

## BEFORE YOU START

FOR BEST RESULTS



APPLY ONE HOUR BEFORE ACTIVITY

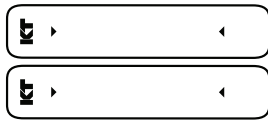


TRIM HAIR



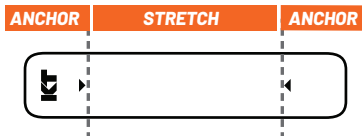
CLEAN SKIN WITH RUBBING ALCOHOL

## YOU WILL NEED



### STRIP ONE:

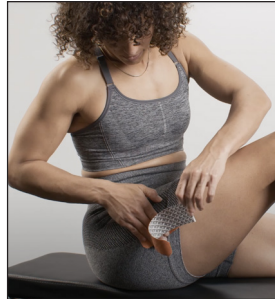
Tear backing paper two inches from end to create starting anchors.



## HOW TO APPLY

Shown over clothing for demonstration purposes only.

### STRIP ONE



While sitting in a neutral position, tear backer paper 2 inches from end to create the anchor. Place the **anchor** on the side of the hip with **no stretch**.



Peel backer paper from the middle of the strip. Apply tape with **moderate stretch** along the IT band.



Lay down the second **anchor** with **no stretch**, using the last 2 inches of tape. Smooth over the full application to ensure tape is completely applied to the skin.

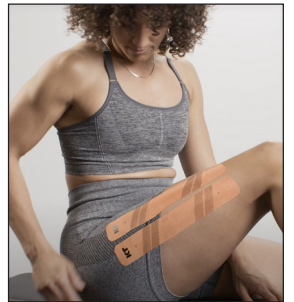
### STRIP TWO



Place the **anchor** on the side of the hip with **no stretch**.



Repeat the same technique with the second strip.



Lay down the second anchor with **no stretch**.



WATCH STEP-BY-STEP THE VIDEO INSTRUCTIONS HERE.