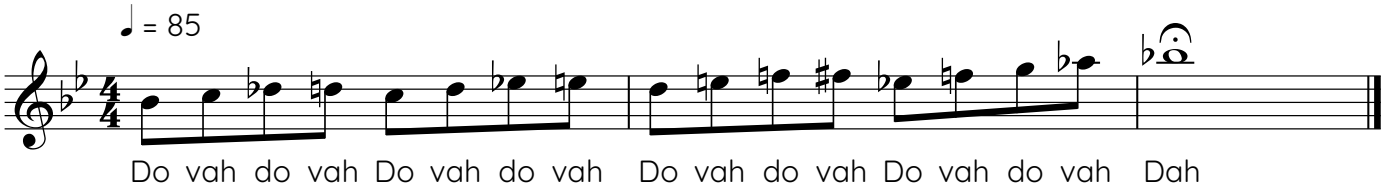Lead soprano 1 vocal range exercise