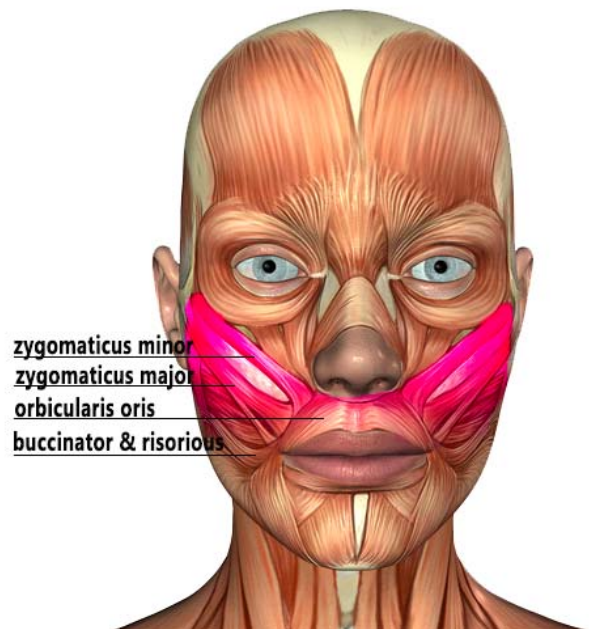




EXERCISE NOTES – UPPER CHEEK EXERCISE

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



Step 1

In this exercise you will be using the lower inside part of the palm and thumb to isolate the upper cheek muscles.



Step 2

We will be placing our palms along the zygomaticus minor, upper cheek bone.



Step 3

Place your lower inside palm firmly all the way along the zygomaticus minor muscle, upper cheek bone.

Making sure to use all of your palm and thumb area to isolate the crow's feet and up into the temple and down into the cheek area. This will ensure when you squint your eyes this area will not wrinkle.



Step 4

Ensure that the bottom of your palm is covering the apples of your cheeks where I am pointing in the picture.

This is where you will feel the resistance and the bulk of the muscle being exercised.

