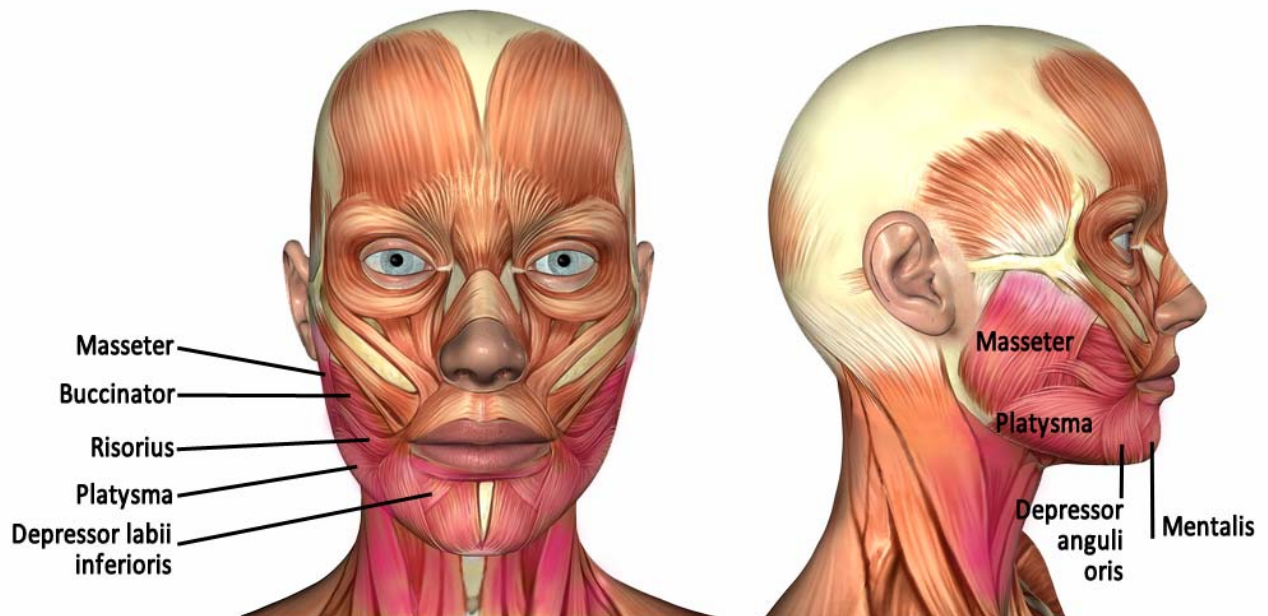




EXERCISE NOTES – JAWLINE EXERCISE

Muscles used in this Exercise



Step 1

Place your tongue to the back of your front upper teeth. Press against the teeth with your tongue





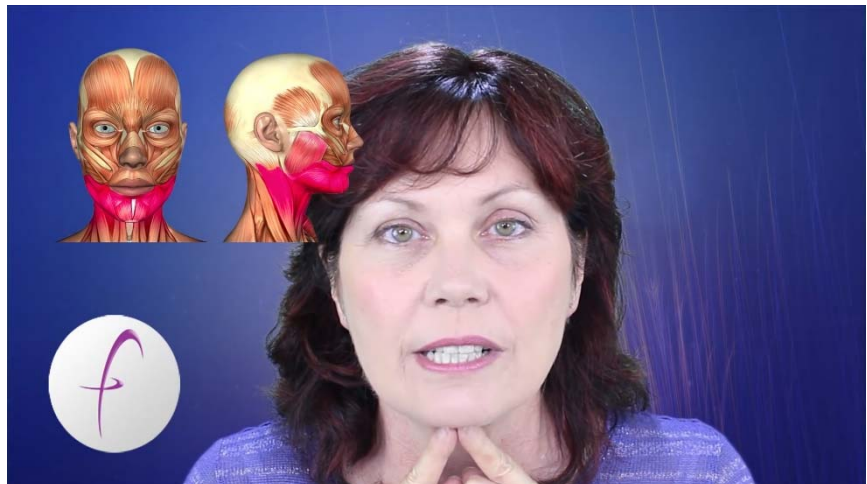
Step 2

Lift your chin muscles to the ceiling, squeezing the masseter muscle at the same time.



Step 3

You will feel this exercise working directly under the chin





Step
4

All around your jawline and your masseter.



When you first learn this exercise, your tongue may ache a little as you are performing it. Just stop for a few seconds and when ready keep going. You will get used to it as the muscles grow stronger.

NOTES
