

# The Five Minute Face Lift Workout for Men (Free Sample)

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## Introduction

Go into any newsagent or magazine seller and you will see a wide selection of fitness publications for men, usually with a young, muscular model on the front. Their pages will be packed full of fitness regimes for the body, exercises you can perform that will strengthen, tone and give you the body beautiful. That's great! By exercising regularly every man can keep his body looking fit, young and attractive for longer.

Trouble is, while these magazines obsess about the muscles in a man's torso, very much less is said about the muscles in a man's face but to me, these are just as important in the fight against ageing. When you are wearing clothes, all that hard work you put into getting bulging biceps or defined deltoids could go unappreciated, until someone takes those clothes off of course!

What part of the body is most visible to the outside world all the time and is a tell tale indicator of your health? The face of course. Yet, while the muscles in the body are exercised almost to obsession, those in the face are neglected and left to slacken and wither away over time. Yes, we use the muscles in our face to talk and make facial expressions but this movement is sporadic and not enough to keep the facial muscles in top condition.

But why would you want to exercise your facial muscles? Well, as we age, these muscles lose their tone, the face looks less 'filled out' resulting in a sunken expression. Without toned muscles to support the skin, gravity takes over and everything starts going south. Look at guys in their 30's, 40's, 50's and beyond and you will see the face can start to look like it is being sucked down toward the ground, giving a drawn, tired and haggard look to the face. We all assume this is just a natural part of ageing but, in fact, it's not.

Simple daily exercises that tone the major facial muscle groups can help to firm the contours of the face and prevent or reduce the visible signs of ageing that inevitably take their toll as the years pass by.

Not only will the shape of your face improve with exercise but so will the quality of your skin. Exercise stimulates blood flow in the muscles and surrounding tissues when you work out at the gym, exercising the face is

no different. The skin receives a better supply of regenerating blood and nutrients when exercised and this can impart a healthy glow.

Just as with the muscles of the body, if we exercise the muscles of the face, we can stay looking fresher and younger for longer. The idea of exercising the muscles of your face may seem a little strange but it can become as normal and natural a routine as washing and shaving and it only need take just 5 minutes a day.

As thousands of women have known for many years, it is the most reliable way to keep or rejuvenate your facial looks. It's is no different for men.

No matter what your age you can look and feel better with facial exercise. If you are a young man, performing facial exercises will maintain that smooth, fresh, healthy look you were born with. If you are more mature, a facial workout will help 'turn back the clock'. Performed regularly, facial exercises can:

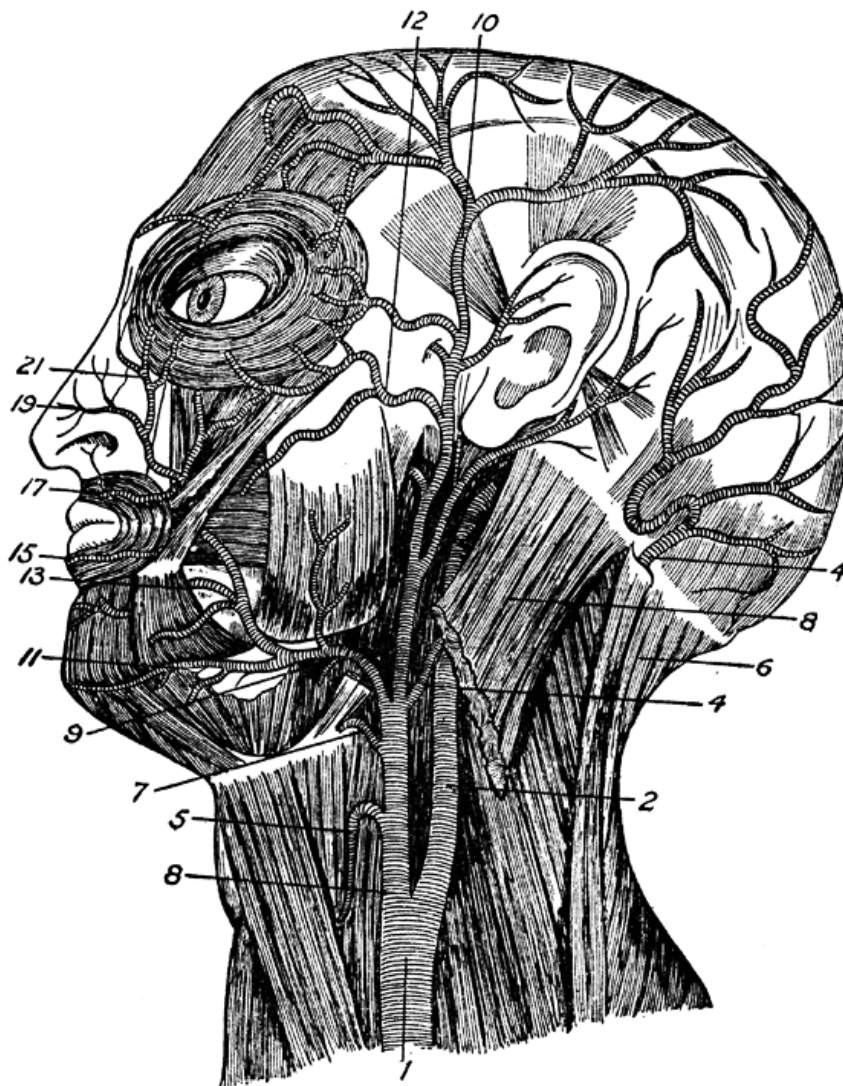
- ✓ Firm the forehead, reducing worry and frown lines.
- ✓ Reduce and prevent crows feet and bags around the eyes
- ✓ Stop the downward turn of your mouth and thinning of the lips
- ✓ Accentuate your cheekbones to give a more elegant tapered shape to the face
- ✓ Reduce and prevent jowls and slack neck skin (turkey neck)
- ✓ Fill out the sides of the mouth to prevent hollow cheeks

The facial muscles are like elastic sheets that are stretched in layers over the cranium, facial bones, the openings they form, and the cartilage, fat, and other tissues of the head. These are the muscles of facial expression, acting singly and in combination.

## The Muscles of the Face

There are sixteen major groups of muscles that influence how the face looks and these muscles are just like any other muscles in your body. As we age they lose tone and volume because the normal range of exercise that they perform in day to day life, like eating, smiling and facial expression is not enough to keep them from deteriorating.

The diagram below shows a simplified view of how the facial muscles are actually arranged and the legend underneath the picture gives the name of each muscle group. It has a cut-away view of some of the muscles on the right side of the image to show the layers.



Description: Muscles of the face, jaw and neck.

1, longus colli; 2, trapezius; 3, sterno-hyoid; 4, sterno-mastoid; 5, ericothyroid; 6, trapezius; 7, constrictor of pharynx; 8, sterno-mastoid; 9, digastric; 10, attrahens aurem; 11, mylo-hyoid; 12, masseter; 13, depressor of lower lip; 15, orbicularis oris; 17, levator of upper lip; 19, levator of angle of mouth; 21, orbicularis palpebrarum. Source: Joseph G. Richardson, Health and Longevity (New York, Home Health Society, 1912)

As you can see, muscles cover almost the entire head and therefore have a great effect on the appearance of the face. The following simple, easy-to-learn facial exercises, if performed regularly, could make you look years younger.

I have been doing them for a few years now and it simply becomes part of my routine. Do you think I look 45? When I tell people my age the overwhelming response is that I look much younger. If you agree then this book is for you. If you don't, ask for your money back now!



Each exercise that follows is clearly explained in words but there's nothing like 'show and tell' so an accompanying video also shows how I do these exercises myself. You will be exercising your muscles 'isometrically'. This means you will be tensing the muscles against counter pressure from your hands for a number of seconds and then relaxing. At first it may seem very difficult to perform each exercise or to feel any effect. This is normal. Much like the muscles of your body, any exercise performed for the first time on muscles that have not been worked on for years will be a challenge. Even holding the tension for a few seconds may seem impossible but don't give up! When you first work out the biceps on your arms it can be difficult but the more you do it, the easier it becomes and the stronger the muscle. It's no different with the muscles in the face.

In the beginning, aim to hold the tension in each muscle for a slow count of 10. Do this every day for a month or two. Then, as the muscles begin to tone and the exercise feels easier, double it to 20 seconds for another month or two then, as you begin to feel the muscle more keenly, count slowly to 30 for each exercise. The important thing is not to rush and expect instant results. Muscle toning takes time, dedication and patience but the rewards (such as admiring glances, disbelief at your age and a younger looking face looking back at you in the mirror) are worth the wait.

There are nine exercises covering the major facial muscles. In all, each facial workout should only take about 5 minutes or less, if you take it slowly and rest between each exercise. Make sure your hands are clean and dry so that you can gain purchase on the skin under your hands and fingers. If your hands or face are too greasy you may find it hard to create the resistance needed for your facial muscles to work against. If you wash your face before the session, moisturise with a non-greasy lotion or cream. Don't let the face become too dry (as when washing with bar soap) as this makes the skin more prone to wrinkles and could defeat the object of the exercises. You want to be able to hold the skin gently but firmly and work the muscles underneath against that hold.

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## The Exercises

Each exercise is clearly explained. Please follow the step by step instruction to make sure you perform each exercise correctly. It may be a good idea to practice each exercise in front of a mirror to check the position of your hands. As you become more confident in performing each exercise you should be able to perform the exercises without a mirror, instead simply feeling that your hand positions are correct and the right set of muscles are being exercised. You can, of course, continue to use a mirror if you wish.

Each exercise is accompanied by an optional demonstration video. You need to be connected to the Internet to download the videos.

When you click on the TV picture you will be prompted to download a zipped/compressed file. The instruction videos are compressed or zipped to increase download speed. Save the files to your computer and proceed as follows:

For Windows users, right click on the zipped file and choose 'Extract All'. Alternatively, use a free tool like [WinZip](#) to de-compress each file.

Mac users can double click on the file to un-zip it. The unzipped .wmv files should play in most media players.

## Firming and Lifting the Forehead



The forehead is covered by a thin sheet of muscle called the occipital frontalis. When you raise your eyebrows, this is the muscle you use to do it. It is also connected to the muscles around the eyes. As we age, this muscle loses its tone and elasticity, so encouraging both frown lines and drooping of the skin over the eyes.

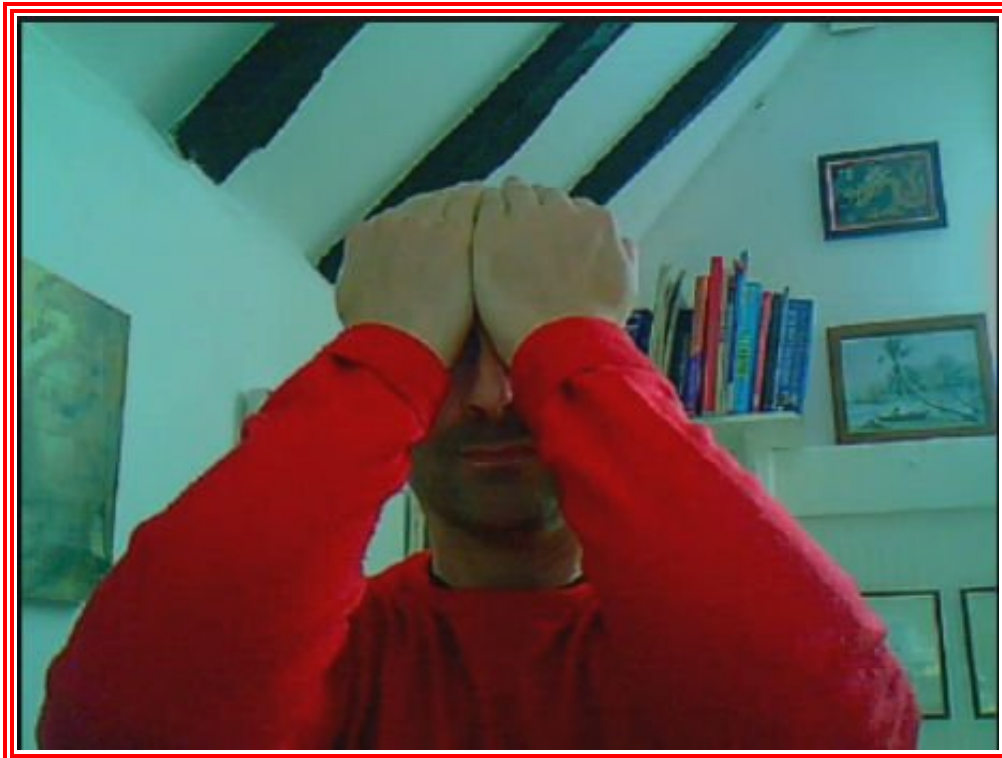
By exercising this muscle, you help smooth and minimise frown lines, lift the eye brows into an elegant arch and prevent skin dropping into the eyes.

1. Sit or stand in a comfortable position.
2. Place both palms of the hands over the forehead, so that the fingers rest on the front of your head and your thumbs touch your temples. The lower part of your palms covers your eyebrows.



3. Press your palms firmly against the forehead bone and gently pull the skin upwards and outwards.

4.





5. Now slowly move your brows down, trying to close your eyes against the upper pressure of your palms. Try not to frown as this may encourage wrinkles to form between your eyebrows.
6. Hold the tension for a slow count of up to 30 seconds, then gently drop the skin to it's original position, take away your palms and rest.
7. Do this once a day.
8. As the forehead muscle increases in tone, you should feel the tension across the front of your forehead when you perform this exercise.



Click the TV to download a demonstration video.  
Internet connection required.

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All the other exercises and videos for toning and lifting the entire face can be found in the full version of this e-book. To purchase just go to:

<http://www.readmystuff.net/faceworkout>

## Further Reading

Other e-books of interest

- Natural Bodybuilder Thumbs Nose At Weight Loss "Experts" Who Earn Fortunes On The Sweat And Dreams Of Young Men & Women, And Finally Reveals **The Simple Proven Science Of Fat Loss** No One Else Will Tell You About. [Click here.](#)
- **The Lazy Man's Way To Easy Sex And Romance** With 20 Or More Women A Month. [Click here.](#)
- **Attention Guys Who Want To Last Longer And Be Better In Bed.** How To Make Sex Last 32 Minutes Longer In Bed Tonight, Without Simply Increasing Foreplay Duration. [Click here.](#)
- Oprah love expert reveals the **forgotten oral sex secrets** that men are using to give women mind-numbing orgasms and leave them begging for more. [Click here.](#)
- Who Else Wants to Discover How You Can Whittle Your Ugly Belly Fat Down Into A Tight, Toned, Sexy Stomach, **Carve Out Rock Solid Six Pack Abs** And Finally Say Good Bye to Your "Fat" Clothes Once and For All. [Click here.](#)
- JohnQ Tv - Internet TV For Men. **JohnQ TV Is Internet TV For Men.** Largest Selection Of Movies, TV Shows And Videos For Men. [Click here.](#)
- **Discover The Muscle Building, Fat Burning Workouts & Simple Proven Science Of Nutrition** That Develops The Classic V-Shape, Broad Shoulders & Defined Abdominals Of The Swimmers Body... Guaranteed! [Click here.](#)
- Now You Can **Stop Hair Loss And Start Regrowing Your Own Hair** Naturally -- Even If You've Tried Everything Before! [Click here.](#)

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