

## BEFORE YOU START

FOR BEST RESULTS



APPLY ONE HOUR BEFORE ACTIVITY



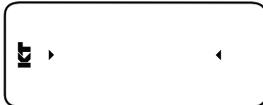
TRIM HAIR



CLEAN SKIN WITH RUBBING ALCOHOL

## YOU WILL NEED

1 STRIP OF PRO WIDE



### STRIP ONE:

Tear backing paper at the center of the half strip to begin application.



## HOW TO APPLY

### STRIP ONE



Hinge forward to create a slight stretch on the low back. Apply **moderate stretch** and adhere the tape across the pain point.



Lay down the last two inches at each end with **no stretch** as **anchors** one at a time.



WATCH STEP-BY-STEP VIDEO INSTRUCTIONS.