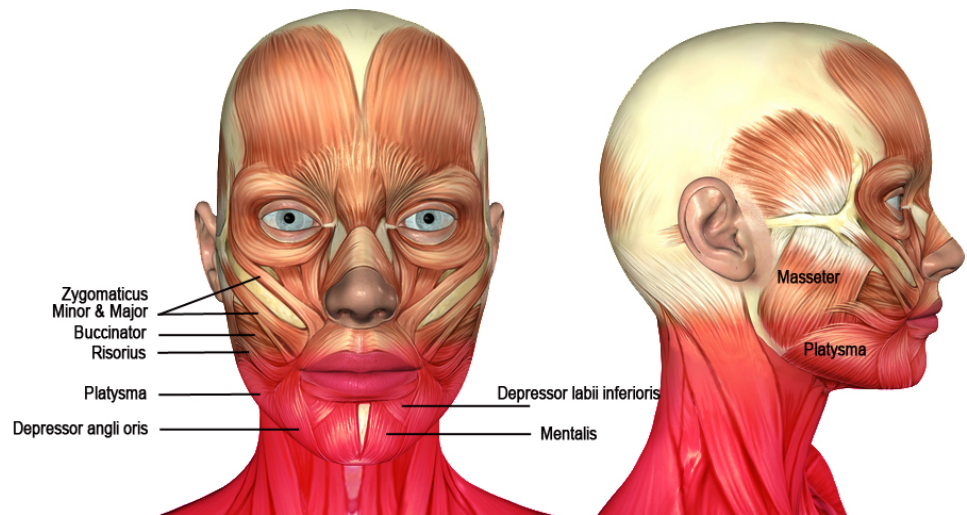


EXERCISE NOTES – HOW TO STOP SNORING (JAWLINE TONER)

1. Zygomaticus
Minor &
Major
2. Buccinator
3. Risorius
4. Platysma
5. Depressor
angli oris
6. Depressor
labii
inferioris
7. Mentalis
8. Masseter



INSTRUCTIONS

Step 1

Place your fore finger (pointer finger) along the Masseter Muscle and your thumbs directly under your chin.

My Notes





Step 2

Place the whole of your tongue onto the roof of your mouth firmly

My Notes



Step 3

Press your tongue to the roof of your mouth very strongly. Try to cover the entire roof of your mouth with your tongue and squeeze tightly together

My Notes



Step 4

Holding your fingers against the Masseter muscle and your thumbs under your chin, press your tongue to the roof of your mouth firmly and feel the muscles contract under your fingers.

My Notes

