



BEFORE YOU START

FOR BEST RESULTS



APPLY ONE HOUR BEFORE ACTIVITY



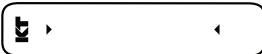
TRIM HAIR



CLEAN SKIN WITH RUBBING ALCOHOL

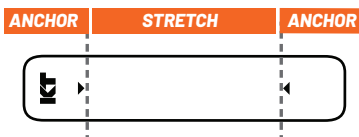
YOU WILL NEED

2 FULL STRIPS



STRIPS ONE & TWO:

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



HOW TO APPLY

STRIP ONE



Position the elbow at a 90° angle and place the **anchor** on one side of the triceps muscle with **no stretch**.



Apply tape with **moderate stretch** down the side of the arm and curving under the elbow joint.



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

STRIP TWO



Create an **anchor** at one end of the second strip.



Repeat the same technique with the second strip on the other side of the arm, crossing over the first strip under the elbow joint.



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.