Other exercises:

1) Slow descending gliss on "Coo" starting at F4 and ascending by half steps to C5.

2) Slow downward and upward gliss oscillation of a P5 starting at F4 down to Bb3 and back up to F4, and ascending by half steps to C5 down to F4 and back up to C5.

3) Slow downward and upward gliss oscillation of a P5 starting at F4 down to Bb3 and back up to F4, and descending by half steps to A3 down to D2 and back up to A3.

4) Slow downward and upward gliss oscillation of a P8 starting at F4 down to F3 and back up to F4, and ascending by half steps to C5 down to C4 and back up to C5.

5) Slow downward and upward gliss oscillation of a P8 starting at F4 down to F3 and back up to F4 and descending by half steps to D4 down to D3 and back up to D4.

6) Sing the syllable "Coo" with slight articulations through the exercise 54321234531. Start on Bb major with the first pitch of F4, descending by half steps to D major with the first pitch on A4.