

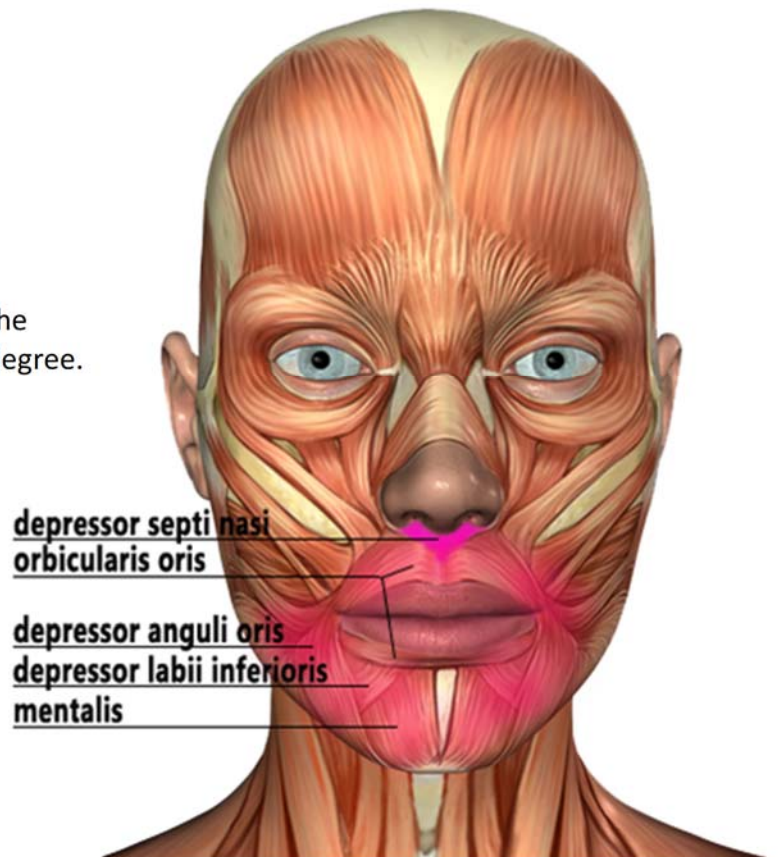
## EXERCISE NOTES – LIP PLUMPER

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Muscles used in this Exercise:

1. Depressor Septi Nasi
2. Orbicularis Oris
3. Depressor Anguli Oris
4. Depressor Labii Inferioris
5. Mentalis

Note: You will engage the Buccinators and the Risorius muscles also however at a lesser degree.



### Step 1

Place your pointer fingers together on top of each other one knuckle wide as shown in the picture.





### Step 2

Place your thumb tips either sides of your lips to isolate that area.



### Step 3

Place your fingers between your lips, the top on your Cupids Bow, and the bottom on the middle of your bottom lip, squeeze lips together.



### Step 4

As you squeeze your lips together, pull both fingers apart to help with resistance





Step 5

As you perform this exercise, using your thumb tips, pull the top lip corners of the mouth a little to ensure that when you do the exercise your top lip skin is smooth.

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