

High, prominent cheekbones are a key component of an appealing face. The face begins to show signs of aging when gravity draws the cheeks inward and down, causing folds to form between the nose and and mouth. As the cheeks sag, the jaw also becomes undefined and pouches of flesh, [alpha surge male](#) known as jowls, [male vitality supplement](#) begin to form. According to Louise Annette, creator of the "Ageless If You Dare" facial exercise program, much of what is considered to be cheekbone is actually muscular tissue, and training the four main cheek muscles will help to rebuild the contours of the cheeks and lift the face. Do this by placing the three middle fingers of either hand along the top of the cheekbone, and place your thumb in the middle of the cheek where dimples are commonly found. Press the flesh downward away from the eye socket area. While still pressing down, open your mouth slightly, and move the corners of your mouth into a very wide, happy smile.

[external page](#) While holding the pose, you can either count to five or repeat a positive affirmation. Louise Annette recommends saying "It's wonderful to feel happy" rather than simply counting. Repeat 20 times. Perform this exercise every other day to build the zygomaticus major muscle and encourage fuller cheeks. Hold your shoulders back, and jut your chin slightly forward. Open your mouth and wrap your upper and [male vitality supplement](#) lower lips over your teeth. Place your index finger on your chin. Open your mouth wider, while simultaneously looking up at the ceiling, and lift your lower lids in a squint. While holding this pose, raise your cheeks by making a smile with your upper lip. Use the index finger on your chin to create resistance. Hold this position for 30 seconds, then relax. Carole Maggio, who authored the "Facercise" training program, says this exercise will help to lift the cheeks. Perform once or twice daily. Draw the insides of your cheeks as close to your teeth as possible, as though performing a tight-lipped smile. Place the fleshy part of your palms against your cheeks and press slightly inward. Hold while counting to six, and repeat 10 times. This exercise forms part of Deborah Crowley's Flex Effect facial resistance program, and targets the buccinator muscle, which when firmed will fill out the hollows of cheeks. This exercise should be repeated at least five times weekly.

Can Skinny Legs Get Bigger? How to Get Bigger Thighs? Can You Gain Muscle from More Reps Without Weights? How Often Should I Train Legs to Get Them Bigger? How Long Will It Take for My Legs to Get Bigger? Along with a bigger, stronger chest, shirt-straining arms and perfectly carved six-pack abs, most guys want their leg muscles to really pop. Contrary to what you might think, building bigger legs without a gym full of equipment isn't impossible. Below, [male vitality supplement](#) we showcase how you can pump up your legs with little or no weights, [male vitality supplement](#) so no squirming under a deep barbell squat or tearing a deadlift from the floor [male vitality supplement](#) necessary. In fact, all you need is a small amount of room and a shed load of tenacity. To help you learn how to get bigger legs (calves, quads, hamstrings and more all included), we tapped up personal trainer Alex Crockford to draw you a personal blueprint to getting stacked down below.

This workout is a home workout using no equipment other than usual things you'll find at home,' explains Crockford. But just because it's a weight-free workout, it doesn't mean it'll be a walk in the park. You need to feel it working, so if it's too easy you can add weight with home dumbbells or anything heavy enough at home,' continues Crockford. Sounds like a win-win. How to do it: Standing tall and keeping your chest up at all times, take a long step forward with one leg, bending your front knee until the back knee touches the ground. Stand [male vitality supplement](#) up explosively, pause and repeat with the other leg, moving forward. Reps: 12 Sets: 3 Rest: No rest, go straight into squat jumps. How to do it: Standing tall with your feet shoulder-width apart, keep your chest up and sink your hips back, before bending your knees to drop your thighs until they are at least parallel to the floor. [external frame](#)

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