

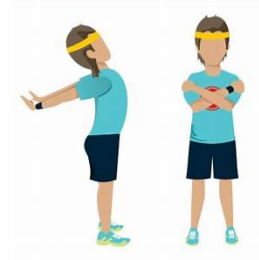
# BODY WARM-UPS FOR FLUTE



Toe Touches for lower body



Side stretches to  
open up rib cage



Chest and arm stretches



## Exercises for Engaging the Core and Opening the Throat

1. **Gentle cough** – feel the movement of the core and diaphragm
2. **Lip Rolls** – comfortable sigh with lip rolls -> high to low rolls -> low to high rolls. Keep the throat open. If lips stop, throat may be tight.
3. **Ya Ya** – say “ya” or “yo” in a deep, open, loud and resonant voice. This exercise should use your whole body. Embrace the weird!
4. **Hiss** – exhale while hissing. Listen for evenness, and feel the muscles required (front, side, and back muscles all contribute to an even, relaxed, and controlled airstream.