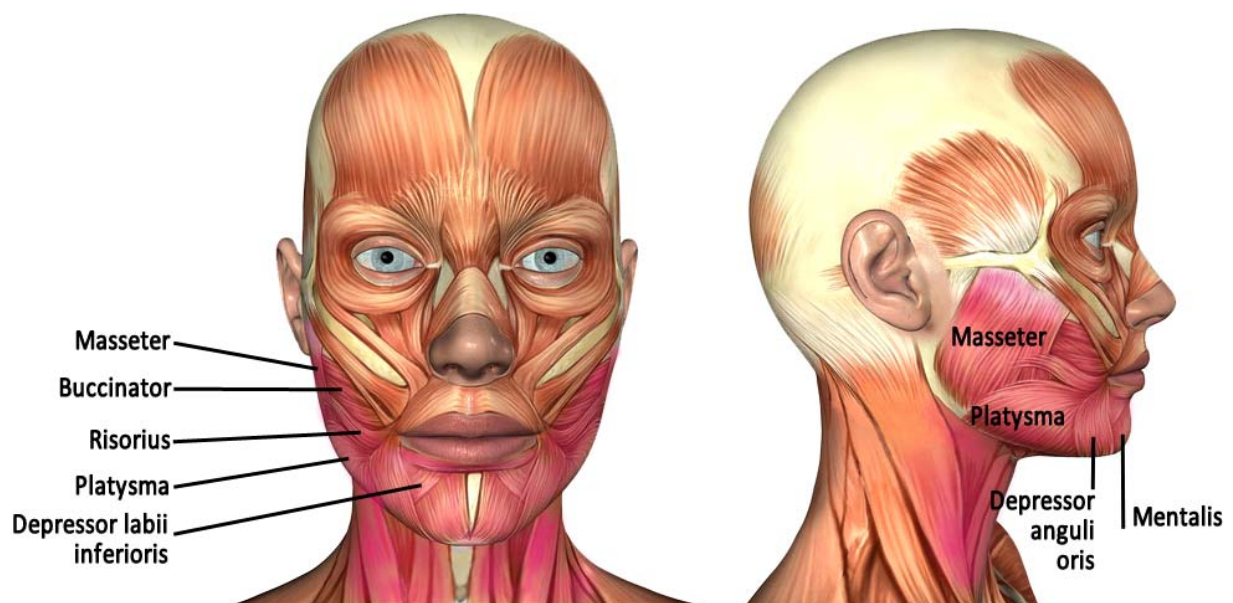


EXERCISE NOTES – JOWL LIFT EXERCISE

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



Step 1

In this exercise you will be using the lower inside part of the palm and thumb to isolate the middle cheek muscles.

The hand placement is exactly the same as the upper cheek exercise, but exercising the middle cheeks instead.



Step 2

This exercise will also be exercising the chin muscles.



Step 3

With the placement of this exercise, you will be running your palm and thumb all along the middle cheek muscles.

The bottom of your palm will be isolating the corners of your lips.



Step 4

Place your thumb and lower inside palm along the middle cheek muscles as indicated in the picture.

Making sure that your hand is spanning from the corners of your lips to your upper jaw.





This causes the middle cheek muscles and the chin muscles to move.

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