

## BEFORE YOU START

FOR BEST RESULTS



APPLY ONE HOUR BEFORE ACTIVITY



TRIM HAIR



CLEAN SKIN WITH RUBBING ALCOHOL

## YOU WILL NEED

1 FULL STRIP



1 HALF STRIP



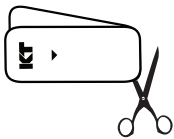
### STRIP ONE:

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



### STRIP TWO:

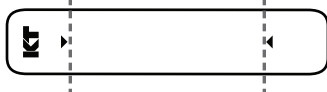
Tear backing paper at the center of strips to begin application.



### TO CREATE A HALF STRIP:

Fold a full strip in half and cut folded edge rounding the corners.

ANCHOR STRETCH ANCHOR

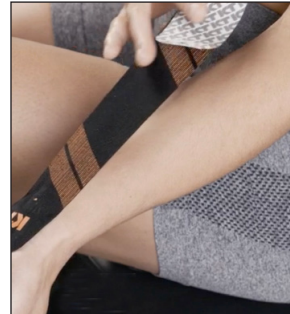


## HOW TO APPLY

### STRIP ONE



Place a light stretch on the inside of the wrist. Place the **anchor** on the inside of the wrist with **no stretch**.



Apply tape with **light stretch** along forearm.

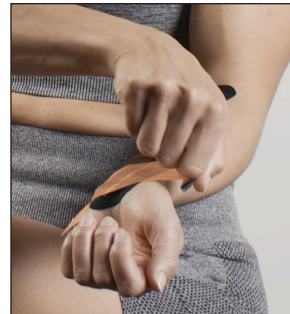


Lay down the second **anchor** with no stretch using the last two inches of tape.

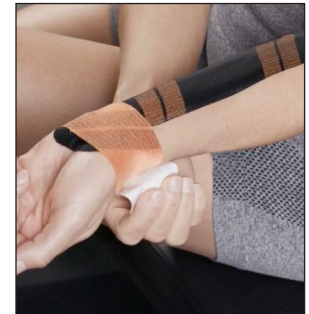
### STRIP TWO



With the half strip, apply **moderate stretch** and adhere across the first strip.



Lay down the last two inches at each end with **no stretch**.



Smooth over the whole application to ensure tape is completely applied to the skin.



WATCH STEP-BY-STEP VIDEO INSTRUCTIONS.