

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



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




Alto Exercises

Week 2

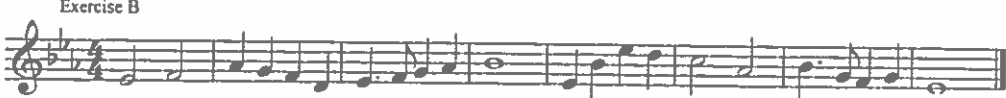
- **Sing strongly. It will keep your confidence high.**
- **Look ahead. Keep your eyes moving to the next group of notes.**
- **Do NOT stop! Try to make it through the exercise in thirty seconds.**

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



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




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



Alto Exercises

Week 5

- Learn and use your Kodály hand signs.
- Keep a steady pulse, moving your arm or hand in tempo.
- Show pitch level by moving your hand signs up and down as the pitches move up and down.

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 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



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



Alto Exercises

Week 7

- **Know your key signatures. This is necessary so you can quickly locate the tonic note.**
- **Remember that sometimes the starting pitch will NOT be the tonic note.**
- **Be sure to sing the starting pitch strongly.**

Day 1

Exercise A

CD click 3
w/o click 4



Exercise B

CD click 7
w/o click 8



Exercise C

CD click 7
w/o click 8



Day 2

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



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



Day 3

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



Day 4

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



Day 5

Exercise A

CD click 3
w/o click 4



Exercise B

CD click 11
w/o click 12



Exercise C

CD click 15
w/o click 16



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



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



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



Exercise B

CD click 7
w/o click 8



Exercise C

CD click 11
w/o click 12



Day 2

Exercise A

CD click 11
w/o click 12



Exercise B

CD click 3
w/o click 4



Exercise C

CD click 15
w/o click 16



Day 3

Exercise A

CD click 3
w/o click 4



Exercise B

CD click 15
w/o click 16



Exercise C

CD click 7
w/o click 8



Day 4

Exercise A

CD click 7
w/o click 8



Exercise B

CD click 3
w/o click 4



Exercise C

CD click 9
w/o click 10



Day 5

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



Alto Exercises

Week 11

- Listen to yourself as you sing.
- Go as quickly as you can hear the pitches in your "ear-magination."
- Progress is made a step at a time. Practice each day using the same process, and you will experience success over time.

Day 1

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 2

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

Day 3

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



Day 4

Exercise A

CD click 3
w/o click 4



Exercise B

CD click 9
w/o click 10



Exercise C

CD click 7
w/o click 8



Day 5

Exercise A

CD click 7
w/o click 8



Exercise B

CD click 11
w/o click 12



Exercise C

CD click 15
w/o click 16



Alto Exercises

Week 12

- Scan the entire exercise for tricky rhythm patterns.
- During the study period, go fast, yet steadily.
- S...l...o...w.....d...o...w...n.....during the actual reading.

Day 1

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 2

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 3

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



Day 4

Exercise A

CD click 3
w/o click 4



Exercise B

CD click 9
w/o click 10



Exercise C

CD click 7
w/o click 8



Day 5

Exercise A

CD click 11
w/o click 12



Exercise B

CD click 9
w/o click 10



Exercise C

CD click 11
w/o click 12



Alto Exercises

Week 13

- **Sing your tune-up very strong and confidently.**
- **Take another BIG BREATH before you begin your study period.**
- **Tune STRONGLY, then study QUICKLY, so that you efficiently scan the entire exercise.**

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 7
w/o click 8



Exercise B

CD click 3
w/o click 4



Exercise C

CD click 15
w/o click 16



Day 3

Exercise A

CD click 9
w/o click 10



Exercise B

CD click 7
w/o click 8



Exercise C

CD click 11
w/o click 12



Day 4

Exercise A

CD click 7
w/o click 8



Exercise B

CD click 11
w/o click 12



Exercise C

CD click 7
w/o click 8



Day 5

Exercise A

CD click 7
w/o click 8



Exercise B

CD click 9
w/o click 10



Exercise C

CD click --
w/o click 4




Alto Exercises

Week 14

- Scan the entire exercise quickly before you start the study period.
- Study aggressively . . . Move purposely . . . Sing the difficult spots more than once.
- During performance . . . sing at a slow, even pace. Practice with the click track.

Day 1


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 2

Exercise A
CD click 7
w/o click 8



Exercise B
CD click 9
w/o click 10



Exercise C
CD click 11
w/o click 12



Day 3

Exercise A

CD click 9
w/o click 10



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 15
w/o click 16



Day 5

Exercise A

CD click 7
w/o click 8



Exercise B

CD click -
w/o click 10



Exercise C

CD click 7
w/o click 8



Alto Exercises

Week 15

- **Sing during the study period. Do not study silently.**
- **Rehearse confidently so you will perform the same way.**

Day 1

Exercise A
CD click 9
w/o click 10

Exercise B
CD click 7
w/o click 8

Exercise C
CD click 7
w/o click 8

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

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 -
w/o click 10



Exercise B

CD click 7
w/o click 8



Exercise C

CD click 7
w/o click 8



Day 5

Exercise A

CD click 7
w/o click 8



Exercise B

CD click 3
w/o click 4



Exercise C

CD click 9
w/o click 10



Alto Exercises

Week 16

- Keep your eyes moving from left to right.
- Remember to use "fill-in-the-blank" singing for the difficult intervals.
- Use your hand signs deliberately! Show pitch level with level of hand signs.

Day 1

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 2

Exercise A

CD click 11
w/o click 12



Exercise B

CD click 15
w/o click 16



Exercise C

CD click 9
w/o click 10



Day 3

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 4

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



Day 5

Exercise A

CD click 15
w/o click 16



Exercise B

CD click 7
w/o click 8



Exercise C

CD click -
w/o click 4



Alto Exercises

Week 17

- Use the same practice routine every day! Rehearse in the proper sequence to obtain the maximum benefit.
- Tune **STRONGLY**, then study **QUICKLY**, so that you efficiently scan the entire exercise.
- Read at a **DELIBERATE** pace . . . Don't Stop!

Day 1

Exercise A

CD click 7
w/o click 8



Exercise B

CD click 7
w/o click 8



Exercise C

CD click 15
w/o click 16



Day 2

Exercise A

CD click 11
w/o click 12



Exercise B

CD click 9
w/o click 10



Exercise C

CD click 9
w/o click 10



Day 3

Exercise A

CD click 11
w/o click 12



Exercise B

CD click 9
w/o click 10



Exercise C

CD click 15
w/o click 16



Day 4

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



Day 5

Exercise A

CD click 7
w/o click 8



Exercise B

CD click 9
w/o click 10



Exercise C

CD click -
w/o click 16



Alto Exercises

Week 18

- Remember, practice will make you a more literate musician.
- Your hard work will take time to pay off. **BE PATIENT!**
- You are developing a life-long skill for more musical pleasure. **BRAVO!**

Day 1

Exercise A
CD click 11
w/o click 12

Exercise B
CD click --
w/o click 8

Exercise C
CD click 3
w/o click 4

Day 2

Exercise A
CD click 15
w/o click 16

Exercise B
CD click 7
w/o click 8

Exercise C
CD click 7
w/o click 8

Day 3

Exercise A

CD click 15
w/o click 16



Exercise B

CD click --
w/o click 4



Exercise C

CD click 11
w/o click 12



Day 4

Exercise A

CD click 7
w/o click 8



Exercise B

CD click 9
w/o click 10



Exercise C

CD click 7
w/o click 8



Day 5

Exercise A

CD click 9
w/o click 10



Exercise B

CD click 11
w/o click 12



Exercise C

CD click --
w/o click 4

