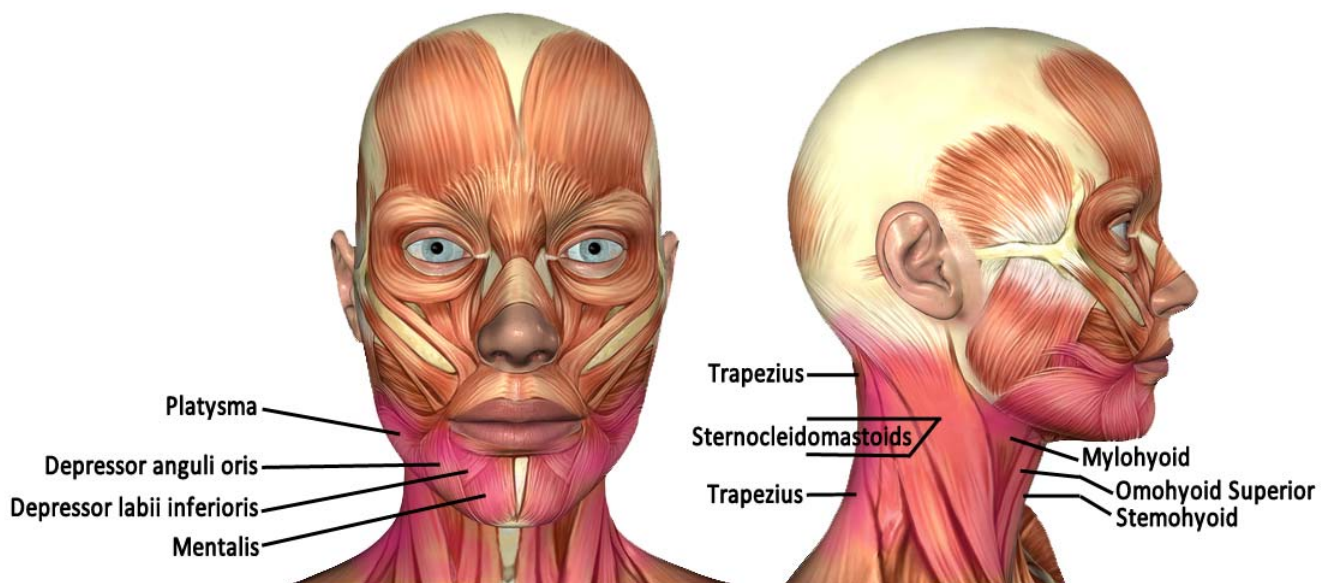




## EXERCISE NOTES – REMOVE NECK WRINKLES

Muscles used in this Exercise



### Step 1

This is a 3 part Exercise. First make a fist with your left hand, place it into the side of your neck and the same side that your fist is press the side of your neck into your fist downwards towards your shoulder and moving your neck up and down do this for 50 times.





### Step 2

Repeat the same step above changing to your right side and repeat 50 times.



### Step 3

Make sure when you are using your fist as resistance you tuck it firmly into whole of your neck on the side as shown.

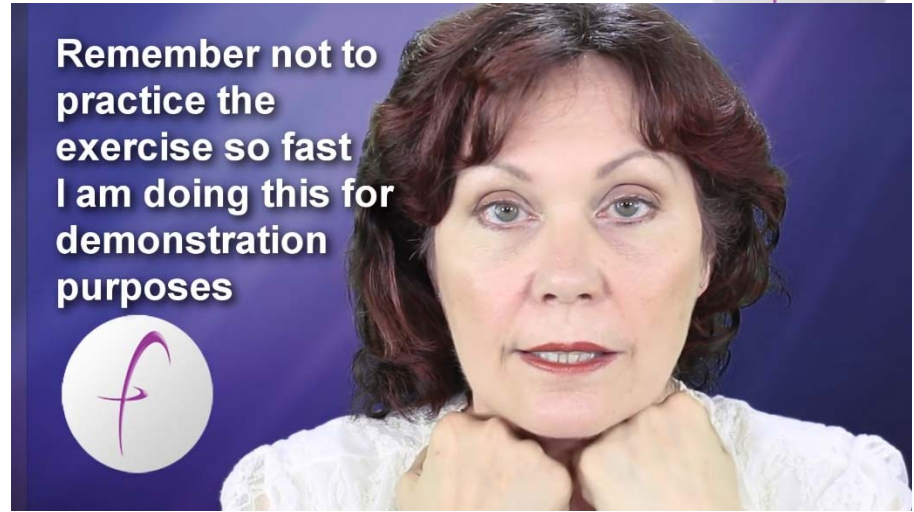




Step 4

After you finish 50, either side of the neck using your fist, then move to the middle neck with the Turkey Neck Exercise found in Series 1.

Do this 50 times.



This exercise only requires 50 of each side and 50 in the front all the way thru the series. Do not do 100 or 150 repetitions each side when graduating thru the levels of the series. You will be doing too many exercises and will cause muscle fatigue.

NOTES

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