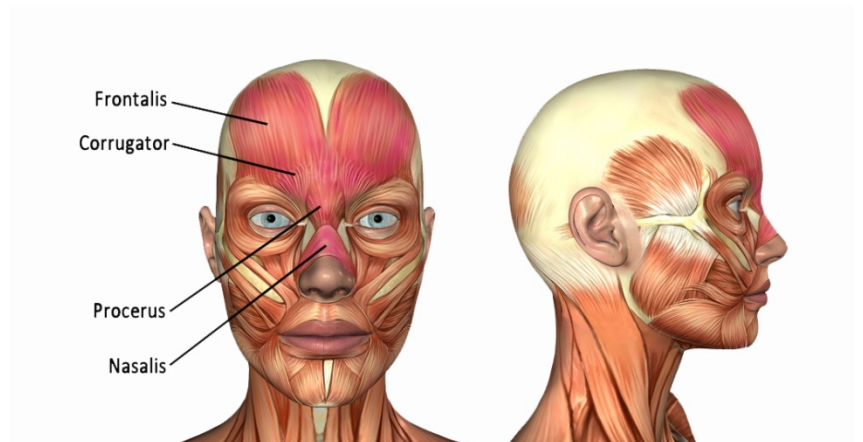


EXERCISE NOTES – FOREHEAD LIFTS

1. Frontalis
2. Corrugator
3. Procerus
4. Nasalis



INSTRUCTIONS

Step 1

This exercise entails you to use the whole surface area of ALL of your fingers.

My Notes



Step 2

Place all of your fingers over your entire forehead as shown in the picture

My Notes





Step 3

Isolate the Corrugator with your little fingers by “laying” them all the way across the muscle as shown in the picture

My Notes



Step 4

Isolate the Frontalis with your middle and fore fingers. Your fore finger should be pressed firmly and secured on your hair line.

My Notes



Step 5

When you have your fingers positioned correctly, and you are isolating your Corrugator, Frontalis and Hair line muscles, try to FROWN in a downwards movement. Flare your nostrils up and down. You should not be creating any wrinkles anywhere on your forehead or between your eyes as you frown. So if this is happening, press the corrugators muscles firmly so they don't move at all.

My Notes

