



Mentalis

One of the foundational chin-setting exercises. It doesn't matter if you think you have a big jaw already, mostly everyone (without medical conditions) should do this, as it helps set the entire face.

Strengthening the Mentalis (For Jawline Definition)

Goal: Strengthen the muscle for better chin definition and control.

To effectively target and work the mentalis muscle (the key muscle of the chin that controls puckering and lower lip elevation), follow these focused exercises and techniques. Strengthening or relaxing this muscle can improve chin contour, reduce dimpling, and enhance facial symmetry. Stop immediately if pain radiates into the jaw joint or teeth.

Resisted Chin Puckering

Place your index finger lightly on your chin tip.

Pucker your chin upward (like a "pout") against the resistance.

Beginner: 30

Intermediate: 50

Very difficult to do, utilize oil on finger tips to avoid "micro-tearing" the skin, but the slipperiness makes it difficult. It's a hard muscle to "feel." You won't really feel it moving that much.

Additional isolations, progressions, and massage protocols are covered in the full chapter...



9.1 - Suprathyoid Muscles

We will not spend time on the individual muscles but work them out as a whole, as this is more than good enough to prevent a “turkey neck” which is the point of these exercises.

How to Work the Suprathyoid Muscles

The key principle: these muscles elevate the hyoid bone. Therefore, every exercise must involve either a forceful swallow, a resisted chin tuck, or an attempt to pull the hyoid bone upward against resistance.

The Chin Tuck Isometric (The Foundation)

Sit or stand tall against a wall for posture feedback. Perform a double chin motion: pull your chin straight back, keeping your head level. Do not look down. Once fully tucked, place two fingers under your chin.

Try to push your chin downward against your fingers while maintaining the tuck. You will feel a powerful burn under your chin.

X20, three sets

Expert: X20, three sets with finger resistance

Protocol Notes: This is an extremely hard exercise to do, since there is much imbalance generally in our faces from eating on one side. It's rather disastrous. The best bet is to do this exercise after some stretches, really feel your body with this one. Do a few reps, stretch it out, maybe even push against the wall and stretch the arms and shoulders out. Then continue. Only place pressure on one side. The sitting version of the standing version is better to even up the underside of the jaw. That being said, don't utilize your neck, merely your jaw should be the one moving up and down.



Do both sides, use one or two hands and plenty of oil.

X50 to x100

Protocol Notes: Works really well to get rid of neck lines and help drain the face so it's not so puffy.

The Vostok Method is the full protocol.