

10 ESSENTIAL FITNESS EXERCISES FOR MUSICIANS



POWER YOGA

What it is: Fitness-oriented classes that focus on breathing, alignment, strength, balance, and opening up the body.

Best for: Everyone

CORE STRENGTHENING

What it is: Exercises that strengthen the muscles in your torso, including your abdominals and back muscles.

Best for: Vocalists, pianists, wind instrumentalists



POSTURE WORK

What it is: Exercises that help maintain proper alignment of your spine.

Best for: Everyone

ARM STRENGTHENING

What it is: Exercises that strengthen the biceps, triceps, and shoulder muscles.

Best for: Percussionists, pianists, string, wind and brass instrumentalists



INTENSE CARDIO

What it is: Exercises that increase your heart rate and keep it high or raise it in intervals.

Best for: Everyone

DANCE CLASSES

What it is: Classes with choreography, set to a variety of music genres.

Best for: Vocalists, instrumentalists (especially those playing in an ensemble or band)



NECK & SHOULDER STRETCHES

What it is: Stretches that bring balance to your body and ease tension in your neck and shoulders.

Best for: Pianists, wind instrumentalists, guitar players, string instrumentalists

HIP FLEXOR STRETCHES & BACKBENDS

What it is: Stretches that open up the front of your body and counteract all the sitting and leaning forward we do.

Best for: Vocalists, pianists, guitarists, drummers



OUTDOOR HOBBIES

What it is: Any outdoor activity that forces you to breathe and/or sweat!

Best for: Everyone

MEDITATION

What it is: Sitting in stillness, calming your mind, and focusing on your breath for a certain amount of time.

Best for: Performers of all kinds



The Instrumentalists Guide To Fitness Health And Musicianship Vhs Video

L Cohen



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