Warm-ups are the verbal and physical exercises we do before and between rounds to get energy, focus, and warm voices. While doing these warm-ups, an interper should over-articulate as much as possible, so their regular speaking will be clear when they perform. The only way to do warm-ups effectively is to be as enthusiastic and unafraid as possible because otherwise, the warm-ups will not be helpful. An interper does not need to memorize these, but it’s essential to be familiar with them. Here are a few popular warm-ups used by teams across the country.

**SPEECH WARM-UPS**

**ARMS OUT**
Students do the action that is stated by the caller.

**CALLER:** Arms out!
**GROUP:** Arms out!
**CALLER:** Thumbs up!
**GROUP:** Thumbs up!
**CALLER:** Wrists together!
**GROUP:** Wrists together!
**CALLER:** Elbows in!
**GROUP:** Elbows in!
**CALLER:** Knees bent!
**GROUP:** Knees bent!
**ALL:** Aah roo chicha, aah roo chicha, aah roo chichacha.
Aah roo chicha, aah roo chicha, aah roo chichacha. I’m singing in the rain, just singing in the rain. What a glorious feeling, I’m hap-hap-happy again.

**CALLER:** Arms out!
**GROUP:** Arms out!
**CALLER:** Thumbs up!
**GROUP:** Thumbs up!
**CALLER:** Wrists together!
**GROUP:** Wrists together!
**CALLER:** Elbows in!
**GROUP:** Elbows in!
**CALLER:** Knees bent!
**GROUP:** Knees bent!
**CALLER:** Bum out!
**GROUP:** Bum out!
**ALL:** Aah roo chicha, aah roo chicha, aah roo chichacha.
Aah roo chicha, aah roo chicha, aah roo chichacha. I’m singing in the rain, just singing in the rain. What a glorious feeling, I’m hap-hap-happy again.

**CALLER [WITH TONGUE OUT]:** Tongue out!
**GROUP [WITH TONGUE OUT]:** Tongue out!
**ALL:** Aah roo chicha, aah roo chicha, aah roo chichacha.
Aah roo chicha, aah roo chicha, aah roo chichacha. I’m singing in the rain, just singing in the rain. What a glorious feeling, I’m hap-hap-happy again.
ALPHABET
In Alphabet you repeat the consonant sounds in alphabetical order, using “ah” following each consonant (such as Bah, Cah, Dah, etc.)

ALPHABET WITH FINGERS
Say the whole alphabet quickly, repeat with one finger between your teeth, then two, then three, then two, then one, then none again.

BABY SHARK:
Mama Shark, (repeat as previous)...
Daddy Shark, (repeat as previous)...
Grandma Shark, (repeat as previous)...

BIG BLACK BUG
The big black bug bit the big black bear and made the big black bear bleed blood. Huh! [repeat]

BLUE GLUE GUN
Blue glue gun, green glue gun, blue glue gun, green glue gun, red leather, yellow leather, red leather, yellow leather [repeat]

BRR!
CALLER: I SAID....
ALL: Brr, it’s cold in here. I said there must be some Mustangs (your school mascot) in the atmosphere. I said, brr, it’s cold in here, I said there must be some Mustangs in the atmosphere. I said oh ee oh ee oh, ice ice ice. Slow it down, oh ee oh ee oh ice ice ice. REMIX!

CINNAMON
Cinnamon, aluminum, linoleum, petroleum, cinnamon, aluminum, linoleum, petroleum [repeat over and over again]

FLEA
CALLER: FLEAAAA
GROUP: FLEAAAA
CALLER: FLEA FLY
GROUP: FLEA FLY
CALLER: FLEA FLY FLOW FLUM
GROUP: FLEA FLY FLOW FLUM
CALLER: Coomuhlama coomuhlama coomuhlama vista
GROUP: Coomuhlama coomuhlama coomuhlama vista
CALLER: Ooh no, no, not the vista
GROUP: Ooh no, no, not the vista

CALLER: Eenie meenie okah meenie oowa oowatah meenie
GROUP: Eenie meenie okah meenie oowa oowatah meenie
CALLER: Shoo Bapbap shoo bap-a-do bap
GROUP: Shoo Bapbap shoo bap-a-do bap
ALL: Shhhhh....

[This warm-up is repeated about three times]
LITTLE CABIN IN THE WOODS:

[Regular style] Little cabin in the woods, little man by the window stood, saw a rabbit hopping by, knocking at his door. Help me! Help me! Help me! Said, ‘fore the hunter shoots me dead. Little rabbit come inside, safely to abide.

[Tiny style] Little cabin in the woods, little man by the window stood, saw a rabbit hopping by, knocking at his door. Help me! Help me! Help me! Said, ‘fore the hunter shoots me dead. Little rabbit come inside, safely to abide.

[HUGE style] Little cabin in the woods, little man by the window stood, saw a rabbit hopping by, knocking at his door. Help me! Help me! Help me! Said, ‘fore the hunter shoots me dead. Little rabbit come inside, safely to abide.

OOH I FEEL SO GOOD:

ALL: [right arm shaking to the rhythm] Ooh, I feel so good like I knew I would, ooh I feel so good. [clap] [both arms shaking to the rhythm] Ooh, I feel so good like I knew I would, ooh I feel so good. [clap] [both arms and right leg shaking to the rhythm] Ooh, I feel so good like I knew I would, ooh I feel so good. [clap] [whole body rocking out to the rhythm] Ooh, I feel so good like I knew I would, ooh I feel so good!

POT
She makes a proper cup of coffee in her copper coffee pot. [repeat]

POWER RANGERS:
Count up to 16 four times, the first time shaking your right hand, the second time shaking your left hand, the third time with your right leg, and the last time with your left leg. Repeat, counting up only to 8, then 4, then 2, then 1. End with a stellar power ranger pose.

RED ROVER:
I’m looking over my dead dog Rover. That I overran with my power mower. One leg is missing, the other is gone, the third leg is scattered all over the lawn. Oh no, there’s no need explaining, the one remaining, is out on the cardboard floor. I’m looking over my dead dog, Rover, that I overran before. AROO! (dog noise)

SHE STOOD UPON THE BALCONY
She stood upon the balcony, inexplicably mimicking him hiccupping, while amicably welcoming him in.

SHE STOOD IN SOLEMN SILENCE
She stood in solemn silence on a dull dark dock in a pestilential prison with a life long lock. Awaiting the sensation of a short sharp shock from a cheap and chippy chopper on a big black block.

YOU KNOW NEW YORK
You know New York you need New York you know you need unique New York, and you know unique New York needs you.

WHETHER THE WEATHER
Whether the weather is an incredibly important and awesome Milton speech tradition. We do it at the end of every warm-up throughout the year.

Whether the weather be cold, whether the weather be hot, we’ll be together whatever the weather whether we like it or not. Salaam! Whether the weather be cold, whether the weather be hot, we’ll be together whatever the weather whether we like it or not. Yo! Whether the weather be cold, whether the weather be hot, we’ll be together whatever the weather whether we like it or not.