

SESSION THREE

(INTENSIVE PHASE)



TECHNIQUES	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
2 ELASTIC SWALLOW BANDS ABOUT 1 INCH APART.1) BITE 2) LIPS OPEN 3) SWALLOW, 12X 3X/DAY							
CAVES (TONGUE SUCTION HOLD) RETAINED TONGUE POP) HOLD - COUNT TO 10 5X 3X/DAY							
DIAPHRAGMATIC BREATHING (TONGUE ON SPOT) 5 MINUTES 3X/DAY							
TUBE CHEW USE RUBBER TUBES TO BOUNCE LIGHTLY. 2 MINUTES 3X/DAY							
PUCKER POWER SUCTION LIPS TOGETHER AND THEN POP. 20X 3X/DAY							
BUTTON PULL SIDE, FRONT, SIDE. 5/30/5 X 3X/DAY							
MARSHMELLOW TWIST ADD WEIGHT (3 WEIGHTS) 3X 3X/DAY							
TONGUE DEPRESSOR PUSH-UPS PUSH TONGUE AGAINST THE DEPRESSOR. PUSH DOWN. PUSH LEFT SIDE. PUSH ON RIGHT SIDE. PUSH UP. PUSH AGAINST. 5X 3X/DAY							