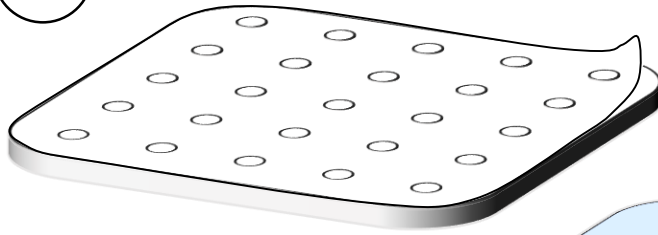
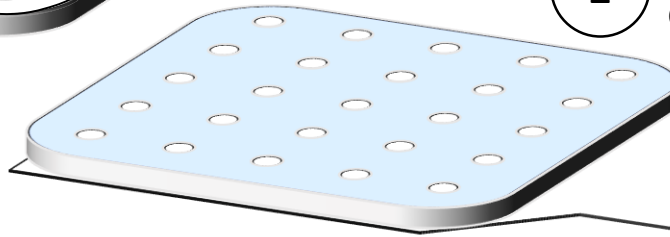


How to use the double adhesive foams

1 Remove the white protective layer

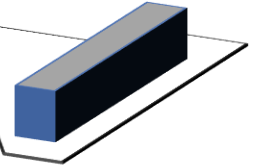


Flip the foam



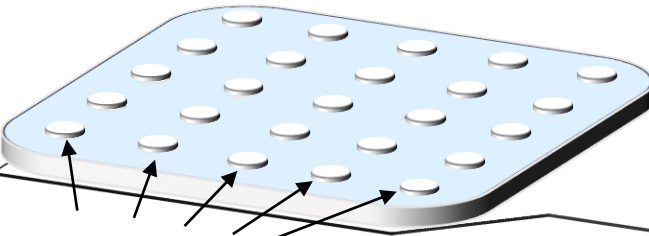
2

Stick the foam on the electrode grid

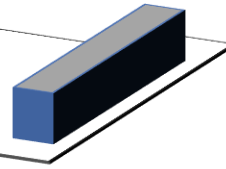


3

Fill the holes with conductive cream



Conductive cream



4

Remove the light-blue protective layer and stick on the skin

