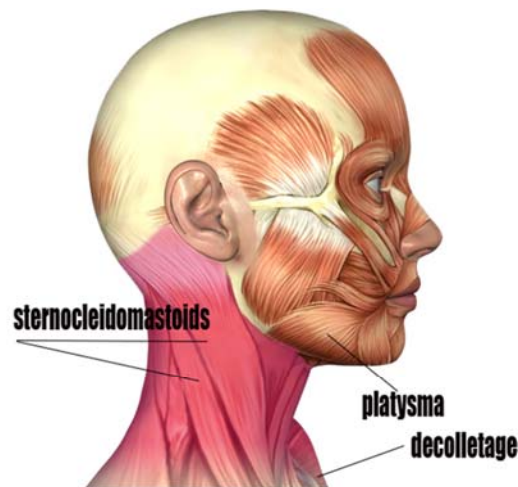




EXERCISE NOTES – SERIES 6 – NECK and CHEST EXERCISE

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



Although many more muscles in the neck are being activated by this exercise, these are the muscles to have your focus on.

Remember to bring ALL your focus to the FRONT of your neck area and your Decolletage.



Step 1

To start this exercise, place your fingers over either side of the collar bone and place your palms over the top of your Pectoralis muscles.



Step 2

With your hands and fingers in place, begin lifting the décolletage and the neck muscles initiated from your platysma.



Step 3

Your platysma is along your jawline and is a very strong muscle that sits superficially over the muscles of the upper arm and chest.

Therefore, once this muscle is strengthened you will be able to lift other muscles that are connected to it in the chest area all the way up to and under your neck.



Step 4

Note that you do not bend your neck down when performing this exercise as shown in the (dreadful) picture.



Step 5

This exercise is performed with your head up and shoulders back.

You will be able to perform the Lift & Squeeze technique much easier with your head in this position.

This exercise will take time to master properly and will require practice.

