



## **BEFORE YOU START**

#### FOR BEST RESULTS



CLEAN SKIN WITH RUBBING ALCOHOL

# **YOU WILL NEED**



**STRIP ONE:** 

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



## **HOW TO APPLY**

### **STRIP ONE**



Create a slight stretch on the back of the arm. For the first strip, tear backer paper 2 inches from end to create your first anchor. Place the anchor on the back of the shoulder with no stretch.



Peel backer paper from middle segment of the strip. Apply tape with light stretch along the tricep muscles.



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



WATCH STEP-BY-**STEP THE VIDEO INSTRUCTIONS HERE.**