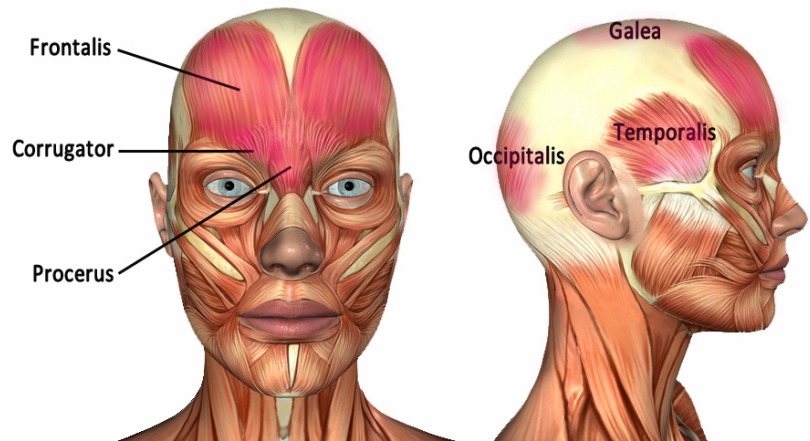


EXERCISE NOTES - EXTREME FOREHEAD LIFTER

1. Galea
2. Occipitalis
3. Temporalis
4. Frontalis
5. Corrugator
6. Procerus



INSTRUCTIONS

Step 1

Spread your pointer finger and middle fingers apart as far as you can



My Notes

Step 2

Place your fingers pointer fingers across your hairline, and your middle fingers along your brow as shown. Presses firmly and lightly pull pointer fingers and middle fingers apart vertically, making sure NOT to stretch the middle of the forehead.



My Notes



Step 3

As you press firmly with your fingers, lift your brow and squeeze your hairline muscles.



My Notes

Step 4

As you do this, the Occipitalis muscle at the back of the neck will start to move. If it doesn't move right away, just keep practicing the exercise and in time it will start to move. It is important that you get this muscle moving as it will tone your scalp and pull your Frontalis muscle back, giving a lifted look from the brows.



My Notes

Step 5

As you exercise this area, you will feel slight movement of your Temporalis Muscle. This is a very difficult muscle to exercise but will help move it due to the firmness that you press the other muscles.



My Notes



This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.