



BEFORE YOU START

FOR BEST RESULTS



APPLY ONE HOUR BEFORE ACTIVITY



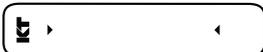
TRIM HAIR



CLEAN SKIN WITH RUBBING ALCOHOL

YOU WILL NEED

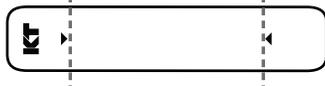
2 FULL STRIPS



STRIP ONE & TWO:

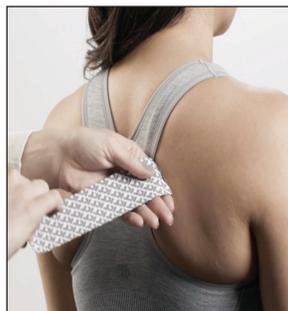
Tear backing paper two inches from end to create starting anchors.

ANCHOR STRETCH ANCHOR

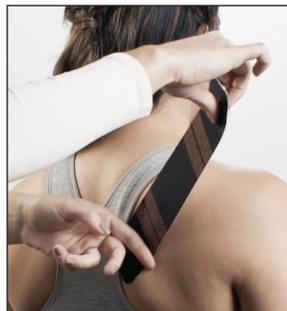


HOW TO APPLY

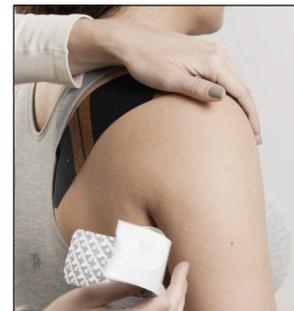
STRIP ONE



Retract shoulder into a good postural position and place the **anchor** inside the shoulder blade with **no stretch**.

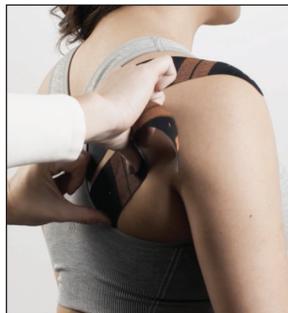


Apply tape diagonally across the shoulder blade with **moderate stretch**.



Lay down the second **anchor** on top of the shoulder 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, placing it next to the first strip.



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.