

Download Facial Exercise 3 For The Chin

EXERCISE 2: Pout and Tilt. Then, with your lip still out, contract the muscles at the front of your neck to lower your chin to your chest as far as possible without rounding your upper back. Pause and hold for another second, then relax your lips and straighten your neck to return to the starting position. That's one rep. Complete two sets of 20 reps each.

3 Most Effective Facial Exercises to Get Rid of Double Chin

Face fat is one of those topics that seems kinda funny to talk about, but since it's a problem so many people have, we're going to take it very seriously here and lay down the most effective facial exercises to get rid of double chin.

Double chin: 3 facial exercises to lose face fat and reduce double chin and face flab

Description: When you start to gain weight, it is your face where it first starts to show. This could be due to genetics, hormones, lack of exercise, improper diet or other lifestyle choices.

Double Chin Exercises. The main facial muscles to be flexed in order to eliminate double chin are the mentalis and platysma muscles. Try to do at least one double chin exercise everyday to firm and tone the chin area. The exercises below will also help firm the neck, throat, and jowl areas, preventing pouches, turkey wattles, and dowager humps. - Facial Exercise 3 For The Chin