

BEFORE YOU START

FOR BEST RESULTS



APPLY ONE HOUR BEFORE ACTIVITY



TRIM HAIR



CLEAN SKIN WITH RUBBING ALCOHOL

YOU WILL NEED

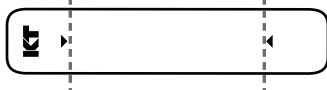
1 FULL WIDE STRIP



STRIP ONE:

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

ANCHOR STRETCH ANCHOR



HOW TO APPLY

STRIP ONE



Create a slight stretch on the tricep muscles. Place the **anchor** just above the elbow.



Apply tape with **light stretch** along the triceps.



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



WATCH STEP-BY-STEP VIDEO INSTRUCTIONS.