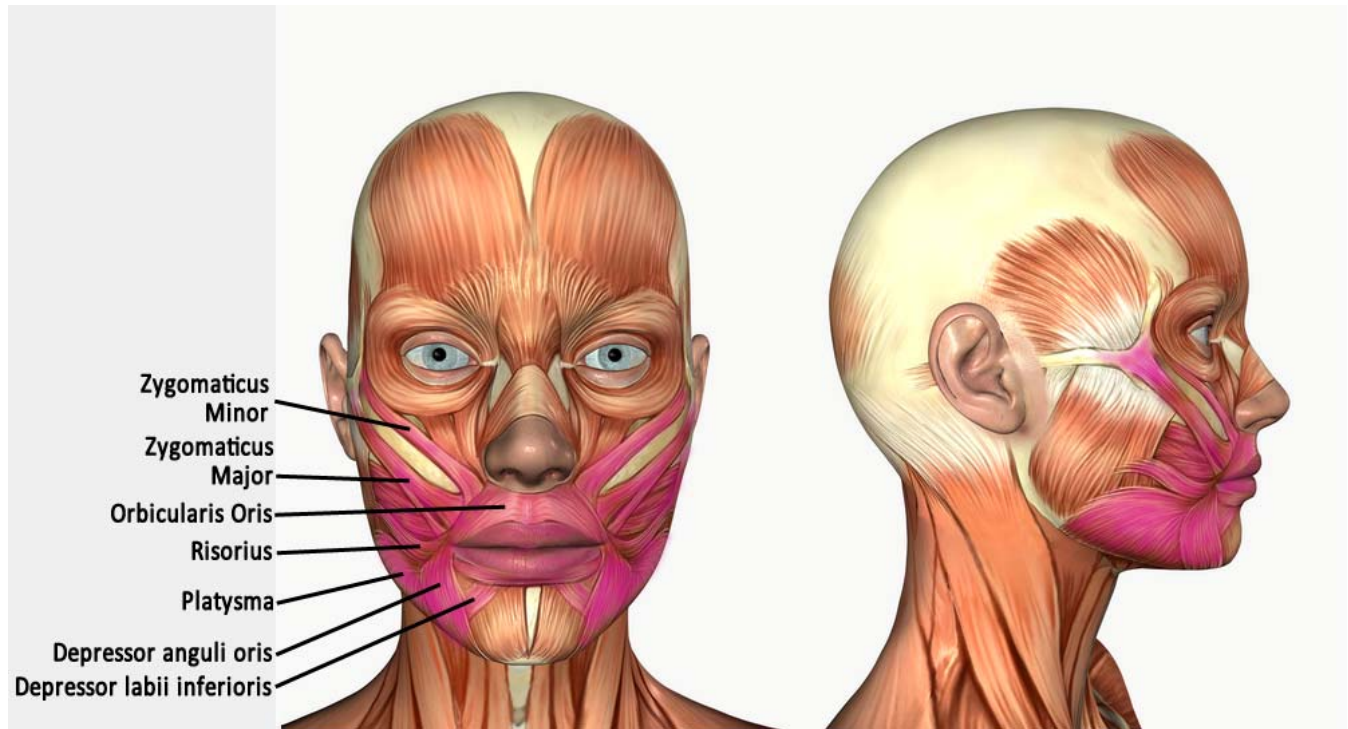


EXERCISE NOTES – ULTIMATE CHEEK LIFT

The Muscles to focus on this exercise are shown in the following schematic:



Step 1

For this exercise you will be using your forefingers and your middle fingers in the configuration shown in the picture to the left



Step 2

You will also be using the first knuckle of your ring finger to isolate the corners of your mouth and Marionette lines. Along with this, you will be using your thumbs to isolate the platysma muscles along your jaw line



Step 3

Place your forefingers along the Zigomaticus Major and Minor Muscles. These are the cheek muscles that sit above and below the cheek bone



Step 4

Remember to place your thumb along the Platysma Muscle along your jaw line



Step 5

Using your ring fingers, nestle your first knuckle comfortable against the corners of the mouth and down along the Marionette Lines to isolate both areas



Step 6

Purse the lips and as you do pull the muscles in an upwards motion. If your neck muscles are engaging strongly, bring your focus to the Cheek Muscles, drawing the energy upwards and outwards as you squeeze the cheeks.

Notes
