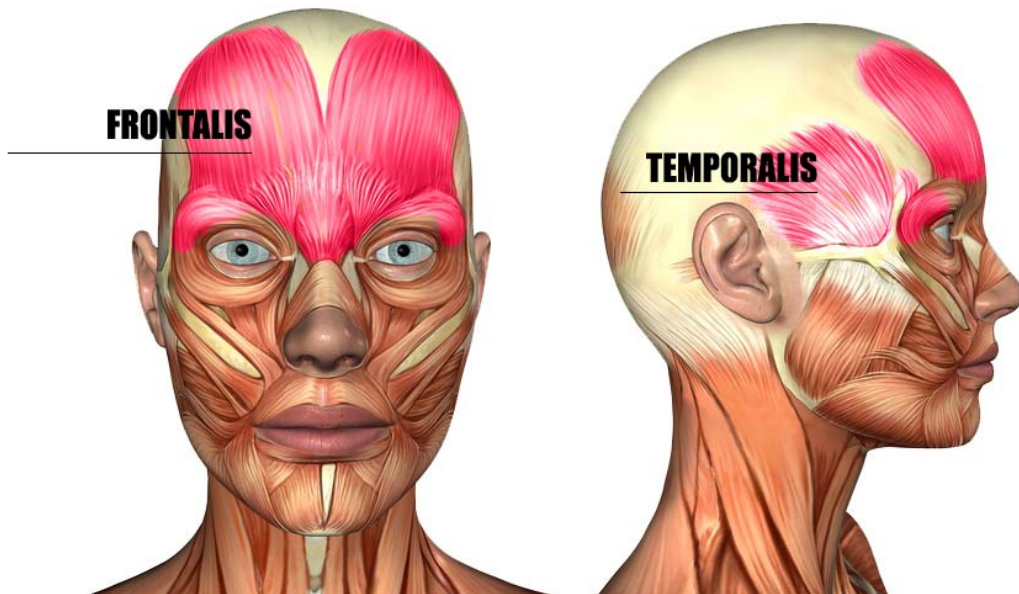




EXERCISE NOTES – TEMPLE MUSCLES LIFT



Step 1

You will be using your fore, middle and ring fingers for this exercise.



Step 2

Place your 3 fingers tips along the middle of your forehead as shown. Placing your thumbs on your temples to anchor your hands.



Step 3

When you place your fingertips on the forehead, be sure to be only using the tips



Step 4

Do not lay your fingers on the forehead.



Step 5

Once your fingers and thumbs are in place, lift your brows. You should be feeling the sides of the Frontalis and the Temples moving up and down.

Notes:
