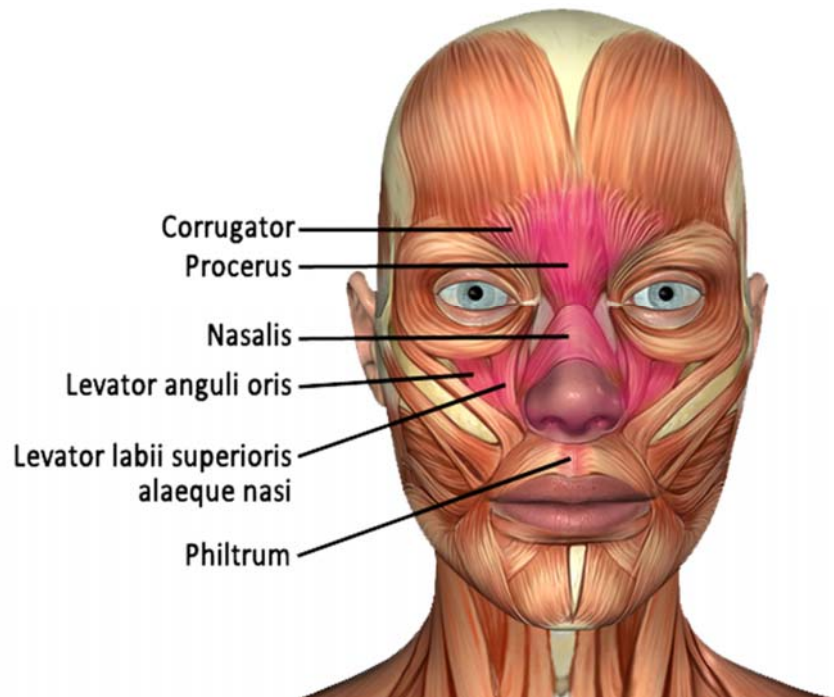




EXERCISE NOTES – SERIES 6 – FROWN LINE EXERCISE

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



Step 1

For this exercise you will be holding your fingers in a “v” shape configuration.



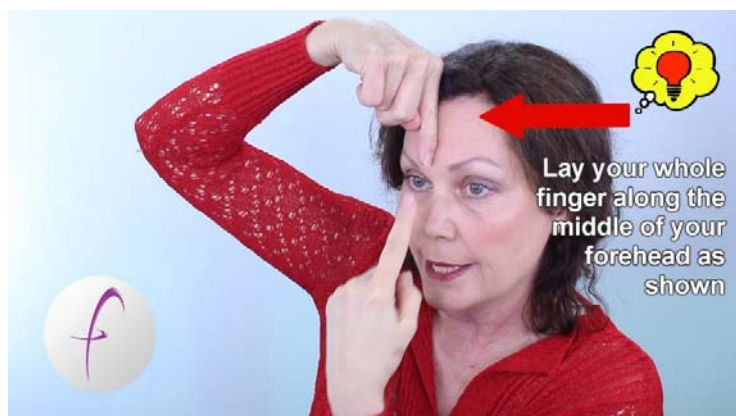
Step 2

Place them along your corrugator muscles and press firmly



Step 3

Place the index finger of your other hand between your fingers.



Step 4

Ensure that you lay your whole index finger along the middle of your procerus as shown in the picture.



Step 5

Utilising the press and plant technique, press firmly onto your corrugator muscles whilst lifting your brow.

At the same time, press firmly with the finger between your eyes.

The lifting motion will cause the finger in the middle to move down naturally.

Notes
