



## BEFORE YOU START

FOR BEST RESULTS



APPLY ONE HOUR  
BEFORE ACTIVITY



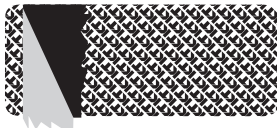
TRIM HAIR



CLEAN SKIN WITH  
RUBBING ALCOHOL

## YOU WILL NEED

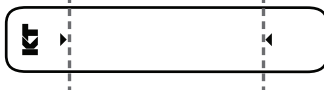
1 STRIP OF PRO WIDE



### STRIP ONE:

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

ANCHOR STRETCH ANCHOR



## HOW TO APPLY

### STRIP ONE



With a slight stretch on the quads, place the **anchor** at the base of the quads with **no stretch**.



Apply tape with **moderate stretch** along the quads.



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



WATCH STEP-BY-STEP THE VIDEO INSTRUCTIONS HERE.