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SING-AEROBICS WORKOUT CD – EXERCISES

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<u>DVD CHAPTER</u>	<u>SUBJECT</u>
↓	↓
①	INTRODUCTION
②	BREATHING
③	SUPPORT
④	FOCUS
⑤	RESONATING SPACE
⑥	CONSONANTS
⑦	VOLUME
⑧	VIBRATO
⑨	RESONANCE
⑩	REGISTERS
⑪	UPPER MIX
⑫	LOWER MIX + CRDITS