



BEFORE YOU START

FOR BEST RESULTS



APPLY ONE HOUR BEFORE ACTIVITY



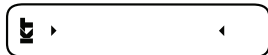
TRIM HAIR



CLEAN SKIN WITH RUBBING ALCOHOL

YOU WILL NEED

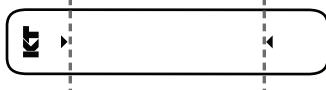
2 FULL STRIPS



STRIP ONE & TWO:

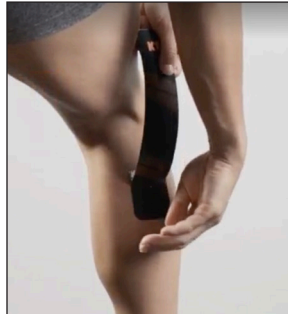
Tear backing paper two inches from end to create starting anchors.

ANCHOR STRETCH ANCHOR



HOW TO APPLY

STRIP ONE



Start with a slight bend in the knee. Place the **anchor** below the knee crease on the outside of the calf.



Apply a **light stretch** to the tape and apply the other end of the strip directly across the middle of the quad with **no stretch**.



As you straighten out the knee, smooth down the middle segment of tape to adhere to the skin.

STRIP TWO



Create an **anchor** at one end of the second strip. Place the **anchor** below the knee crease on the inside of the calf.



Apply a **light stretch** to the tape and apply the other end of the strip directly across the middle of the quad with **no stretch**.



As you straighten out the knee, smooth down the middle segment of tape to adhere to the skin. Smooth over the full application to ensure tape is completely applied to the skin.



WATCH STEP-BY-STEP VIDEO INSTRUCTIONS.