



## BEFORE YOU START

FOR BEST RESULTS



APPLY ONE HOUR BEFORE ACTIVITY



TRIM HAIR



CLEAN SKIN WITH RUBBING ALCOHOL

## YOU WILL NEED

1 FULL STRIP HALVED LENGTHWISE + HALF OF 1 RESULTING STRIP



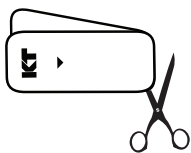
### STRIP ONE:

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



### STRIP TWO:

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



### TO CREATE A HALF STRIP:

Fold a full strip in half and cut folded edge rounding the corners.



## HOW TO APPLY

### STRIP ONE



Place your foot in a neutral position. For the first strip tear backer paper 2 in from end to create your first anchor. Place the anchor on the bottom of the toe with **no stretch**.



Peel backer paper from the middle segment of the strip. Apply the tape with **moderate stretch** along the bottom of the foot and up the back of the heel.



Lay down the second anchor on the back of the heel with **no stretch** using the last two inches of tape.

### STRIP TWO



Tear backer paper in the center of the quarter strip and peel back to expose the middle segment of adhesive. Adhere the middle of the strip across the top of the toe. With **moderate stretch** wrap each side around the bottom of the toe to cross underneath.



Lay down the last two inches of tape with **no stretch**. Smooth over the full application to make sure the tape is completely applied to the skin.



WATCH STEP-BY-STEP THE VIDEO INSTRUCTIONS HERE.