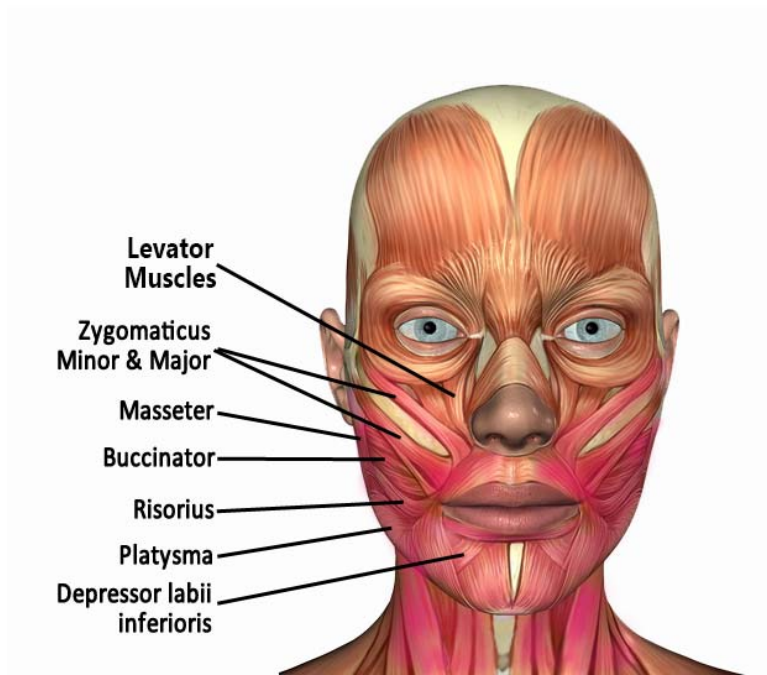




EXERCISE NOTES – SERIES 6 – CHEEK EXERCISE

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



Step 1

Place your index fingers firmly on the corners of your eyes.



Step 2

Tuck the knuckles of your thumbs into the corners of your mouth.



Step 3

Lay your middle fingers along the lower eye socket.



Step 4

Squeeze your cheek muscles inwards and lift your levator muscles upwards.

All of the energy of this exercise is moving inwards and upwards.

This is the opposite action to the Cheek Lifter in Series 1 when the cheeks are squeezed outwards and upwards.



Step 5

When performing this exercise you must use the Focus Technique, so as not to wrinkle the procerus area.

You do this by focusing on everything below the brow area and carefully squeeze only the cheeks and bottom part of your face.



Step 6

If you are concerned about your lips wrinkling use your ring fingers to isolate the tops of your lips.



Notes
