



EXERCISE NOTES – TOTAL CHEEK TONER

Zygomaticus Minor & Major

Masseter

Buccinator

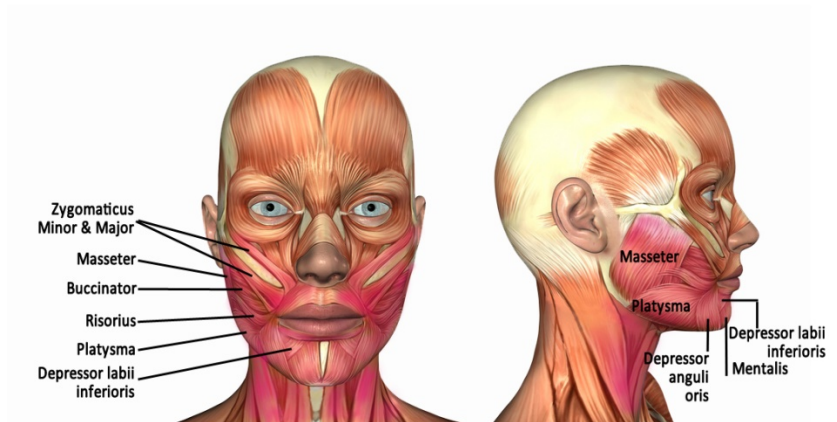
Risorius

Platysma

Mentalis

Depressor labii inferioris

Depressor anguli oris



INSTRUCTIONS

Step 1

Place your fingers along either side of the corners of your mouth.



Step 2

Purse your lips together by pressing lips together tightly and firmly. This will cause the whole upper and lower cheek area contract.





EXERCISE NOTES – TOTAL CHEEK TONER

Step 3

As the upper and lower cheek muscles begin to contract, squeeze them further to give a total cheek workout.



Step 4

As you squeeze the upper and lower cheek muscles together you should be feeling the muscles move up and down, and back and forth over the cheek bone and lower jaw bones. Your neck muscles will be moving also. This is normal.

