



muscle

muscle

ris muscle

s muscle

scle

Overall facial expressions

Face line

Facial Fitness PAO

Facial exercise for a youthful face.

FACIAL FITNESS
PAO

A new method for training the mimetic muscles against sagging, wrinkles and smile lines.

Introducing FACIAL FITNESS PAO, a unique training tool for the face developed through extensive research with a university and a beauty care organization in order to train the mimetic muscles against sagging, wrinkles and smile lines. Carried out its verification work, PAO exercise* helps create a youthful appearance .

*Exercise with PAO for 4~8 weeks continuously.

3 points for a youthful impression Are you confident?

- Firm lips make smile lines inconspicuous.
- A firm and well-defined face line with no slack.
- A youthful expression with the corners of the mouth turned up.



Just hold PAO with your mouth and shake for 30 seconds to start your PAO exercise.

Like dancing, a PAO exercise session is a daily rhythmical exercise in which all you have to do is hold the device with your mouth and simply swing. It's an effective way to train your facial muscles to rejuvenate the youthfulness of your face. You can train whenever and wherever you please.

How to PAO Exercise

- (1) Form an "O" with your mouth.
- (2) Hold the mouthpiece located in the center with your lips.
- (3) Bob your head up and down to swing both ends of the bar.
- (4) Perform this exercise for 30 seconds, twice a day.

*When exercising with PAO, it is recommended that you face a mirror and watch yourself.

PAO exercise effectively develops the muscles around the mouth.



Q What is the importance of muscles in anti-aging?

A Superficial measures such as cosmetics and massages cannot restore the firmness of the muscles that form the foundation of your face. By exercising the muscles around your mouth, you can focus on “internally” caring for those areas of the face which tend to show early signs of aging such as the smile lines, facial contour and the corners of your mouth.

You should exercise the muscles around the mouth as it is susceptible to the telltale signs of aging.

It is said that there are about 40 muscles in the face and that about 70% are not used in our day-to-day lives. Unused muscles can become weak and will sag. In particular, the muscles form the lower half of the face have a tendency to sag and show signs of aging. However, muscles can be trained at any age. By exercising the facial muscles that form the foundation for your skin, you can draw out the essential youthfulness of your skin which cannot be accomplished with cosmetics or other means.



Weak and sagging muscle



Well-toned muscle



Dr. Tomoko Okumura
Director
Shonan Beauty Clinic,
Shibuya

* Personal observation



Lesser zygomatic muscle

Greater zygomatic muscle

Buccinator muscle

Risorius muscle

Orbicularis oris muscle

When your muscles sag, the skin covering them also droops, creating an impression of age.

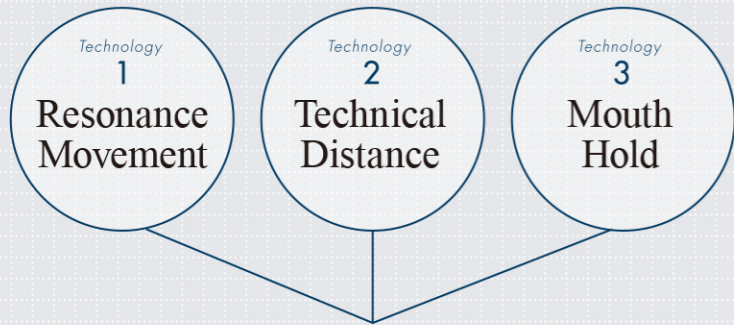
Exercising your facial muscles will tighten them and support your skin from within.

*image

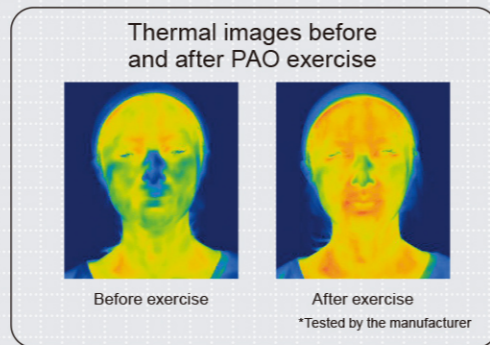
Three technologies that support PAO exercise



PAO exercise was developed through scientific method for exercising the muscles around the mouth. PAO features three unique technologies that allow a thorough and focused workout of facial muscles by simply holding and rocking with your mouth.

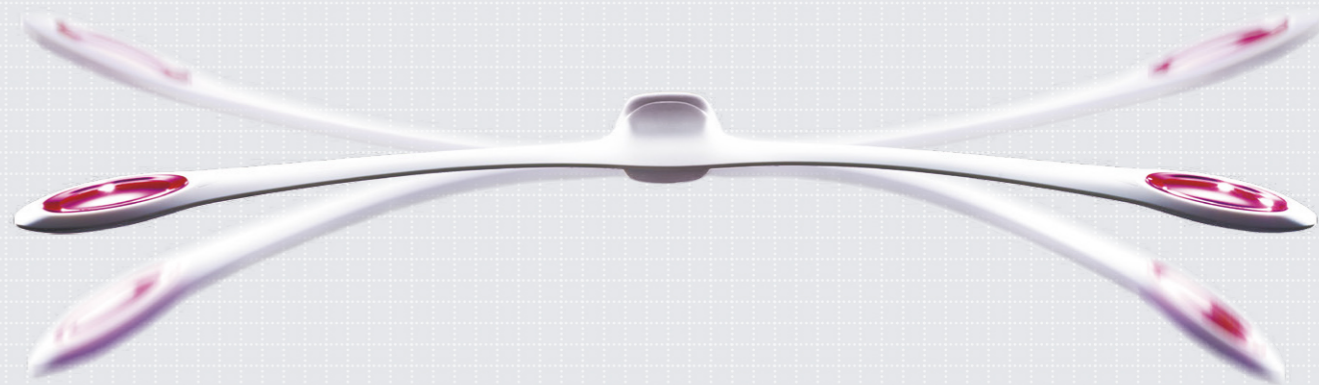


Provides a full and focused force against the muscles around the mouth.

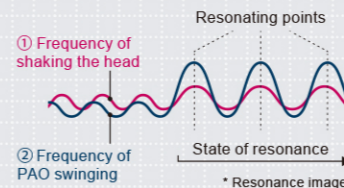


Technology ① Resonance Movement | Exercise your muscles with swinging movement.

By just nodding your head up and down, you can swing the weighted ends of the bar extending from the mouthpiece. Based on basic physics, the secret is in the large vibration generated when the “natural frequency” specific to the object matches the vibration frequency of the “exciting force”.



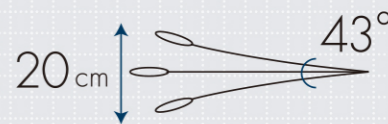
A large force is generated when the frequencies per second of ① and ② match.



Plus | Technology

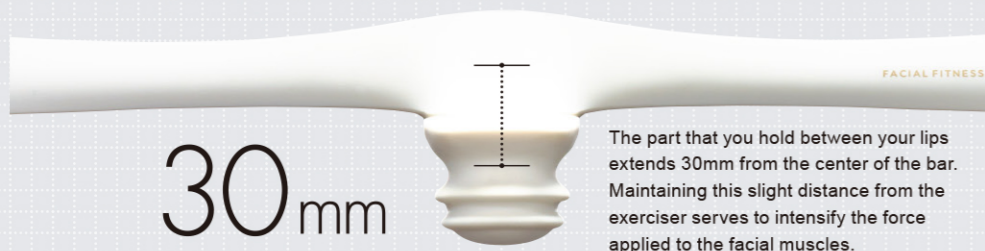
Best Swing

For a steady and effective application of force to the facial muscles, the best swing can be achieved with an oscillation width of 20cm and a 43degree bending angle.



Technology ② Technical Distance | The 30mm distance increases the force applied to facial muscles.

The load to the facial muscles has been increased by placing a 30mm distance between the mouthpiece and the center of the unit.

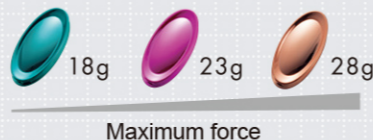


The part that you hold between your lips extends 30mm from the center of the bar. Maintaining this slight distance from the exerciser serves to intensify the force applied to the facial muscles.

Plus | Technology

Balance Weights

Interchangeable "Balance Weights" allow for three levels of adjustment to the amount of force generated against facial muscles. By changing these weights, you can modify your PAO exercise to a level that best suits your Needs.



Technology ③ Mouth Hold | Focuses the maximum amount of force to your lips.

The ideal mouth hold for gathering force was pursued to collect the generated force to the lips.

From an "O" with your mouth to effectively hold the mouthpiece

The force is evenly applied to muscles by correctly holding the mouthpiece between your lips.



Plus | Technology

Multi-Fit

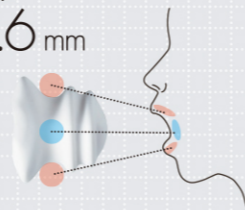
The thickness of lips varies both vertically and horizontally. With this in mind, the curvature of the Mouth Hold has been designed to accommodate differences in lip thickness.

Gentle for thicker portions of the lips

R6.6 mm

Tight for thinner portions of the lips

R5 mm



PAO exercise pursues the ideal balance between ergonomics and physics.

Best Swing
20 cm

Best Swing
43°



Bending angle
43°

Frequency
2~3 Hz

Leaf spring thickness
0.6 mm

Overall length
54 cm

Swing width
20 cm

The bend angle, swing width, and length of the bar as well as the leaf spring thickness were carefully considered to ensure an effective workout.

No age limit to exercising your muscles.

As you age, muscle functions decline. However, muscles can be toned at any age. Preserving and improving muscle function by means of regular exercise is essential to maintaining a youthful appearance. Together with maintaining and improving the physiological functions of tissues and organs, preserving a youthful external appearance is also important for anti-aging purposes. In particular, youthful expressions strongly affect the "visible signs of age" for which the mass and functions of facial muscles are thought to be related. It is believed that toning up the facial muscles can also influence youthful external appearances.

Supervisor: Professor Masami Miyazaki

PAO exercise effectively trains the mimetic muscles of the face while reducing wrinkle expression.

Mimetic muscles are small cutaneous muscles to which it's difficult to apply a proper load for exercise. In addition, mimetic muscle workouts involving voluntary large movements of the facial skin have a tendency to create wrinkles. To best illustrate the effects, we conducted an experiment in which we compared the electromyograms of a PAO exercise and a voluntary mimetic muscle exercise which is capable of applying a fixed load to the mimetic muscles. As a result, we learned that PAO exercise can effectively exercise the mimetic muscles.



Dr. Toru Sugawara

Invited researcher at the Advanced Research Center for Human Sciences at Waseda University; lecturer at Extension Center, Waseda University; part-time lecturer, faculty of Comprehensive Informatics, Toyo University; visiting fellow, Industrial Technology Research Institute, Toyo University

The merits of toning up the muscles around the mouth

Closing the mouth is an important function of the muscles around the mouth. It is considered healthy to firmly close the mouth and breathe through the nose. PAO is well thought out and should be of significant benefit to your training.



Dr. Yuko Niwa, Director of Hashimoto Dental Clinic

Graduated School of Dentistry, Meikai University Member of Japan Academy of Esthetic Dentistry, certified dentist of The Academy of Clinical Dentistry

* Personal observation

Product Specification



Product Name : FACIAL FITNESS PAO
Model Number: FF-PO1858F-W (White)
FF-PO1858F-N (Black)

[Mouthpiece Case]
Size (WDH): Approximately 64 mm × 70 mm × 45 mm
Materials: Polypropylene

[Swing Bar]
Size (WDH): Approximately 540 mm × 65 mm × 35 mm
Materials: Thermoplastic elastomers, stainless-steel, polycarbonate + ABS plastic

[Balance Weights]
Size (WDH): Approximately 61 mm × 28 mm × 10 mm
Materials: Zinc, ABS plastic

[Mouthpiece]
Size (WDH): Approximately 43 mm × 36 mm × 40 mm
Materials: Thermoplastic elastomers

[Pouch]
Size (WL): Approximately 118 mm × 600 mm
Materials: Polyester

⚠ Safety Precautions

Please read the instruction manual in its entirety prior to using the product.

⚠ Warning

The following persons should not use this product.
● Persons who cannot understand the content of instruction manual by oneself. ● Persons who cannot express their own wills. Persons with perception disorder. ● Those with disabilities. ● Persons with heart related illnesses. ● Persons with a cervical disc herniation or any other cervical disc illnesses. ● Persons with a jaw arthrosis or those who have pain or troubles in the jaw. ● Persons who prone to allergic reaction from rubber or plastic products. ● Persons who have symptoms of vomiting when putting something in the mouth (vomiting reflex). ● While having a gum or candy in the mouth. ● While driving a vehicle or vessel, or while on board.

⚠ Caution

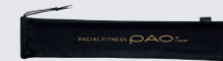
Persons with the following conditions should check with their physicians prior to using this product.
● Persons with skin disease or atopic dermatitis, or persons with sensitive skin. ● Pregnant women, women who may be pregnant or under menstruation. ● Persons with blood abnormality, such as bleeding disorder. ● Persons who have pain in face. ● Persons with a reduced sensory perception due to anesthesia, etc., and persons with perception disorder. ● Persons suspected of having a neck sprain or whiplash. ● Persons with brittle-bone disease or acute (painful) disorder such as a spine fracture or a muscle strain. ● Persons with a joint deformity due to rheumatism, gout, and etc. ● Persons with symptoms such as dizziness, lightheadedness, or tinnitus. ● Elderly or persons suspected of having fragile bones, even without specific diseases. ● Persons who damaged the neck or jaw in the past. ● Persons under dental treatment or those wearing artificial teeth. ● Persons under medical treatments.



There are 3 types of balance weights. Select the weights that best fit your training or according to your facial condition.



Keep your mouthpiece clean and hygienic. Always remove and wash the mouthpiece after use, and store it in the carrying case.



Pouch included for easy carrying. Each set comes with an easy to carry pouch that allows you to continue your PAO training at work, travel or anywhere.





A new method for training
the mimetic muscles.

MTG
We have many dreams

[Manufactured for] MTG Co., Ltd.

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