

BEFORE YOU START

FOR BEST RESULTS



APPLY ONE HOUR BEFORE ACTIVITY

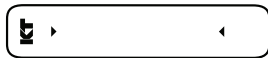


TRIM HAIR



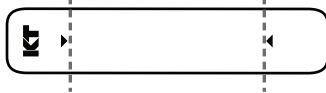
CLEAN SKIN WITH RUBBING ALCOHOL

YOU WILL NEED



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

ANCHOR STRETCH ANCHOR



HOW TO APPLY

STRIP ONE



For this application, lean back to create a slight stretch on the abs. For the first strip, tear backer paper 2 inches from end to create your first anchor. Place the anchor just below the armpit with **no stretch**.

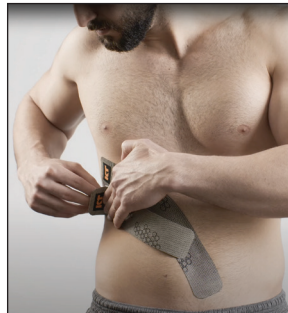


Peel backer paper from middle segment of the strip. Apply tape diagonally with **light stretch** across the abs, toward the navel.



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

STRIP TWO



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



Repeat the same technique with the second strip, below the first. Lay down the second anchor with no stretch.



Lay down the second anchor with **no stretch**, using the last 2 inches of tape. Smooth over the full application to ensure tape is completely applied to the skin.



WATCH STEP-BY-STEP THE VIDEO INSTRUCTIONS HERE.