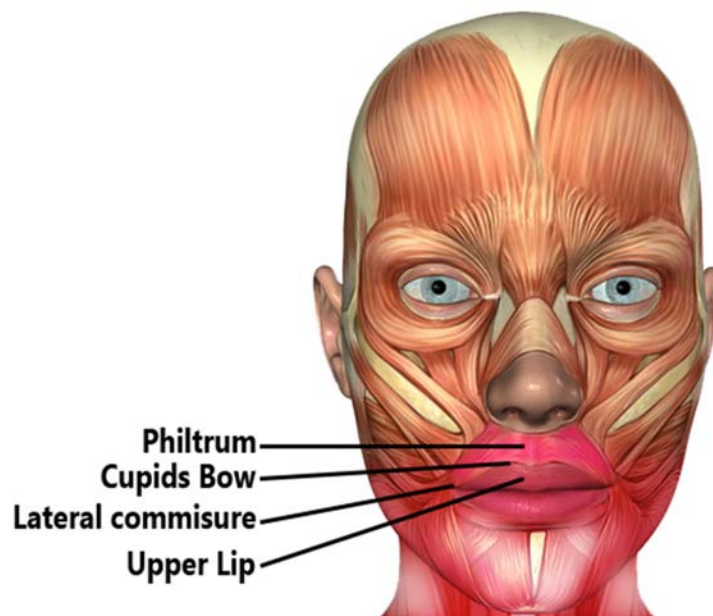




EXERCISE NOTES – SERIES 6 – LIP EXERCISE

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



Step 1

Place index finger over the Cupids Bow of your lip and gather it up.





Step 2

Place the other index finger on the underside of the tip of your nose.



Step 3

While holding the Cupids Bow up and pressing on the underside of your nose, flare your nostrils up and down.

Using the focus technique, ensure that you are focusing only on these areas as you perform the exercise.





This image shows a single 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.