

BEFORE YOU START

FOR BEST RESULTS



APPLY ONE HOUR
BEFORE ACTIVITY



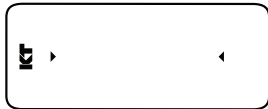
TRIM HAIR



CLEAN SKIN WITH
RUBBING ALCOHOL

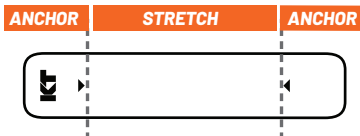
YOU WILL NEED

1 STRIP OF PRO WIDE



STRIP ONE:

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



HOW TO APPLY

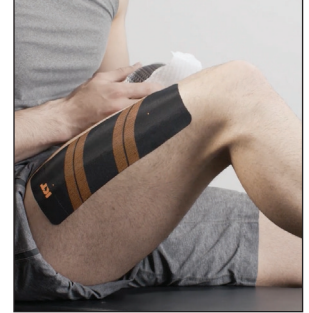
STRIP ONE



While sitting in a neutral position, place the **anchor** on the side of the hip with **no stretch**.



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



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



WATCH STEP-BY-STEP THE VIDEO INSTRUCTIONS HERE.