

## BEFORE YOU START

FOR BEST RESULTS



APPLY ONE HOUR BEFORE ACTIVITY



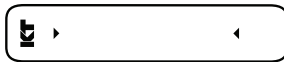
TRIM HAIR



CLEAN SKIN WITH RUBBING ALCOHOL

## YOU WILL NEED

2 FULL STRIPS  
+ 2 OPTIONAL FULL STRIPS



### STRIPS ONE & TWO:

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



## HOW TO APPLY

### STRIP ONE

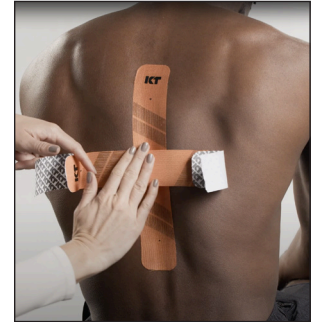


Hinge forward to create a slight stretch on the mid back  
Tear backer paper in the center of the first strip and peel it back to expose the middle segment of adhesive.

### STRIP TWO

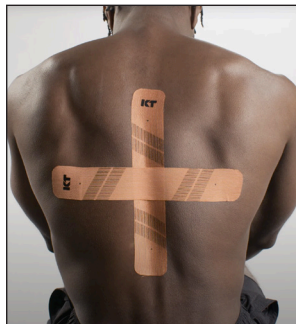


Apply **moderate stretch** and adhere the tape directly across the pain point.



Tear backer paper in the center of the second strip and peel it back to expose the middle segment of adhesive. Repeat the same technique with the second strip, applying it vertically along the spine, directly across the first strip.

### STRIP THREE

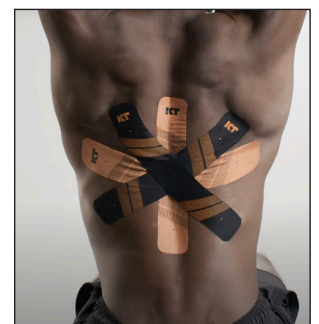


Lay down the anchors at both ends with **no stretch**.



Repeat the same technique with the third strip, applying them diagonally across the other strips to create a star formation. Lay down all anchors with **no stretch**.

### STRIP FOUR



Repeat the same technique with the fourth strip, applying them diagonally across the other strips to create a star formation. Lay down all anchors with **no stretch**.



WATCH STEP-BY-STEP THE VIDEO INSTRUCTIONS HERE.