



## BEFORE YOU START

FOR BEST RESULTS



APPLY ONE HOUR BEFORE ACTIVITY



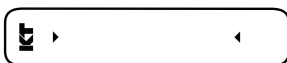
TRIM HAIR



CLEAN SKIN WITH RUBBING ALCOHOL

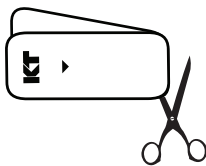
## YOU WILL NEED

1 FULL STRIP +  
1 HALF STRIP

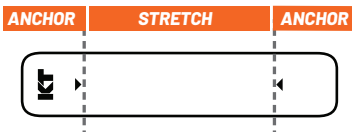


### STRIPS ONE & TWO:

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



**TO CREATE A HALF STRIP:**  
Fold a full strip in half and cut folded edge rounding the corners.

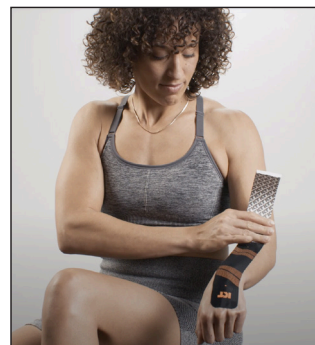


## HOW TO APPLY

### STRIP ONE



Bend the wrist slightly to place a stretch on the top of the wrist. For the first strip, tear backer paper 2 inches from end to create your first anchor. Place the anchor on the top of the wrist with **no stretch**.



Peel backer paper from middle segment of the strip. Apply tape with **light stretch** along the forearm. Lay down the second anchor with **no stretch**, using the last 2 inches of tape.

### STRIP TWO



Tear backer paper in the center of a half strip and peel back to expose the middle segment of adhesive. Apply **moderate stretch** and adhere the across the first strip at the wrist.



Lay down the last 2 inches at each end 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.