



BEFORE YOU START

FOR BEST RESULTS



APPLY ONE HOUR BEFORE ACTIVITY

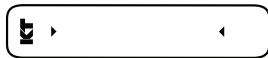


TRIM HAIR



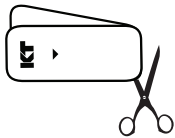
CLEAN SKIN WITH RUBBING ALCOHOL

YOU WILL NEED

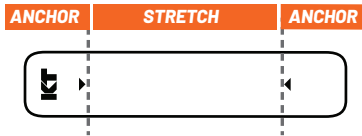


STRIPS ONE: Tear backing paper two inches from end to create starting anchors.

STRIP TWO: Tear backing paper two inches from end to create starting anchors.



TO CREATE A HALF STRIP:
Fold a full strip in half and cut folded edge rounding the corners.



HOW TO APPLY

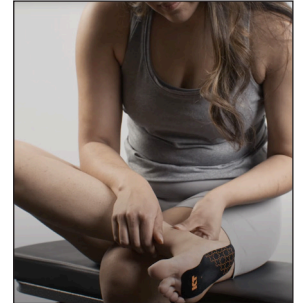
STRIP ONE



For this application, flex the foot to create a stretch on the bottom of the foot. For the first strip, tear backing paper 2 inches from end to create your first anchor. Place the anchor on the ball of the foot with **no stretch**.



Peel backing paper from middle segment of the strip. Apply tape with **moderate stretch** along the bottom of the foot and up the back of the heel.



Lay down the second anchor on the back of the heel with **no stretch**, using the last 2 inches of tape.

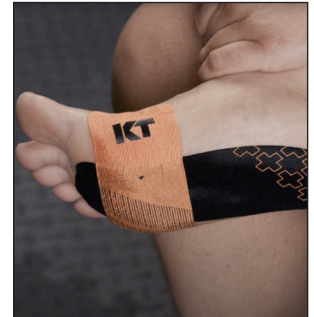
STRIP TWO



Next, tear backing paper in the center of a half strip and peel back to expose the middle segment of adhesive.



Apply **moderate stretch** and adhere the strip across the first strip, across the ball of the foot.



Lay down the last 2 inches at each end with **no stretch**.



WATCH STEP-BY-STEP THE VIDEO INSTRUCTIONS HERE.