

BEFORE YOU START

FOR BEST RESULTS



APPLY ONE HOUR BEFORE ACTIVITY

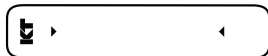


TRIM HAIR



CLEAN SKIN WITH RUBBING ALCOHOL

YOU WILL NEED



STRIPS ONE & TWO: Tear backing paper two inches from end to create starting anchors.



HOW TO APPLY

STRIP ONE



For the first strip, tear backing paper 2 inches from end to create your first anchor. Place the anchor just behind the armpit with **no stretch**.



Peel backing paper from middle segment of the strip. Apply tape diagonally with **light stretch** along the ribs, just above the pain.



Lay down the second anchor with **no stretch**, using the last 2 inches of tape.

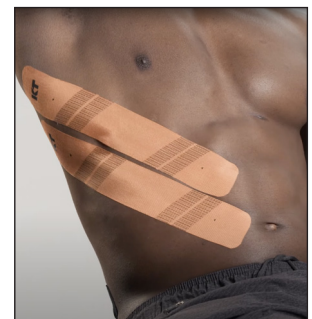
STRIP TWO



Create an anchor at one end of the second strip.



Repeat the same technique with the second strip next to the first, just below the pain.



Lay down the second anchor 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.