

## BEFORE YOU START

FOR BEST RESULTS



APPLY ONE HOUR BEFORE ACTIVITY



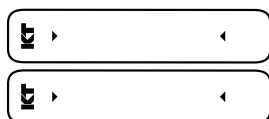
TRIM HAIR



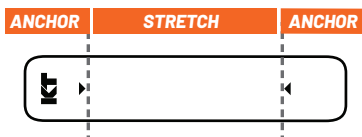
CLEAN SKIN WITH RUBBING ALCOHOL

## YOU WILL NEED

2 FULL STRIPS



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



## HOW TO APPLY

### STRIP ONE



For the first strip, roll forward to create a slight stretch on the mid back. Tear backer paper 2 inches from end to create your first **anchor**.

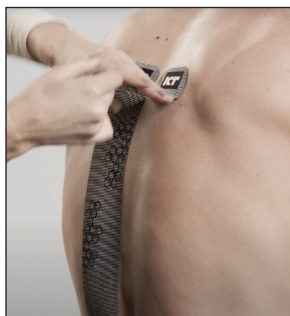


Place the anchor just inside the shoulder blade on one side of the spine with **no stretch**. Peel backer paper from middle segment of the strip. Apply tape with **light stretch** along the side of the spine.



Lay down the second **anchor** with **no stretch** using the last two inches of tape.

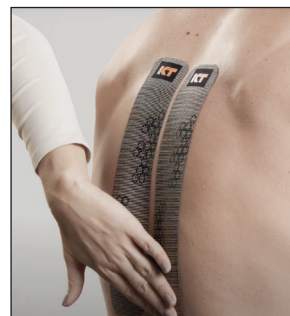
### STRIP TWO



Create an **anchor** at one end of the second strip.



Repeat the same technique with the second strip on the other side of the spine.



Lay down the second **anchor** with **no stretch**. Smooth over the full application to ensure tape is completely applied to the skin.



WATCH STEP-BY-STEP VIDEO INSTRUCTIONS HERE.