

Week 1 Exercise Calendar: Forehead Area

WEEK 1 WELCOME ▶

DAY 1	WOW!	Forehead Massager (With Hands)	Relax And Glow (Upper Face)	Big "O" (With Hands)	Forehead Tapping
DAY 2	Chest Opener	Forehead Freeze	Eye Opening Binocular Pose (W/H)	No More Tired Eyes (Hands Free)	Instant Pick Me Up
DAY 3	WOW! - Detox Combo	Instant Pick Me Up	Big "O" (With Hands)	11 Line Relaxer	Forehead Acupressure Point Push (W/H)
DAY 4	Shoulder Rotation	Forehead Lift (With Hands)	V Pose	Eye Opening Binocular Pose (W/H)	Forehead Freeze
DAY 5	Instant Pick Me Up	Forehead Acupressure Point Push (W/H)	11 Line Relaxer	V Pose	Forehead Tapping
DAY 6	Forehead Freeze	Relax And Glow (Upper Face)	Eye Opening Binocular Pose (W/H)	No More Tired Eyes (With Hands)	Forehead Massager (With Hands)
DAY 7	WOW!	Instant Pick Me Up	Forehead Freeze	Forehead Lift (With Hands)	V Pose

WEEK 1 CONGRATULATIONS ▶

