

FACEFIT

TRAINING GUIDE

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 bitefacefit

A GUIDE TO FACEFIT

WARM UP 2

Priming facial muscles before a training session is key

TECHNIQUE 4

Learn to target different facial muscles and maximize results

ROUTINE 6

Train with consistency and build intensity over time for best results



WARM UP & RECOVERY

Perform these exercises before a training session and on your rest days to reduce tension and accelerate muscle repair



CHEEK LIFTS

Smile widely, showing as many upper teeth as possible. Relax

“O” HOLDS

Create an “O” by tightly pursing your lips, hold for 3 seconds, then relax

Perform 12 – 15 reps of each exercise before you workout

FACIAL MASSAGE

Using palms and fingertips, gently massage your face, focusing on the jaw muscles, cheekbones and temples

TMJ STRETCH

With your tongue touching the roof of your mouth, slowly open and close your mouth

Perform on your rest days for 10 - 15 minutes

See website for full tutorials

TRAINING TECHNIQUES

To begin, place facial exerciser in your mouth, using the bite guides for correct positioning. Choose between 3 exercises to target various muscles of the face:

SIDE BITE

Bite down using your side teeth (molars). Smile to isolate the correct muscles.

Jawline ● ● ● ● ●
Neck ● ● ● ● ○
Upper Cheeks ● ● ● ○ ○



FRONT BITE

Bite down using your front teeth (incisors). Tighten your lips to isolate the correct muscles.

Chin/Lips ● ● ● ● ●
Upper Cheeks ● ● ● ● ●
Jawline ● ● ● ○ ○
Neck ● ● ● ○ ○



LIP PULSES

Turn exerciser around & hold it with your front teeth. Tighten lips, compressing the exerciser. Hold for 1 second then relax.

Lips ● ● ● ● ●
Mouth/Chin ● ● ● ● ○
Upper Cheeks ● ● ● ○ ○



TRAINING REGIMEN

Your facial anatomy is unique, and your training routine should be too. For optimal results, begin at the lowest level and increase intensity over time.

5-15

REPS PER SET

Start with 5 reps per set and increase by 2 reps each week.
Aim for up to 15 reps

2-6

SETS PER WORKOUT

Start with 2 sets per workout and increase by 1 set each week.
Aim for up to 6 sets

2min

REST BETWEEN SETS

Rest for 2 minutes between each set. Rest times may differ by user

2D

REST DAYS

Rest for 2 days between each training session. Reduce as your tolerance increases

Exceeding suggesting guidelines is not recommend and may cause adverse symptoms (see page 9)

RESULTS

You should see subtle changes after the first few training sessions. Expect more significant results in the following weeks and months. Take pictures to track your results.

RESULTS MAY INCLUDE:

- Strengthening and firming of the jawline
- Increased fullness of the lips
- More prominent cheekbones
- Tightened and strengthened facial muscles
- Improved complexion
- Closed and repaired pores
- Improved smile
- Improved head posture
- Reduction or elimination of headaches

SIGNS OF OVER TRAINING

Determining your tolerance level is key. Overtraining causes muscle tension and may lead to adverse symptoms: headaches and/or facial pain.

If you experience adverse symptoms, proceed as follows:

1. Take at least 2 rest days before returning to training
2. To alleviate muscle tension, perform facial massage and stretches (see page 2)
3. On your next workout, reduce your reps and sets by half. Thereafter, gradually increase them week by week. Consider switching to our lower resistance facial exerciser instead.

If symptoms persist longer than 3 days, discontinue use and consult your physician



The dangers associated with the use of this product may include SORE JAWS, SINUS HEADACHES, SORE & SENSITIVE TEETH, STIFFNESS OF THE UPPER NECK & SHOULDERS, AND CHOKING. Consult your doctor prior/after use if you are: a) prone to sinus headaches OR b) if your head, neck, jaw and/or teeth are injured before use of the product OR c) If you experience pain or discomfort while using the product. Individual results may vary. Consult www.bitefacefit.com for more info.