

BEFORE YOU START

FOR BEST RESULTS



APPLY ONE HOUR BEFORE ACTIVITY



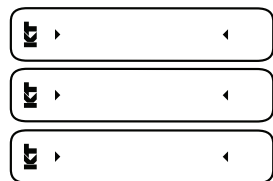
TRIM HAIR



CLEAN SKIN WITH RUBBING ALCOHOL

YOU WILL NEED

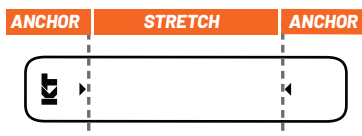
3 FULL STRIPS



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

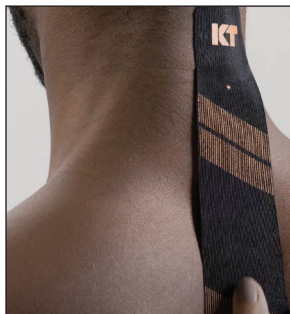


STRIP THREE: Tear backer paper in the center of the third strip and peel it back to expose the middle segment of adhesive.

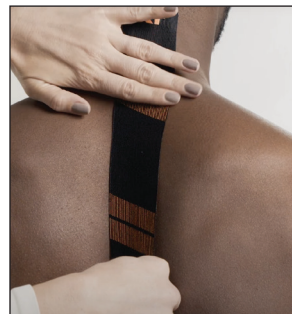


HOW TO APPLY

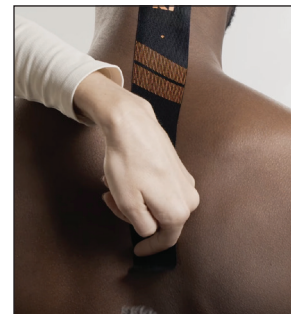
STRIP ONE



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



Place the anchor at the top of the neck 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.

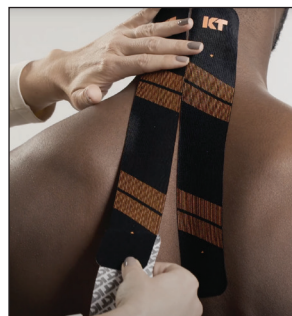


Lay down the second **anchor** with **no stretch** using the last two inches of tape.

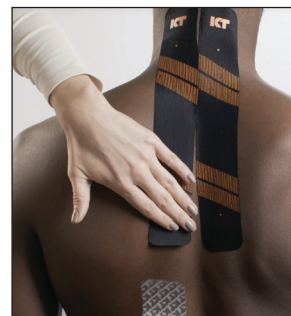
STRIP TWO



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**.

STRIP THREE



Tear backer paper in the **center** of the third strip and peel it back to expose the middle segment of adhesive.



Apply **moderate stretch** and adhere the tape horizontally across the top of the shoulders.



Lay down the last 2 inches at each end with **no stretch** as anchors, one at a time. Smooth over the full application to ensure tape is completely applied to the skin.



WATCH STEP-BY-STEP VIDEO INSTRUCTIONS HERE.