

BREAST EXERCISES

1. Squeeze Down & In:
Squeeze pectoralis muscle to move
Implant down to the middle.
HOLD for ONE MINUTE.



2. Push Up:
Squeeze tightly on bottom of implant
To make it go up almost to the collarbone.
(At first it may be easier if done while lying down).
HOLD each side for ONE MINUTE.



3. Squeeze Together:
Put hands on side of breasts & push together.
HOLD for ONE MINUTE.



4. Push Down:
Take fingers and lift up on nipple of one breast
While pushing down on Implant with another hand.
Then do same on the opposite breast.
HOLD each side for ONE MINUTE.

