



BEFORE YOU START

FOR BEST RESULTS



APPLY ONE HOUR BEFORE ACTIVITY



TRIM HAIR



CLEAN SKIN WITH RUBBING ALCOHOL

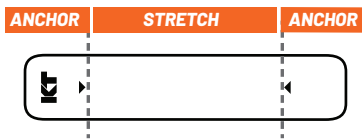
YOU WILL NEED

1 FULL STRIP



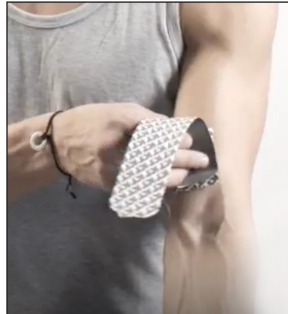
STRIP ONE:

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

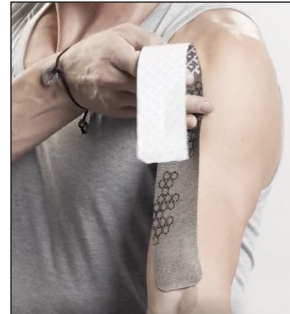


HOW TO APPLY

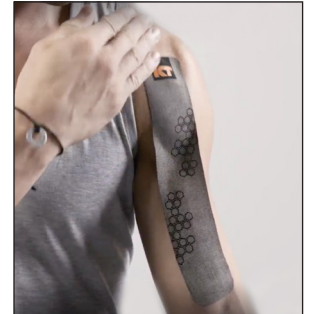
STRIP ONE



Create a light stretch on the biceps. Place the **anchor** just above the elbow crease.



Apply tape with **moderate stretch** along the biceps.



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



WATCH STEP-BY-STEP VIDEO INSTRUCTIONS.