



Singfit (Paperback)

By Jaime Vendera

Vendera Publishing, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Warning: Do NOT buy this book unless: 1- You are familiar with Jaime Vendera s methods! 2- You are ready to train like a hardcore singer!!! In SingFit, Jaime Vendera introduces you to a military-style 30-Day Vocal Bootcamp (V30) by combining exercises and techniques from his previous releases, Raise Your Voice 12, The Ultimate Breathing Workout, Reclaim Your Voice, and Unleash Your Creative Mindset with a new VoiceBody Workout program- a simultaneous bodyweight/vocal workout, designed to increase vocal and physical stamina. You ARE your instrument, therefore it is time to strengthen the ENTIRE instrument---your vocal cords AND your body! While Jaime is known for his techniques for range expansion and glass-shattering vocal power, the full-voiced mini-Siren exercises in the VoiceBody Workout focuses on strengthening the mid-range of the voice, to assure there is no need to blend, bridge, or connect the entire voice, but to create a strong, resonant mid-range and instill an all one voice vocal mindset for a seamless range with no noticeable vocal breaks from your lowest note to your highest, while at the same time, preparing your voice and...

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