

Alto Exercises

Week 1

- Look at the key signature and the meter signature.
- Quickly tune to the tonic note when you hear the triad.
- Sing the first time as fast as you can manage. Sing the actual reading slowly and deliberately. It will be helpful to use the click track as you practice.

Day 1

Exercise A

CD click 3
w/o click 4
Answer 27



Exercise B

CD click 11
w/o click 12



Exercise C

CD click 3
w/o click 4



Day 2

Exercise A

CD click 11
w/o click 12



Exercise B

CD click 3
w/o click 4
Answer 28



Exercise C

CD click 3
w/o click 4



Day 3

Exercise A

CD click 7
w/o click 8



Exercise B

CD click 7
w/o click 8



Exercise C

CD click 3
w/o click 4
Answer 29



Day 4

Exercise A

CD click 3
w/o click 4



Exercise B

CD click 7
w/o click 8
Answer 30



Exercise C

CD click 7
w/o click 8



CD click 3
w/o click 4

CD click 9
w/o click 10

CD click 3
w/o click 4
Answer 32

Day 5

Exercise A

CD click 7
w/o click 8
Answer 31



Exercise B

CD click 3
w/o click 4



Exercise C

CD click 11
w/o click 12



CD click 7
w/o click 8

CD click 3
w/o click 4

CD click 15
w/o click 16
Answer 33

Alto Exercises Week 2

- Sing strongly. It will keep your confidence high.
- Look ahead. Keep your eyes moving to the next group of notes.
- Do NOT stop! Try to make it through the exercise in thirty seconds.

Day 1

Exercise A

CD click 3
w/o click 4



Exercise B

CD click 9
w/o click 10



Exercise C

CD click 3
w/o click 4
Answer 32



Day 2

Exercise A

CD click 7
w/o click 8



Exercise B

CD click 3
w/o click 4



Exercise C

CD click 15
w/o click 16
Answer 33



Day 3

Exercise A

CD click 3
w/o click 4



Exercise B

CD click 9
w/o click 10
Answer 34



Exercise C

CD click 11
w/o click 12



Day 4

Exercise A

CD click 9
w/o click 10



Exercise B

CD click 11
w/o click 12
Answer 35



Exercise C

CD click 3
w/o click 4



Day 5

Exercise A

CD click 3
w/o click 4
Answer 36



Exercise B

CD click 11
w/o click 12



Exercise C

CD click 11
w/o click 12



Alto Exercises Week 3

- Always keep the tonic note in your inner ear.
- If you come to a difficult skip, use "fill-in-the-blank" singing. Sing the first note of the interval, then sing every note between it and the second note you are trying to sing as if it were a scale. Sing that twice quickly, then sing the outside two notes by themselves. THAT is your interval.

Day 1

Exercise A

CD click 3
w/o click 4



Exercise B

CD click 11
w/o click 12



Exercise C

CD click 3
w/o click 4



Day 2

Exercise A

CD click 9
w/o click 10



Exercise B

CD click 3
w/o click 4



Exercise C

CD click 15
w/o click 16



Day 3

Exercise A

CD click 11
w/o click 12



Exercise B

CD click 7
w/o click 8



Exercise C

CD click 3
w/o click 4



Day 4

Exercise A

CD click 3
w/o click 4



Exercise B

CD click 15
w/o click 16



Exercise C

CD click -
w/o click 8



CD click 7
w/o click 8

CD click 3
w/o click 4

CD click 11
w/o click 12

Day 5

Exercise A

CD click 3
w/o click 4



Exercise B

CD click 11
w/o click 12



Exercise C

CD click -
w/o click 12



CD click 11
w/o click 12

CD click 9
w/o click 10

CD click 3
w/o click 4

Alto Exercises

Week 4

- Take a **BIG BREATH** before you sing the tonic triad.
- Take another **BIG BREATH** before you begin your study period.
- Take a slow cleansing breath between the study period and your actual reading. Take a **BIG BREATH** to begin the final reading.

Day 1

Exercise A

CD click 7
w/o click 8



Exercise B

CD click 3
w/o click 4



Exercise C

CD click 11
w/o click 12



Day 2

Exercise A

CD click 11
w/o click 12



Exercise B

CD click 9
w/o click 10



Exercise C

CD click 3
w/o click 4



Day 3

Exercise A

CD click 15
w/o click 16

Exercise B

CD click 3
w/o click 4

Exercise C

CD click 7
w/o click 8

Day 4

Exercise A

CD click 11
w/o click 12

Exercise B

CD click 9
w/o click 10

Exercise C

CD click 3
w/o click 4

Day 5

Exercise A

CD click 3
w/o click 4

Exercise B

CD click 11
w/o click 12

Exercise C

CD click 9
w/o click 10

CD click 3
w/o click 4

CD click 9
w/o click 10

CD click 11
w/o click 12

CD click 3
w/o click 4

CD click 11
w/o click 12

CD click 15
w/o click 16

Day 3

Exercise A
CD click 7
w/o click 8

Exercise B
CD click 7
w/o click 8

Exercise C
CD click 3
w/o click 4

Day 4

Exercise A
CD click 11
w/o click 12

Exercise B
CD click 9
w/o click 10

Exercise C
CD click 3
w/o click 4

Day 5

Exercise A
CD click 11
w/o click 12

Exercise B
CD click 3
w/o click 4

Exercise C
CD click 7
w/o click 8

CD click 3
w/o click 4

CD click 7
w/o click 8

CD click 11
w/o click 12

CD click 9
w/o click 10

CD click 3
w/o click 4

CD click 11
w/o click 12

Alto Exercises Week 6

- Remember . . . rhythm is one-half of good sight singing. Be comfortable with how rhythm is notated so that you can sing with rhythmic accuracy.
- Your brain processes rhythm faster than pitch. Do NOT rush!
- Be sure to give the final note its full value.

Day 1

Exercise A

CD click 3
w/o click 4



Exercise B

CD click 7
w/o click 8



Exercise C

CD click 11
w/o click 12



Day 2

Exercise A

CD click 9
w/o click 10



Exercise B

CD click 3
w/o click 4



Exercise C

CD click 11
w/o click 12



Day 3

Exercise A

CD click 7
w/o click 8



Exercise B

CD click 11
w/o click 12



Exercise C

CD click 3
w/o click 4



Day 4

Exercise A

CD click 3
w/o click 4



Exercise B

CD click 11
w/o click 12



Exercise C

CD click 11
w/o click 12



Day 5

Exercise A

CD click 9
w/o click 10



Exercise B

CD click 15
w/o click 16



Exercise C

CD click -
w/o click 12



CD click 3
w/o click 4

CD click 7
w/o click 8

CD click 7
w/o click 8

CD click 1
w/o click 1

CD click 3
w/o click 4

CD click -
w/o click

Day 3

Exercise A

CD click 3
w/o click 4



Exercise B

CD click 7
w/o click 8



Exercise C

CD click 11
w/o click 12



Day 4

Exercise A

CD click 11
w/o click 12



Exercise B

CD click 9
w/o click 10



Exercise C

CD click 7
w/o click 8



Day 5

Exercise A

CD click 3
w/o click 4



Exercise B

CD click 9
w/o click 10



Exercise C

CD click 15
w/o click 16



Alto Exercises Week 8

- Alternate practicing with the click track, then without it.
- Move slowly and steadily so that your eyes move ahead at an even pace.
- Do not stop in your actual reading. Pauses are rhythmic mistakes.

Day 1

Exercise A

CD click 3
w/o click 4



Exercise B

CD click 9
w/o click 10



Exercise C

CD click 11
w/o click 12



Day 2

Exercise A

CD click 3
w/o click 4



Exercise B

CD click 11
w/o click 12



Exercise C

CD click 7
w/o click 8



Alto Exercises Week 9

- Confidence is everything in sight singing.
- Tell yourself that you will improve each day.
- Judge yourself fairly. Do not be overcritical of yourself when you make a mistake. Remember, this is only practice.

Day 1

Exercise A

CD click 11
w/o click 12



Exercise B

CD click 9
w/o click 10



Exercise C

CD click -
w/o click 8



Day 2

Exercise A

CD click 11
w/o click 12



Exercise B

CD click 15
w/o click 16



Exercise C

CD click 3
w/o click 4



Day 3

Exercise A

CD click 11
w/o click 12



Exercise B

CD click 7
w/o click 8



Exercise C

CD click 9
w/o click 10



Day 4

Exercise A

CD click 3
w/o click 4



Exercise B

CD click 7
w/o click 8



Exercise C

CD click 11
w/o click 12



CD click 3
w/o click 4

CD click 7
w/o click 8

CD click 11
w/o click 12

Day 5

Exercise A

CD click 3
w/o click 4



Exercise B

CD click --
w/o click 12



Exercise C

CD click 11
w/o click 12



CD click 11
w/o click 12

CD click 3
w/o click 4

CD click 15
w/o click 16

Alto Exercises

Week 10

- Check your key AND meter signatures before you begin.
- Using your key signature and tonic triad, find the starting pitch. Remember that sometime the starting pitch will NOT be the tonic note.
- Sight singing is great "sport." Have fun. Judge yourself. Get stronger every day!

Day 1

Exercise A

CD click 3
w/o click 4



