



BEFORE YOU START

FOR BEST RESULTS



APPLY ONE HOUR BEFORE ACTIVITY



TRIM HAIR



CLEAN SKIN WITH RUBBING ALCOHOL

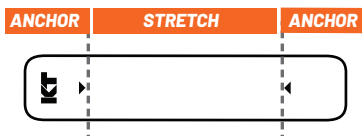
YOU WILL NEED

2 FULL STRIPS



STRIPS ONE & TWO:

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



HOW TO APPLY

STRIP ONE



Create a slight stretch on the calf muscles. Place the **anchor** just above one side of the ankle with **no stretch**.



Apply tape with **light stretch** along one side of the calf muscles.

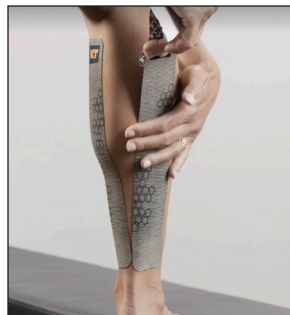


Lay down the second **anchor** with **no stretch** using the last two inches of tape. Smooth over the full application ensure tape is completely applied to the skin.

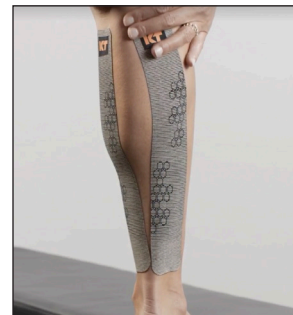
STRIP TWO



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



Repeat the same technique with the second strip next to the first on the other side of the leg.



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



WATCH STEP-BY-STEP VIDEO INSTRUCTIONS.