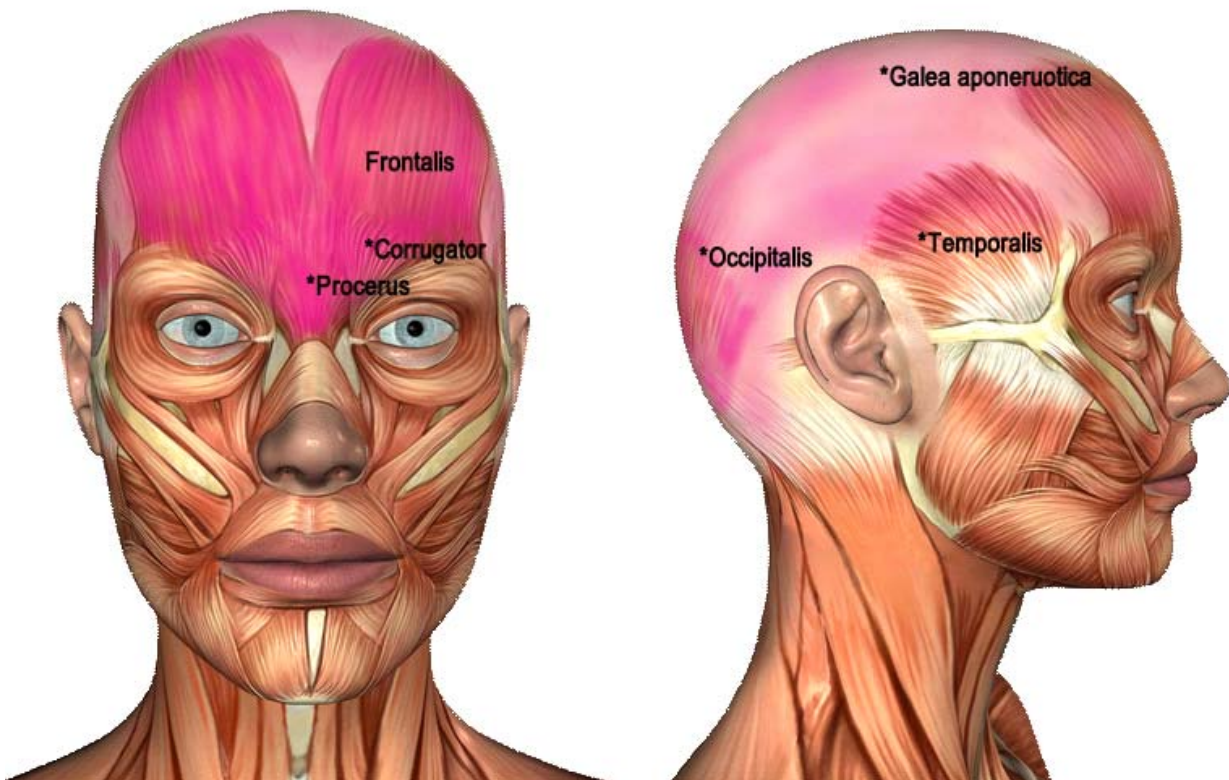


EXERCISE NOTES – FOREHEAD EXERCISE

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





Step 1

Make your index fingers in a c shape and place on forehead as shown.

Be sure to place your finger firmly on the procerus so as to isolate the wrinkle that forms between your eyes and lay the finger over the whole of the frontalis as shown.



Step 2

When you lay your index finger over the frontalis muscle, do not press your knuckles into the frontalis.

See picture below



Step 3

As shown in the picture, the knuckles are not pressed onto the frontalis, they are sitting up off the muscle.



You can see from the press marks shown on my forehead "where" to place your fingers



Step 4

You can see from the marks on my forehead where I have placed my index fingers



Keep Procerus taut and press firmly using the Press & Plant Technique I created



Step 5

Gently hold back the wrinkles that form between your eyes with your fingers, pressing firmly as you do.

Lift your brow muscles up and down while pressing firmly.



Main Points:
 1. Use the Press & Plant Technique
 2. Place your fingers firmly over where the Procerus & Corrugator meet
 3) Do not press your knuckle on the sides of the Frontalis



Step 6

Use the Press & Plant Technique while performing this exercise.

Gently hold back where the wrinkles form between your eyes

Press firmly as you hold back the wrinkles and lift your eye brows up and down.

Do not press your knuckle to the sides of your forehead while performing this exercise



Notes
