

BEFORE YOU START

FOR BEST RESULTS



APPLY ONE HOUR
BEFORE ACTIVITY



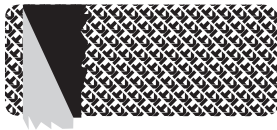
TRIM HAIR



CLEAN SKIN WITH
RUBBING ALCOHOL

YOU WILL NEED

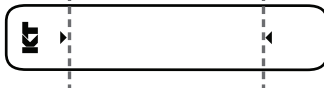
1 STRIP OF PRO WIDE



STRIP ONE:

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

ANCHOR STRETCH ANCHOR



HOW TO APPLY

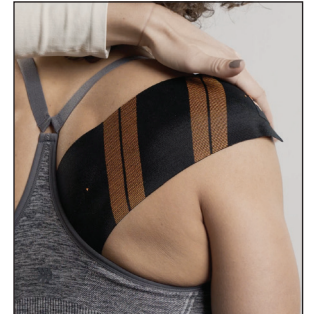
STRIP ONE



Retract shoulder into a good postural position and place the **anchor** inside the shoulder blade with **no**



Apply tape diagonally across the shoulder blade with **moderate stretch**.



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



WATCH STEP-BY-STEP THE VIDEO INSTRUCTIONS HERE.