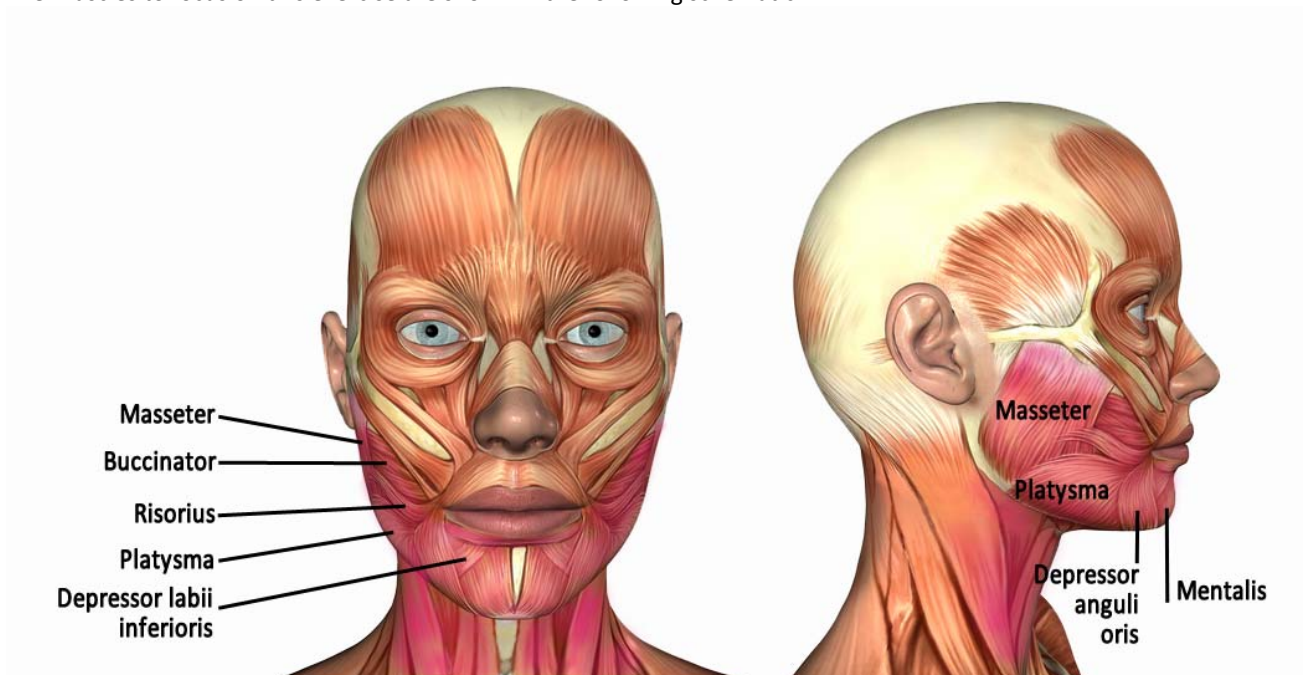




EXERCISE NOTES – SERIES 6 – MIDDLE CHEEK EXERCISE

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



schematic:



Step 1

Make your mouth in a taut "o" shape position. Making sure the muscle are taut.

You do this by activating the corners of your mouth and pulling them inwards as shown in the picture.



Step 2

Place your index, middle and ring fingers onto and spanning across your upper cheeks as shown.



Step 4

As you do this, place your thumbs firmly over the platysma muscle.



Step 5

Pull your lips taut, in an "o" shape back and forth.

