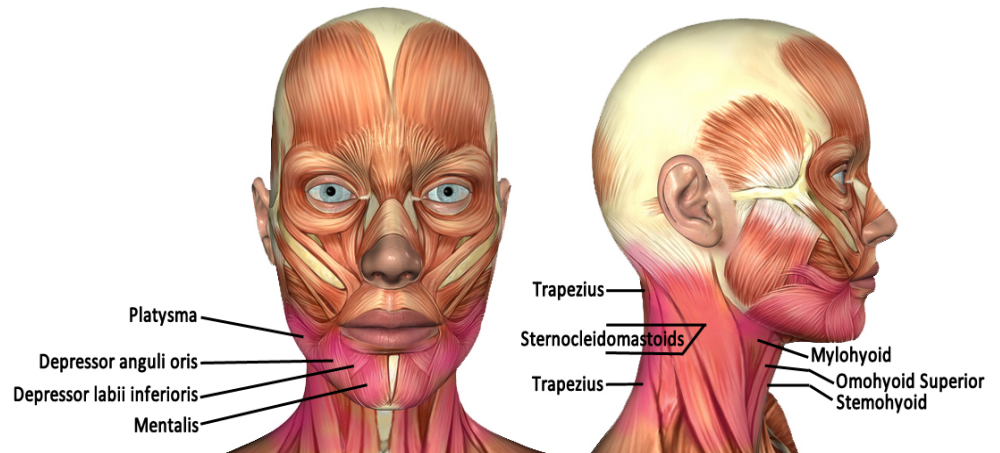




## EXERCISE NOTES – FIRM YOUR TURKEY NECK W/OUT SURGERY

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Platysma  
 Depressor anguli  
 Depressor labii  
 Mentalis  
 Trapezius  
 Sternocleidomastoids  
 Molohyoid  
 Omohyoid Superior  
 Stemohyoid



## INSTRUCTIONS

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There are four parts to practicing this exercise. Once you learn the four parts you need to practice them together in combination with the other. If you leave one part out, the exercise will not be as effective.

### Step 1

First identify the muscles in your neck area focusing on your Platysma that runs along the jaw line

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**Step 2**

Looking at the picture, your platysma is along the jawline as shown. You will also find the muscle by looking at the anatomical picture above

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**Step 3**

Squeeze your neck muscles initiating the movement from your Platysma muscle at your jaw line. Lift the Platysma as you squeeze the front of your neck upwards and together. You can see from the picture how this works. Do not lift your jaw; lift your Platysma by pressing your lips together and lifting at the same time. Practice this step first before proceeding with the next step.

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**Step 4**

Once you have mastered lifting your Platysma muscle in the way described above, the next step is to slide your fists up your neck and tuck them under your jaw line. The action of sliding helps smooth the neck skin so more wrinkling does not occur when you are practicing the exercise. Keep the skin smooth. You will see excess skin on your jaw above your fists. Do not worry about this as over time the excess skin will tighten.

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**Step 5**

When you have your fists tucked under your jaw, bring them apart slightly as shown in the picture.

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**Step 6**

Next step with your fists positioned under your jaw, try to touch your chest with your chin. As you do your neck will wrinkle, so keep the skin smooth with your fists. Next, place the tongue in either the roof or the bottom of the mouth and press your tongue firmly down as you nod your head up and down. Create resistance with your fists as your head moves down.

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**Step 7**

Next step – when you are moving your head downwards, tighten the back of your neck area. This in turn exercises the muscles at the rear of the neck and the sides of the neck, which will give you a much more feminine neck line on the sides.

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