



Singfit

Jaime Vendera

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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 1&2, The Ultimate Breathing Workout, Reclaim Your Voice, and Unleash Your Creative Mindset with a new Voice&Body 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 Voice&Body 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 body for superior stage stamina to assure you're spot on every night, while sounding great AND looking great! SingFit is a book and program designed for serious students of Jaime Vendera's methods, therefore before you accept the V30 challenge you must first study Raise Your Voice 1&2, The Ultimate Breathing Workout, Reclaim Your Voice, and Unleash Your Creative Mindset. While SingFit does contain Jaime's new Voice&Body Workout- that can be used every day as a standalone workout without studying Jaime Vendera's previous materials- it is HIGHLY recommended that you are already familiar with all previous materials in order to complete the entire 30-Day Vocal Bootcamp challenge. This is no ordinary vocal training program; this is a vocal revision routine that will work your entire instrument like you've never imagined. If you're ready to accept and tackle the most insane and demanding vocal training challenge of your life, then forget fit, let's get SingFit!

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