



# Get your voice into shape!

## Manual

Hi there!

Thank you for purchasing the Mind The Voice SOVT-Trainer!  
In this manual we will help you to get started with your brand new voice trainer!

1. Why the SOVT-Trainer?
2. Skip the plastic waste!
3. What does SOVT stand for?
4. What can you use the SOVT-Trainer for?
5. What are the benefits of the SOVT-Trainer?
6. How do you use the SOVT-Trainer?
7. Levels
8. Exercises
9. Mind The Voice Vocal Map
10. How do you clean the SOVT-Trainer?

### 1. WHY THE SOVT-TRAINER?

To use your voice intensively is top sport. Essential is regular, proper voice relaxation, vocal warm-up and intensive voice training to keep your vocal cords in optimal condition.

Mind The Voice makes the distinction between:

- PRERESET (relaxation and recovery of the voice)
- RESET (activating the voice and preparing your voice for intensive use)
- UPGRADE (optimizing your voice, creating your own sound, producing vocal effects)

The SOVT-Trainer allows you to train no less than 15 different levels on 1 instrument.

This means that you can do exercises for the three different voice levels, depending on the objective of your training. You can find more about this in “Exercises”.





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### 2. SKIP THE PLASTIC WASTE!

Until now, the SOVT exercises have been performed with plastic straws of different sizes.

Mind The Voice, however, opts for a sustainable climate and therefore wanted to introduce a new design.

Unlike the plastic straws with which you can use a maximum of 4 to 5 different types of diameters, the new system which Mind The Voice has developed, allows you to train on 15 levels of difficulty in 1 tube, based on the idea of a wind instrument.

In addition, the SOVT-Trainer is re-usable, easy to clean and made from sustainable high-quality stainless steel.

### 3. WHAT DOES SOVT STAND FOR?

The term “SOVT”, stands for Semi-Occluded Vocal Tract. SOVT exercises use the closure in the vocal tract at the level of the lips or the front part of the oral cavity.

Some examples of SOVT exercises are: straw phonation, lip trills, tongue trills, bubbling through a tube, resonance exercises.

All these exercises each have their own advantages. The SOVT trainer is a trainer based on Straw Phonation or phonation through a straw.

(Titze, 2002; Sampaio et al., 2008; Costa, Costa, Oliveira & Behlau, 2011; Guzman et al., 2013; Andrade et al., 2014).

#### WHAT IS STRAW PHONATION?

Scientific research has shown that making straw phonation or sound through narrow tubes or straws promotes voice quality because the vocal fold vibration becomes more efficient.

- The narrower the diameter of the tube, the more the self-oscillation effect of the vocal cords is activated. - The subglottal pressure created by singing and / or speaking through a narrow tube stimulates an economic use of voice (= more acoustic output and less laryngeal input) (Laukkanen, Lindholm, Vilkman, Haataja & Alku, 1996).
- Singing through a tube provides an increased interaction between resonance and phonation, optimizing breath control and breath support. (Titze & Verdolini, 2012)
- The cooperation between good stability, breath support, phonation and resonance creates a radiophonic voice, ie a voice that sounds clear, projected, warm, full and resonant. (Veys, Wollants, 2015).





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### 4. WHAT CAN YOU USE THE SOVT-TRAINER FOR?

Voice complaints that often occur are:

- lump in the throat
- throat tension
- Mucus
- hoarseness
- voice weakness
- voice instability
- speak with air, head vocal, vocal fry
- speak with the false vocal cords (twang vocal fry, grunt, growl, etc.)
- excessive physical effort after intensive use (acting, singing, presenting, speaking assignments, etc.)
- incorrect use of the voicebox (too high, too low)

The SOVT Trainer easily helps to reduce all of the above symptoms.

Exercises can be found further on in this manual!





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### 5. WHAT ARE THE ADVANTAGES OF THE SOVT TRAINER?

View our video about this via the following link: <https://www.youtube.com/watch?v=j72FGL1-1J0&t=53s>

# 1 The SOVT-Trainer improves the vibration of your vocal cords.

- = Reduce hoarseness.
- = Your voice sounds clearer.
- = Promotes voice quality.
- = Voice production requires less effort.
- = Promote radiophonic tuning + resonance.
- = Decreases the upward force to the vocal cords by the positive oral pressure, which makes the vocal cords vibrate better.

# 2 The SOVT-Trainer reduces throat tension.

- = optimize the position of the voicebox:
  - improve the speaking voice, low tones, relaxed and resonant voice
  - improve the treble, twang, voice effects, head voice

# 3 The SOVT-Trainer improves your breath control and breath support.

- = stimulating an economic voice use.
- = activation of the respiratory muscles and the natural breathing support.
- = activate breath flow.
- = activation of the interaction between the oral pressure and the lung pressure, resulting in a good balance between voice production and air consumption.

# 4 The SOVT-Trainer can be used extra to train high notes, headers and vocal effects.

- = stimulates narrowing of the vocal tract and the rising of the voice box = twang.

# 5 The SOVT-Trainer provides direct feedback (auditory and emotional).





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### 6. HOW TO USE THE SOVT-TRAINER?

Now we are completely ready to start using the SOVT-Trainer.  
The SOVT-Trainer has already been cleaned prior to sale, but make it a habit to always rinse it off before use.

1. Stand or sit upright and create a long, active neck.
2. Hold the SOVT-Trainer upright in front of your lips.
3. Enclose the SOVT Trainer with your lips in an / o / position.
4. Place your tongue tip behind your lower teeth.
5. Relax your cheeks and make them chubby, this is called the passive mouth position. (later you can also practice in an active position, see below "Exercises")
6. Sing through the trainer and ensure that no air escapes through the lips and / or nose.
7. Project your sound in the SHOUT zone.
8. Note the sound-air ratio. Do you hear that your sound sounds blown or airy? Then increase your level. Because of this the SOVT-Trainer will help you improve your breath control.
9. Your sound does not have to be loud. It is a voice exercise that does not require much volume. Remember that the main objective is to close your vocal cords for a clear voice, improve your breathing support and stability, reduce throat tension. You will notice that your voice sounds warm, resonant and relaxed after using the SOVT-Trainer.



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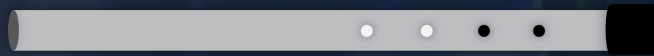
## Manual

### 7. LEVELS

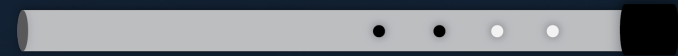
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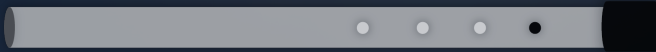
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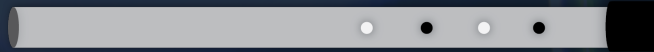
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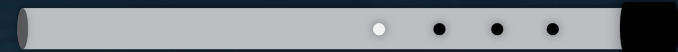
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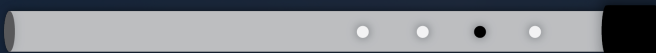
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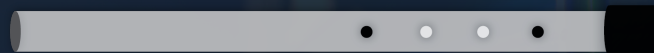
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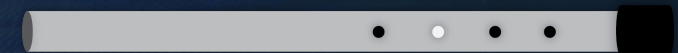
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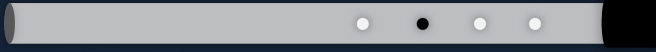
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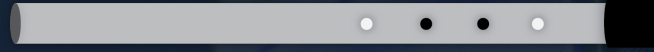
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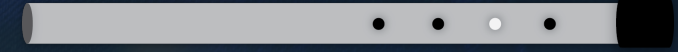
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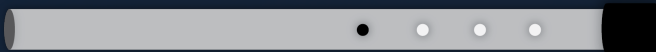
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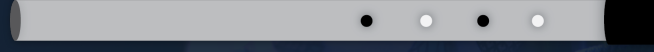
LEVEL 14



LEVEL 5



LEVEL 10



LEVEL 15



To discover more about the levels, watch our video on:

<https://www.youtube.com/watch?v=1C31H5OjDRk&t=1s>





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### 8. EXERCISES

Time to practice!

Before you start scrolling any further, first consider what your objective is for your vocal workout today!

1. Did you overburden your voice? Are you ill? Are you hoarse? = PRERESET!
3. Do you want to activate your voice for intensive use? (Read: speaking in front of the group, presenting, acting, singing?) = RESET!
5. Do you want to activate your voice to use voice effects as a speaker or singer? Do you want to train head vocals? High notes? = UPGRADE!

## READY? SET! GO!





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### PRERESET = RELAXATION AND RECOVERY OF THE VOICE

1. Choose a voice exercise (listen to / download audio on [www.sovttrainer.com](http://www.sovttrainer.com))

The exercises are based on difficulty. Exercise 1 is the easiest exercise, exercise 4 the most difficult.

Audio 1: Make short notes on 1 note = staccato.

Audio 2: Make long tones on 1 note = legato. Audio 3: Make a downward glissando. (stretching vocal cords)

Audio 3: Make a downward glissando (third).

Audio 4: Make an upward and downward glissando. (stretching vocal cords)

2. Start building the levels.

This reduces your throat tension, improves your breath control and helps you close vocal cords.

Do you notice that your maximum only works up to level 4, for example? Then that's all right! Then train up to level 4!

3. Train prereset with chubby cheeks.

This helps you to "open your throat" more easily and find button 3, space. More about this in point 10: "Vocal Map".

4. Project in the shout zone

More about this in point 10 "Vocal Map".

5. After practicing with the SOVT-Trainer, you convert the exercise to a voice exercise without the SOVT-Trainer:

For instance:

- Use audio exercise 1, 2, 3 or 4 with the SOVT Trainer
- Use audio exercise 1, 2, 3, or 4 with the shout: "wow", or "jeej".





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### RESET = ACTIVATE THE VOICE

#### 1. Start activating your breathing support.

Blow out "all air" in 1 count via the SOVT-Trainer without sound (level1).  
Feel how your belly moves inwards. Do this 3x.

#### 2. Select a voting exercise. (listen to / download audio on [www.sovttrainer.com](http://www.sovttrainer.com))

The exercises are based on difficulty. Exercise 5 is the easiest exercise, exercise 12 the most difficult.

Audio 5: Make a downward glissando (fifth).

Audio 6: Make a an upward and downward glissando (on fifths). (stretching vocal cords)

Audio 7: Make a downward glissando (octave) .

Audio 8: Make an upward and downward glissando (octave).

#### 3. Start building the levels. (maximum up to level 11)

Do you notice that your maximum only works up to level 8, for example? That's all right! Then train up to level 4!

#### 4. Train "reset" with chubby cheeks.

The higher the level, the more you switch to "upgrade".

This helps you to "open your throat" more easily and find button 3, space. More about this in point 10: "Vocal Map".

#### 5. Project in the shout zone

More about this in point 10 "Vocal Map".

#### 6. After practicing with the SOVT-Trainer, you convert the exercise to a voice exercise without the SOVT-Trainer.

For instance:

Use audio exercise 5, 6, 7, 8 with the SOVT Trainer

Use audio exercise 5, 6, 7, 8 with the shout: "wow", or "jeej".

#### 7. Sing songs with the SOVT-Trainer. (may be in head voice)





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### UPGRADE = INTENSIVE TRAINING OF THE VOICE

(voice effects, high notes, ringing, head voice, distortion, etc.)

#### 1. Train at the highest possible level for the twang setting.

If you notice that you cannot switch to the closing of 3 holes (from level 12), then first train the RESET level sufficiently.

When you start to get sound from level 12, try to raise the level. However, if you only succeed at level 12 and you feel you are not getting any further, that's all right! Always listen to your own body!

Singing with voice effects or singing light music with head voice, requires the twang setting.

When forming the twang it is necessary that you learn to project it towards the voice effects zone to avoid forward + downward pressure on the throat.

If you want to know more about singing with "TWANG" or "BELTING", watch the videos of Mind The Voice via the link below.

Twang:

<https://www.youtube.com/watch?v=jZE4vZnVUGY&t=136s>

Belting:

<https://www.youtube.com/watch?v=GbU-RBQb8iw&t=125s>

#### 2. Train "upgrade" with active cheeks.

This helps you to raise your voicebox more easily for your twang setting.

#### 3. Project in the shout or voice effect zone.

More about this in point 10 "Vocal Map".





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### 3. Choose a voting exercise. (listen to / download audio on [www.sovttrainer.com](http://www.sovttrainer.com))

The exercises are based on difficulty. Exercise 5 is the easiest exercise, exercise 12 the most difficult.

The glissando exercises are the most important exercises to check whether you are not creating any forward or downward pressure on your voice box. After all, you are unable to form them, you still sing with too much throat tension, too little breath support or stability, or a incorrect sound projection.

Audio 5: Make downward glissando (fifth).

Audio 6: Make an upward and downward glissando (fifth). Audio 7: Make a downward glissando (octave) .

Audio 8: Make an upward and downward glissando (octave).

Convert the SOVT exercise to a sound of your choice:

Convert to shout (wow, jeej)

Convert to twang (ng, jeej)

Convert to belting (jeej)

Convert to distortion (vocal fry + jeej)

### 4. Training of head vocals: audio 12: singing exercise pro.

Train at the highest possible level.

If you manage to get to the highest level completely, complete your levels while maintaining the voice box setting (twang).

Convert the SOVT exercise to:

Sing on / w /

Sing on / oe /

Sing on / go /

Sing on / ma /

### 5. Training distortion: basic vocal fry and twang vocal fry training with SOVT-Trainer.

Then audio 5, 6, 7, 8 first with SOVT Trainer, then with shout, then with distortion.





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### ADDITIONAL VIDEOS:

Reduce your hoarseness with the Mind The Voice SOVT-Trainer:

<https://www.youtube.com/watch?v=H3N3eFjnoVs&t=17s>

More POWER in your voice with the SOVT-Trainer:

<https://www.youtube.com/watch?v=WFyXJ03DUcA>

Singing with the basic chest voice:

<https://www.youtube.com/watch?v=HFWu1N-krek&t=96s>

Sing with the basic head voice:

<https://www.youtube.com/watch?v=GU15RerZQhw&t=87s>

You can find even more videos on

[www.youtube.com/MindTheVoice1](http://www.youtube.com/MindTheVoice1)









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### 9. MIND THE VOICE VOCAL MAP: SHOUT-ZONE

Watch the video From Mind The Voice about the SHOUT-ZONE  
<https://www.youtube.com/watch?v=GuMvhTqCrW0&t=82s>







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### 10. HOW TO CLEAN THE SOVT-TRAINER?

The SOVT-Trainer is made of high-quality INOX and industrially cleaned so that you can get started right away.

- Clean the SOVT-Trainer after every use.
- Rinse under warm running water.
- Avoid using detergent.
- Store the SOVT Trainer in a dry place.

Cleaning the SOVT-Trainer, watch our video via the link:  
<https://www.youtube.com/watch?v=F8fpNf-LHuk>

### 11. SOVT-TRAINER - CONTACT

- Do you have questions or comments?
- Do you want to purchase a large number of SOVT-Trainers?
- Would you like a personal workshop about the SOVT-Trainer?

#### Mind The Voice

Lippelseweg 44 - 2890 Puurs-Sint-Amans - België  
BE0657746112

[info@mindthevoice.be](mailto:info@mindthevoice.be) - +3232980494

[www.mindthevoice.be](http://www.mindthevoice.be) - [sovttrainer.be](http://sovttrainer.be)

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