



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

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### 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:** 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!

**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.

# SPEECH WARM-UPS continued

## 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:

Baby Shark, do do do do do do. Baby Shark, do do do do do do do do. Baby Shark, do do do do do do. Baby Shark.

Mama Shark, (repeat as previous)...

Daddy Shark, (repeat as previous)...

Grandma Shark, (repeat as previous)...

Going swimming, (repeat as previous)...

See a Shark, (repeat as previous)...

Swimming fast, (repeat as previous)...

Lost a leg, (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]

# SPEECH WARM-UPS continued

## 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. Oy! 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.*