



### Instructions

- Print this page on an 8.5 x 11 inch sheet of paper
- Print at 100% size with no scaling, do not "scale to fit page"
- cut the six 10 inch strips leaving the extra space on the right side of the strip. Use this space to overlap the next strip and tap it or glue it down

**THE FASTEST WAY  
TO A FLATTER CHEST!**

