly Sally shooed Shilly-shallied South.
These sheep shouldn't sleep in a shack; Sheep should sleep in a shed

FACIAL WARM UPS

Having an **expressive face** is key to **good acting**. Warming up and loosening your facial muscles can **allow your face to be more expressive**. You can do these exercises daily and before each performance



EXERCISE	HOW TO DO IT
1. MASSAGE	Begin your facial warmups by massaging your face in slow, circular motions to loosen the muscles around your mouth, eyes, and forehead.
2. THE "LION/MOUSE" TECHNIQUE	Stand in front of a mirror and stretch all your facial muscles. Open your mouth wide, like a lion roaring. Then scrunch your face into a meek, small, expression, like a mouse. Switch back and forth.
3. STRETCH YOUR TONGUE	Pull your tongue out, pull it down as far as you can, then up, then side to side. This will help you move your mouth and to enunciate and articulate.