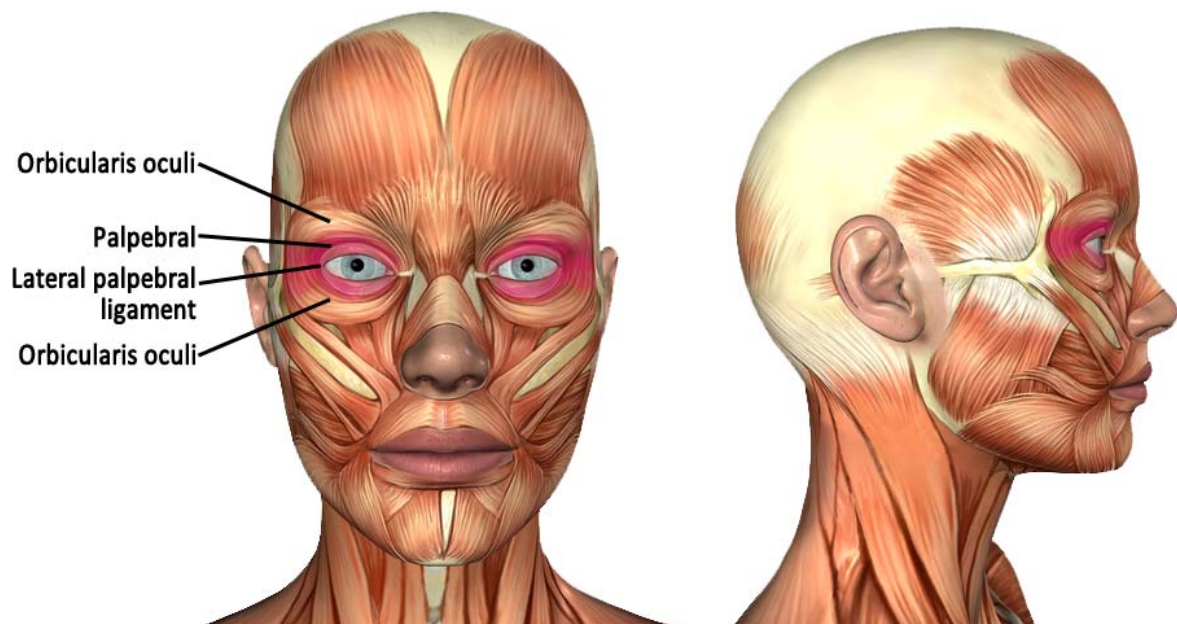




EXERCISE NOTES – SERIES 6 – EYE EXERCISE

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



Step 1

For this exercise you will be holding your fingers in a "c" shape configuration.





Step 2

Place your index fingers firmly, just under the eyebrow and lift.



Step 3

Place your thumbs on the lower eye socket and press down gently.



With your middle fingers simply "lay" them onto your forehead

Step 4

Using your middle fingers, lay them onto your forehead to help isolate the wrinkles between your eyes.





Step 5

With your fingers correctly places, gently squint your eyes.

This is a very gentle movement so as not to cause wrinkling of your crow's feet.



Step 6

Look up at a 45 degree angle to maximize resistance.



[illegible]