**Lesson #9: Jawline**

Jawline.

So how to get a good jawline is probably one of the most asked questions that I get when it comes to aesthetics, apart from the physique.

A good jawline is mostly genetic like the rest of your facial features, but there are definitely things you can do to improve it.

The first thing is exercises. Your jaw has muscles just like any other body part and they can get bigger and stronger with exercise. Now there are a lot of different jaw exercise programs but honestly, I think they 're all an inefficient use of time.

What I do is chew gum. It is a great jaw exercise and you don't even have to think about it. Plus if you get some you like, it tastes good man.

I chew gum pretty much all day, guys.

I get the fruity sugar free kind because that is what tastes the best to me. Now out of all the gum I've tried, the Orbit brand, all right, it lasts the longest. It has about 3.5 calories per stick, and you burn about 11 calories per hour chewing gum, so if you chew each stick for at least 20 minutes you 'll actually be burning calories.

All right, so this might sound weird but hear me out, so instead of spitting out your first piece of gum, I actually like to add in the next piece of gum and keep chewing on the old one. Now, yeah this might sound weird but you'll only be adding flavor and the larger amount of gum you chew, right, the harder your jaw has to work, right?

The gum keeps building up and your jaw has to work harder and harder. Now obviously at some point you can't keep adding gum over and over, but you get the point. The more gum at once the harder your jaw will work.

Also, another thing that will greatly enhance your jawline is how you style your facial hair. This is pretty self-explanatory, right? Cut off your facial hair at your jawline, right? Don't have the neck beard going on. If you have a little bit of stubble, right, like this or maybe a little bit more than me. I don't have the best facial hair, right, it should accentuate your jaw a little bit more.

Other than that, things to do for your jawline are just things that you should be doing for your physique in general, right? Lowering your body fat and decreasing your water retention. I've already touched on these subjects in previous videos, but if you have less fat and less fluid around your face, your jawline is going to show more. Same principle as your abs, all right? Pretty simple.