

## BEFORE YOU START

FOR BEST RESULTS



APPLY ONE HOUR BEFORE ACTIVITY



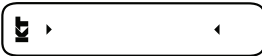
TRIM HAIR



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 (shown over clothing for demonstration purposes only)



While creating a slight stretch on the front of the hip, place the **anchor** above the hip joint with **no stretch**.



Apply tape with **light stretch** along the front of the hip.



Lay down the second **anchor** with **no stretch**, using the last 2 inches of tape.

### STRIP TWO (shown over clothing for demonstration purposes only)



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



Repeat the same technique with the second strip next to the first strip.



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



WATCH STEP-BY-STEP THE VIDEO INSTRUCTIONS HERE.