

CHARLES SIMMONS MUSIC & FITNESS presents

# VOXXBODY

## TRAINING PRINCIPLES

An introduction to The VOXXBODY® Vocal Fitness System

2nd Edition



by Charles Simmons

# DISCLAIMER

Check with your doctor before starting this or any other fitness program, especially if you have circulatory, respiratory, skeletal or muscular issues.

If you have a history of vocal problems or other upper respiratory issues, please consult an ENT (ear, nose, and throat) specialist before starting the VOXXBODY® Vocal Fitness System.

Although The VOXXBODY® Vocal Fitness System is designed to help you improve your physical and vocal fitness, it is not intended as a comprehensive weight loss program (although one of the possible side effects of the successful completion of the program is weight loss).

The VOXXBODY® Vocal Fitness System is a VIIT (Variable Intensity Interval Training) program. Results will vary according to the frequency and intensity of the training, as well as the amount of rest and recovery time taken between workouts. For maximum results, please adhere to the guidelines specified in the program.

All images (graphic and video), sounds and text are the intellectual property of CHARLES SIMMONS MUSIC & FITNESS® and are protected by international copyright and trademark law. Unauthorized use of The VOXXBODY® Vocal Fitness System materials without the express written consent of CHARLES SIMMONS MUSIC & FITNESS™ is not permitted and will be prosecuted according to international law.

# INTRODUCTION



A fit, healthy person is a productive person. We all want to be in good shape, which is why so many people invest time and money every year in fitness studio memberships, classes, personal trainer services, home workout programs, or fitness apps. However, literally all fitness programs currently on the market neglect one essential part of the human body: the voice.

Singing and sports are more alike than many people think. Both are physically demanding and require intense training, concentration, and discipline to achieve peak performance. Like an athlete, a singer has to be mentally and physically prepared for the challenging work of public performance: the modern music performer is expected to not only be an exceptional vocalist but a skilled dancer and talented actor/actress.

Singing is emotional. Emotion starts in the brain and is interpreted by the body through facial expressions, subtle gestures and (at times) explosive movements. The ability to convincingly convey these emotions physically without placing too much strain on the voice can be challenging, especially if the vocalist is on tour, in a musical theater production, or has a multi-night engagement in a club or similar venue. With proper training, the level of endurance needed to meet these goals successfully is achievable.

The key is combining the physical stress required for exercise with the mental and physical relaxation necessary for a free, powerful, connected vocal sound. Tension and relaxation. Yin and Yang. A good performer knows how to utilize both. Balance is the operative word. Having this ability can transform you into a well rounded, dynamic vocalist with plenty of energy and endurance to get through even the most challenging performance situations.

A speech therapist once told me, “the absolute worst thing a singer can do is sports!” Her statement was a reference to the notion that body tension required for sports training is a direct contradiction to the relaxed state the body should be in for proper vocal technique. As I heard this, I shocked; being both a professional singer and a fitness freak for most of my adult life, I never really considered the role that body tension (the kind generated through fitness training) played in my singing. Is the physical stress needed for sports performance a hindrance to proper vocal technique? If so, does it have to be?

It was my contemplation of these questions that led me to develop a program that *combines* fitness training and vocal/speech exercises into a highly effective full-body workout program: The VOXXBODY® Vocal Fitness System. This book will introduce you to the VOXXBODY® method and, hopefully, give you some insight into how training your voice and body together can help you reach your vocal and fitness goals safely and effectively.

# WHAT IS IT?

VOXXBODY® is designed to increase and optimize your physical stamina, while simultaneously training the voice to operate with freedom, expressiveness, and power, with as little tension as possible.

VOXXBODY® was created to make the voice and body more durable in the shortest amount of time possible, while at the same time training the structures that make up the voice to relax and function without restriction, even in extreme physical situations.

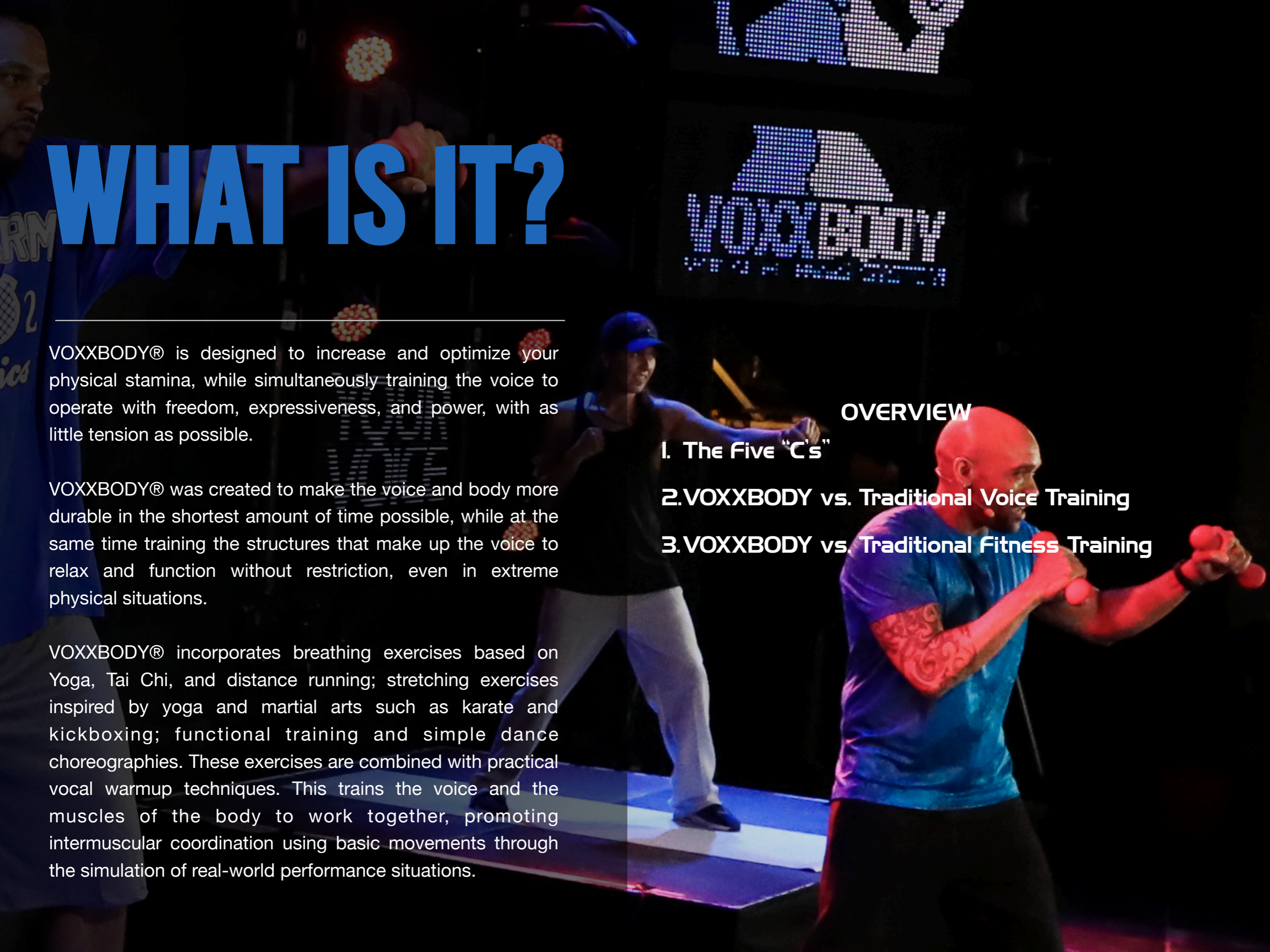
VOXXBODY® incorporates breathing exercises based on Yoga, Tai Chi, and distance running; stretching exercises inspired by yoga and martial arts such as karate and kickboxing; functional training and simple dance choreographies. These exercises are combined with practical vocal warmup techniques. This trains the voice and the muscles of the body to work together, promoting intermuscular coordination using basic movements through the simulation of real-world performance situations.

## OVERVIEW

### I. The Five "C's"

### 2. VOXXBODY vs. Traditional Voice Training

### 3. VOXXBODY vs. Traditional Fitness Training



In this book, you will see that VOXXBODY® offers a few distinct benefits compared to other fitness programs or voice training courses currently on the market. Here's a brief overview:

**Not just for singers.** One of the most frequent questions I get from potential VOXXBODY® users is, "Do I have to know how to sing to do the program?" The answer is NO. You don't have to be a singer, actor, or public speaker to enjoy the benefits of vocal training! A robust and healthy voice projects authority and confidence, which is vital to effective communication in the workplace and in private life. VOXXBODY® is designed to help you reach this goal.

VOXXBODY® is designed for *everyone*, regardless of body size, shape or overall fitness level. Depending on the intensity with which the exercises are performed, it can be used as a warmup before a show or presentation, or as a full-blown workout program for weight loss or general conditioning.

**You Already Know How It Works.** It doesn't matter if you're out with friends, at a sporting event, driving to work, taking care of your kids, or in the shower. Singing is something we all do when we're feeling good, and is one of the best ways to improve your breathing and vocal health.

Here's the thing: if you've ever been to a concert of your favorite artist and sung along with the rest of the audience when the artist tells you to, *then you already know how VOXXBODY® works!*

The program is so effective because *it's ridiculously easy*; all you have to do is repeat what you hear while performing the exercises. As simple as it sounds, be assured that VOXXBODY® will challenge you both physically and mentally, but without complicated dance moves or strange gadgets. That's a good thing.

**Actual “full-body” training.** When you hear the term “full-body workout,” you think about cardio, HIIT (High Intensity Interval Training)-based, or boot camp-style programs that involve combinations of upper and lower body movements, with a little core/midsection training thrown in for good measure. Some might think of strength-based circuit programs such as Crossfit, or compound lifts performed during traditional weightlifting routines in the gym.

In all of these training situations, clients and trainers use their voices, but often in ways that can be bad for your vocal health if you’re not careful. How many times have you gone to the gym and heard or seen people grunting, moaning, or even shouting during their workouts?

The fact is that the human voice is directly linked to one of the most vital systems of the human body: the respiratory system. By training your voice together with the rest of the body, you are training your respiratory system to work more efficiently during physical activity. This makes VOXXBODY® a true full-body training system.

**Save time & money.** Many amateur, semi-professional and professional singers, actors, and public speakers (teachers, lecturers, coaches, etc.) might hire a vocal coach or visit a speech therapist to improve their skills and correct vocal problems that usually occur due to overuse. The same people may also invest a significant amount of time and money in fitness studio memberships, classes, personal trainer services, home workout programs, or fitness apps.

VOXXBODY® is *the best of both worlds* because it gives you a safe, effective way to train the body and the voice at the same time, which will save you time and money. The workouts are short (between 25 and 35 minutes).

**Mind/body connection.** Athletes and performers share a common trait: the confidence and focus that comes from having complete control of their bodies and their voices. By combining functional fitness movement patterns with vocal exercises, VOXXBODY® workouts are designed to stimulate and improve the clients' cognitive skills, balance, coordination, concentration, and ability to perform multiple tasks at the same time, all of which enhance the mind/body connection.

---

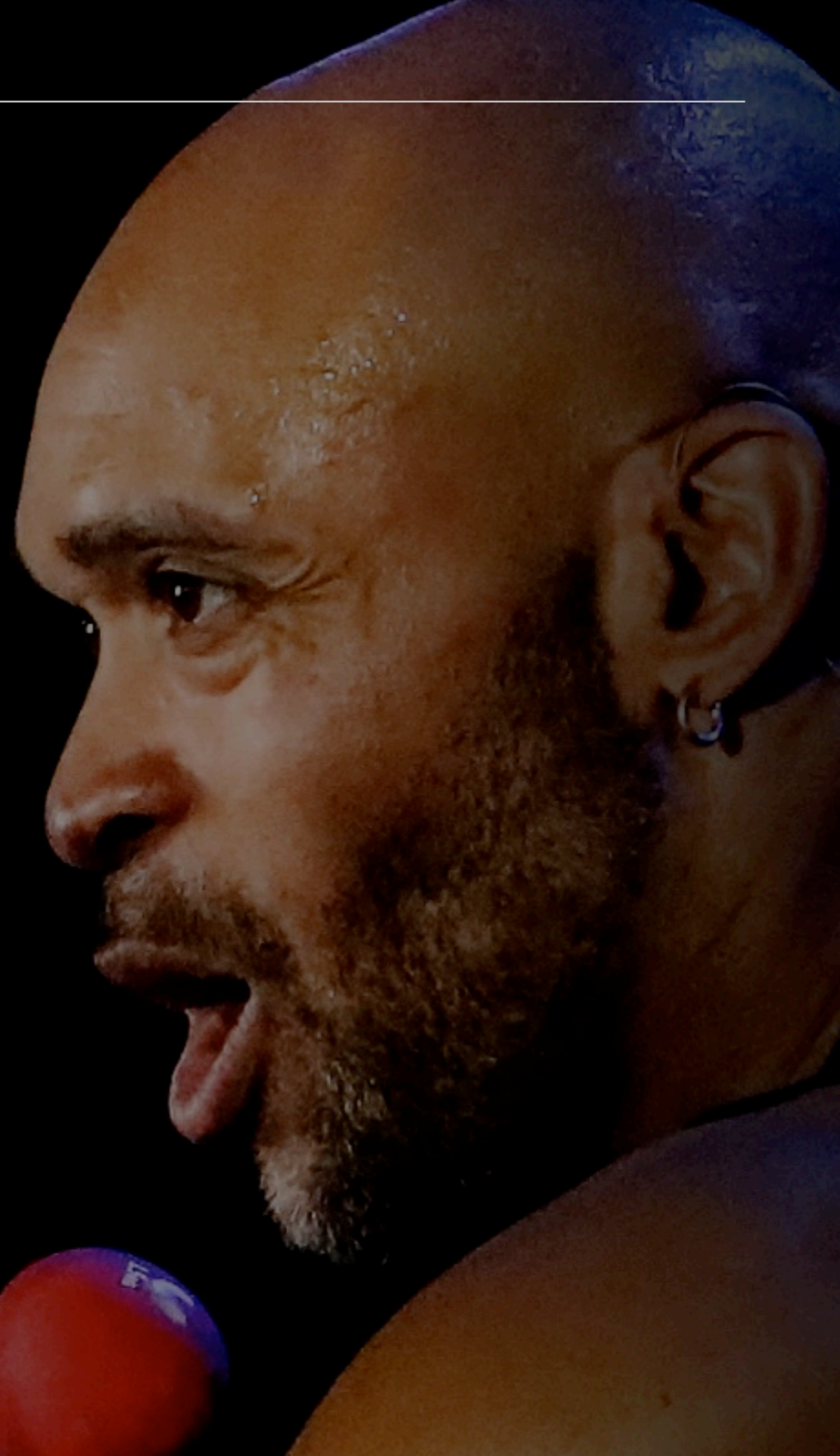
# The Five “C’s”

It’s my philosophy that a vocalist should know what is going on with their bodies at all times, even during times when it’s not possible to think *specifically* about how the voice is being used. This level of awareness is necessary to quickly fix vocal problems in real-time, to avoid making particular technical mistakes in the first place, and to enhance self-confidence.

When learning any new skill, it is known that practice is essential for mastery, in part because the repetition of a task is vital to the activation of brain’s ability to commit the movement pattern to memory. This is known as *muscle memory*. This concept applies not only to physical movement, but to vocal function as well.

VOXXBODY® incorporates five fundamental principles that are vital for the success of every performer, public speaker, or instructor. These principles are known as *The Five „C’s“*:

**CONDITIONING -> COORDINATION -> CONCENTRATION  
-> CONTROL -> CONFIDENCE**



**Conditioning.** VOXXBODY® exercises are based on classic functional fitness movement patterns. They are designed to improve cardiovascular and muscular efficiency without the intensity associated with typical circuit-based workouts. As the workouts progress, the intensity increases. This increase of intensity promotes the body's adaptation process, allowing both the body and voice to work more efficiently.

**Coordination.** VOXXBODY® incorporates some choreographed movement patterns. Combined with vocal exercises, these patterns are designed to improve hand-eye coordination, increase neuromuscular activity, promote “body balance,” and prevent injury.

**Concentration.** Safely performing the physical and vocal exercises together requires a degree of concentration. One could assume that singing or speaking while in motion does not require such intense focus, but the mental challenge of performing vocal exercises or singing specific melodies correctly while exercising should not be underestimated.

**Control.** The primary goal of VOXXBODY® is to improve your vocal and physical stamina. This is achieved by performing the physical and vocal exercises in a way that forces the body to distribute its energy resources evenly, applying appropriate tension for the physical moves and relaxation for the vocal exercises. Correctly performing the physical and vocal exercises together will lead to greater control of your voice and your body.

**Confidence.** People who feel good physically and/or vocally tend to be more self-confident and productive in their daily activities. This can be attributed to many factors:

- the heightened feeling of accomplishment after completing a workout or vocal training session
- heightened body awareness
- noticeable improvements in appearance
- noticeable improvements in the sound of the voice
- receiving compliments from friends, colleagues, and strangers

VOXXBODY® serves as an easy, effective, and fun morale-boosting tool by addressing physical and vocal deficits that you think you may have. You don't have to get it *perfect*; you just have to get it *going*.

# HOW DOES IT WORK?

The VOXXBODY Vocal System™ is a 12-week program, with each phase lasting approximately four weeks:

**Level 1: Foundation.** This phase consists of basic functional fitness movement patterns and vocal exercises, which are the foundation for all of the following workout routines in the program.

**Level 2: Rehearsal.** The exercises in this phase are variations of those from the Foundation level, and consist of compound movements and slightly more complex vocal exercises.

**Level 3: Showtime.** This level is the most advanced phase, with movement patterns derived from various real-world live performance scenarios.

## OVERVIEW

### I. Circuits

### 2. How often?



---

# Circuits

All vocal exercises in VOXXBODY are performed in a 'call-and-response' manner; you simply repeat whatever vocal drill or melody that is being sung or spoken. Doing this helps to coordinate the voice with the movement of the body, increase concentration and focus, and enhance listening skills. In addition to breathing, articulation and sound placement exercises, scales and melodies are sung in both major and minor keys.



Each phase of the VOXXBODY system begins with a warmup routine that combines breathing and sound production techniques with basic stretching, mobilization and coordination drills. The main workout routine is divided into four circuits:

- **Lower Body**
- **Upper Body**
- **Full Body**
- **Boxing / Kickboxing**

In each circuit, a specific vocal exercise is coupled with each physical movement. The exercises address all of the essential aspects of proper vocal technique:

- **posture**
- **articulation**
- **placement**
- **sound production**
- **intonation**
- **range**
- **dynamics (changes in volume and timbre)**

After the main workout sequence is completed, a *cooldown routine* is performed, which repeats many of the exercises done in the warmup phase, allowing the body and the voice to recover from the exercises of the main workout dynamically.

---

# How Often?

VOXXBODY is a variable intensity interval training (VIIT) program; you can make the workouts as easy or as challenging as necessary, which makes it an excellent program for people of all ages, sizes, and abilities. How often you should train per week depends on your goals.

- **LOW INTENSITY:** two times/week for light conditioning and maintenance (no previous workout or vocal training experience).
- **MEDIUM INTENSITY:** three times/week (recommended) for general conditioning, some weight reduction (beginner or intermediate; some workout or vocal training experience). Training on alternating days yield the best results.
- **HIGH INTENSITY:** four to five times/week for faster strength and endurance gains, weight reduction (advanced; fitness enthusiasts, semi-professional/professional performers). Training on consecutive days with a day of rest in between (Monday & Tuesday and Thursday & Friday, with Wednesday as a rest day) typically yields the best results and most accurately mimics the real-world schedule of a professional touring singer.

Remember: As is the case in many aspects of life, the VOXXBODY program only works *if you make the conscious decision to stick with it.*

**Consistency = results.**



# TIPS

A man with a shaved head and a beard, wearing a blue short-sleeved shirt, is captured in a dynamic pose. He is leaning forward with his arms extended, hands open, as if demonstrating a movement or exercise. The background is dark with blue lighting and some blurred figures of other people, suggesting a gym or fitness studio environment.

Here are a few helpful tips to help you get the most out of VOXXBODY:

**CLOTHING:** wear clothing that you can comfortably move around in. Fitness/sportswear is highly recommended.

**SHOES:** wear shoes that allow for comfort and stability, but also for lateral (side to side) movements. Training barefoot is also possible, as long as it is done with safety in mind. Running shoes are acceptable, but not recommended.

**YOGA / FITNESS MAT:** using a mat is recommended, but not required, as the majority of the exercises in VOXXBODY are performed while standing.

**START OUT USING NO WEIGHTS:** for beginners it is recommended to do the first few sessions without resistance, using only your bodyweight and isotonic muscle contractions. This will teach you how and where to use tension in your body, especially while singing. Later, as the movement patterns become more familiar to you, you can train with weights.

**INTENSITY, REST & RECOVERY:** as with any form of fitness training, VOXXBODY can be physically challenging. Take breaks as often as needed during the workouts, and make sure that you have plenty of water on hand.

**IF THE MELODIES ARE TOO HIGH OR TOO LOW:** the VOXXBODY program was designed for both men and women. However, there may be times when the melodies are too high or too low to sing comfortably. Please keep in mind that the primary goal of the program is to increase your vocal and physical endurance, not your range, so if you have difficulty singing in your upper or lower vocal range, sing an octave lower or higher.

**NUTRITION & LIFESTYLE:** the VOXXBODY program does not provide a comprehensive nutrition plan (yet). However, some nutrition and lifestyle guidelines can be applied to the workout to achieve the best possible results:

- If at all possible, avoid drinking alcohol or smoking while doing the program. Both have been scientifically proven to have detrimental effects on vocal and physical performance.
- Try to avoid drinking milk or other dairy products for at least 2 hours before training.
- Keep yourself hydrated during the program. If your goal is weight loss, try drinking at least 2 liters of water daily for the duration of the program.
- When eating, keep your portions under control. Eat the foods you love, just don't overdo it.

**HAVE FUN WITH IT:** in the arts, technique without emotion is useless. When performing the exercises in this program, don't be afraid to be playful, to dance, be enthusiastic or silly. In my experience, the more fun you have, the less you'll tend to think about the technical aspects of singing and working out, therefore the better you will become at both.

The VOXXBODY Vocal Fitness System™ is a fun, safe, effective way to train both your voice and your body. I've put a lot of time, effort and experience into this program to make sure that you are able to reach your vocal and fitness goals in the shortest amount of time. Enjoy yourself!

**Are you ready to meet the challenge? Go to [VOXXBODY.com](https://www.voxxbody.com) to get started!**

## About

# CHARLES SIMMONS

Singer. Producer. Vocal coach. Personal fitness trainer. Charles Simmons is a true multi-talent. As a performer, he has traveled the world, electrifying audiences with his multi-faceted singing style, stretching from classical to jazz, soul / R&B and hip-hop, rock and metal.

His passion for teaching and motivating people has spilled over into the world of fitness; as a certified personal trainer, what was once a hobby has transformed into a mission to educate, inspire and motivate his fellow musicians and others to live healthier, more active lifestyles.

Charles is an instructor at the prestigious University of Popular Music & Business (aka Popakademie) in Mannheim, Germany. He was a vocal coach on the German versions of 'X-Factor', 'My Name Is...', 'United Voices', and has coached many successful national and international artists, including Alice Merton, Vanessa Mai, Joris, Linda Föh, Luca Optifanti (Antiheld), Matthias Sayer (Farmer Boys) and many more. Charles received his personal training certifications from the National Academy of Sports Medicine in the USA (NASM-CPT), the American Council on Exercise (ACE-FFS) and the Safs & Beta Academy in Germany (DEKRA and TÜV Rheinland accredited). He's also an Alliance Member of the American College of Sports Medicine.



---

# COPYRIGHT

© 2020 by Charles Simmons Music & Fitness

All rights reserved. No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the publisher, except in the case of brief quotations embodied in critical reviews and certain other noncommercial uses permitted by copyright law. For permission requests, write to the publisher, addressed “Attention: Permissions Coordinator,” to [support@voxxbody.com](mailto:support@voxxbody.com)

Photos courtesy of [Traboldphoto](#) and [Sandra Wolf Photography](#).