

BEFORE YOU START

FOR BEST RESULTS



APPLY ONE HOUR BEFORE ACTIVITY



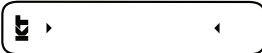
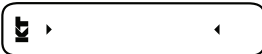
TRIM HAIR



CLEAN SKIN WITH RUBBING ALCOHOL

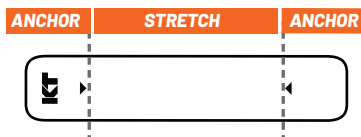
YOU WILL NEED

2 FULL STRIPS



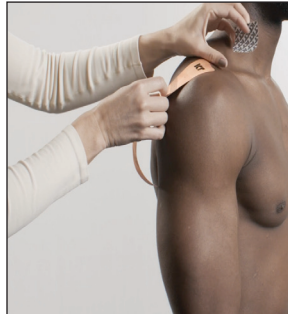
STRIPS ONE & TWO:

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

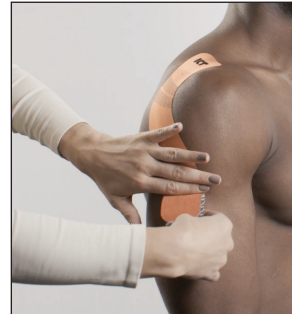


HOW TO APPLY

STRIP ONE



Retract shoulder into a good postural position and place the **anchor** on top of the shoulder with **no stretch**.

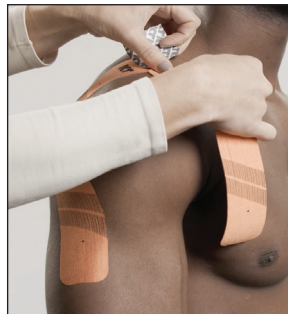


Apply tape curving around the back of the shoulder with **light stretch**.

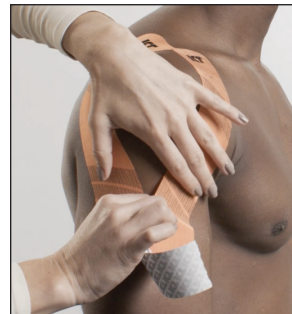


Lay down the second **anchor** on the outside of the arm with **no stretch** using the last two inches of tape.

STRIP TWO



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



Repeat the same technique with the second strip on the front of the shoulder.



Lay down the second **anchor** with **no stretch** next to first strip. Smooth over the full application to ensure tape is completely applied to the skin.



WATCH STEP-BY-STEP THE VIDEO INSTRUCTIONS HERE.