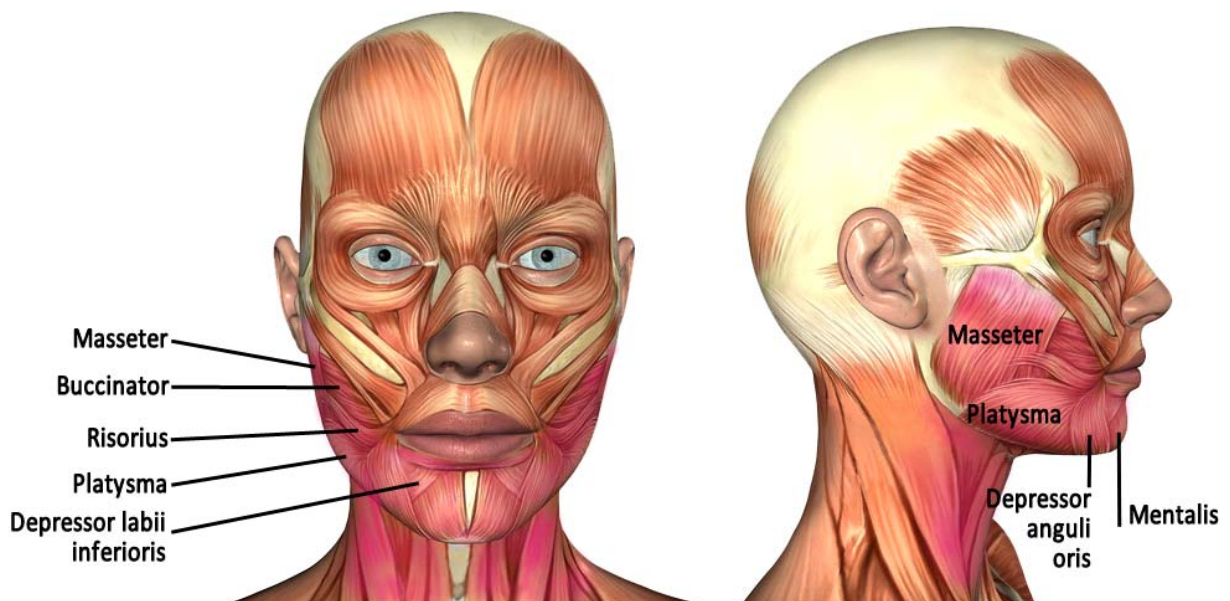




EXERCISE NOTES – CHIN EXERCISE

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



Step 1

Place your index fingers on the corners of your mouth and down along the marionette lines of your chin and press.



Step 2

With your index fingers in place, slide the bottom lip over the top lip and squeeze upwards at the same time.

This exercise requires muscle effort.

If you just slide your lip up and down, you will not be activating the chin and neck muscles.



Step 3

Ensure that your bottom lip slide over the lip.

Do not purse the lips as pursing the lips activates a different set of muscles.



Step 4

This exercise activates all of the chin and neck muscles, and your focus is on those areas.

