



BEFORE YOU START

FOR BEST RESULTS



APPLY ONE HOUR BEFORE ACTIVITY

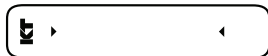


TRIM HAIR



CLEAN SKIN WITH RUBBING ALCOHOL

YOU WILL NEED



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

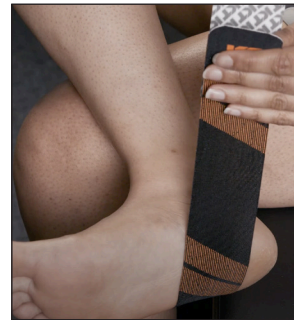


HOW TO APPLY

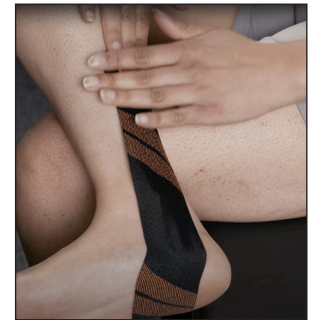
STRIP ONE



For this application, place your anchor at 90-degrees. Tear backing paper 2 inches from end to create your first anchor. Place the anchor on the outside of the foot with **no stretch**.

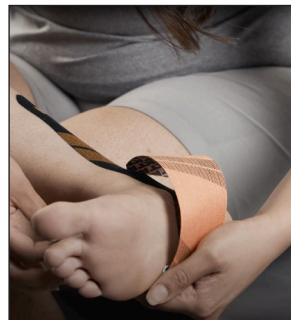


Peel backer paper from middle segment of the strip. Apply tape with **moderate stretch** under the foot and up the inside of the ankle.



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

STRIP TWO



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



Repeat the same technique with the second strip, on the other side of the ankle bone.



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.