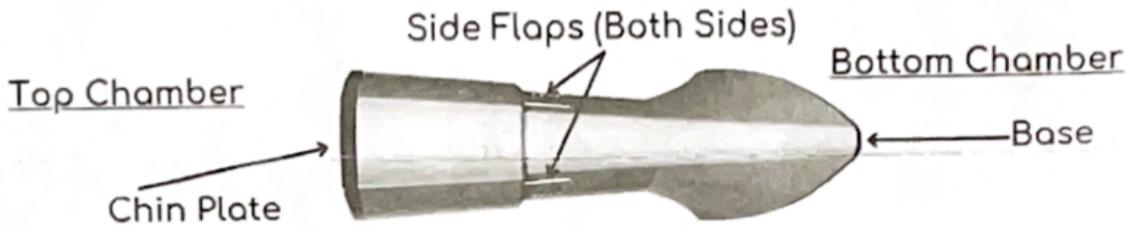
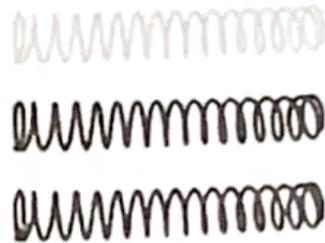


# Face Reformer Instructions

## PARTS AND ASSEMBLY

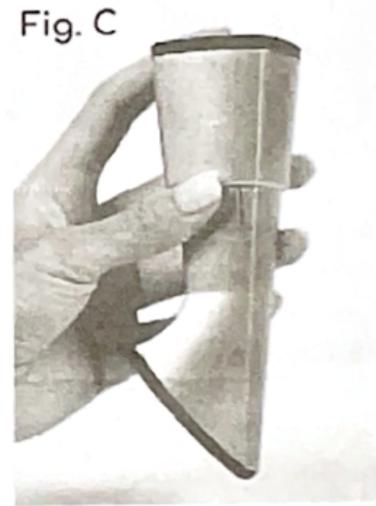
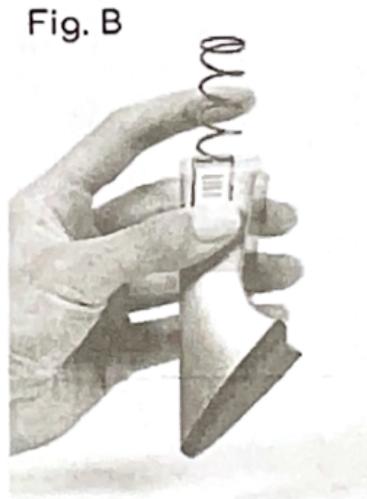
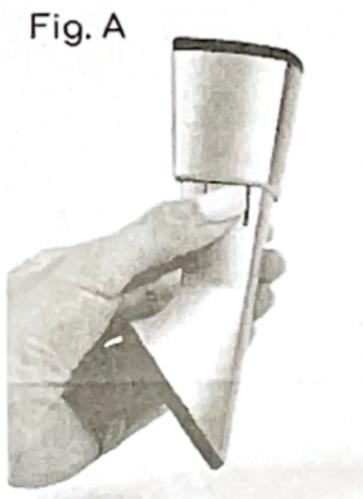


Beginner Coil (Rose Gold)  
Intermediate Coil (Grey)  
Advanced Coil (Black)



### INSTRUCTIONS TO CHANGE RESISTANCE COILS:

1. Place your thumb and forefinger on the side flaps to release the Top Chamber (Fig. A). Lift and open.
2. Place a Power Coil inside the Bottom Chamber (Fig. B).
3. Place your thumb and forefinger on the Side Flaps and place the Top Chamber over the Bottom Chamber while pushing down until the Top Chamber clicks into place (Fig. C).



### INSTRUCTIONS FOR EXERCISES (Starting position):

1. Place the Base on your upper chest and place the Chin Plate under your chin so it is resting under the jawbone (Fig. D).
2. Hold the Base with your hand, to ensure it remains stable against your upper chest.

# Face Reformer™

Fig. D



Fig. E



Fig. F



## EXERCISES:

**Ex. 1 Neck Flexion:** From the starting position, flex your neck by pushing down on the chin plate through a full but comfortable range of motion (Fig. E). Slowly release the force so that your neck and head return to the starting position. Perform four sets of ten repetitions slowly each day with a few seconds of rest between each set.

**Ex. 2 Jaw Opening:** From the starting position, keep your head still while opening and closing your mouth through a full but comfortable range of motion (Fig. F). Perform four sets of ten repetitions slowly each day with a few seconds of rest between each set.



Exercise 1 Neck Flexion



Exercise 2 Jaw Opening

## POWER COIL PROGRESSION:

Start with the beginner power coil to ensure your facial muscles adapt to the exercises. Initially, practice the exercises in front of a mirror to ensure correct technique. Using a mirror allows you to see your neck and facial muscles working against resistance as your muscles increase tone.

Best results are achieved by using each coil for two weeks before progressing to the next coil.

## CAUTION

You should consult your physician before commencing this exercise program. If you experience any pain or discomfort while using this product stop using the product immediately.