

BEFORE YOU START

FOR BEST RESULTS



APPLY ONE HOUR BEFORE ACTIVITY



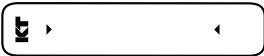
TRIM HAIR



CLEAN SKIN WITH RUBBING ALCOHOL

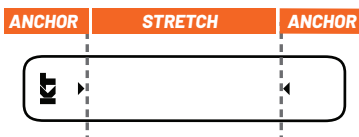
YOU WILL NEED

2 FULL STRIPS



STRIPS ONE & TWO:

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



HOW TO APPLY

STRIP ONE



While creating a slight stretch on the hamstring muscles, place the **anchor** just above the back of the knee with **no stretch**.



Apply tape with **light stretch** along the hamstring muscles.



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, on the other side of the hamstrings.



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



WATCH STEP-BY-STEP THE VIDEO INSTRUCTIONS HERE.