



BEFORE YOU START

FOR BEST RESULTS



APPLY ONE HOUR
BEFORE ACTIVITY



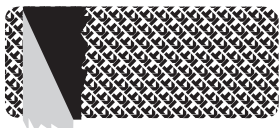
TRIM HAIR



CLEAN SKIN WITH
RUBBING ALCOHOL

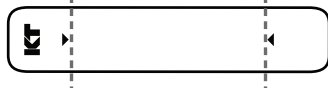
YOU WILL NEED

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



Place your ankle at 90-degrees. Place the **anchor** on the outside of the foot with **no stretch**.



Apply tape with **moderate stretch** under the foot and up the inside of the ankle.



Lay down the second **anchor** on the inside of the shin with **no stretch**, using the last 2 inches of tape. Smooth over



WATCH STEP-BY-STEP THE VIDEO INSTRUCTIONS HERE.