WHAT YOU WILL NEED

• You will need an iron, a piece of paper towel and a time keeper.

• You will also need an ironing board or double up a thicker towel and place onto a flat surface.
STEP 1

Plug iron in and set to Maximum Temperature Setting, and position garment on the ironing board or towel.

STEP 2

Take one strip and remove the paper backing protecting the glue.

*The smooth glue surface of the strip will NOT feel sticky.

STEP 3

Starting on either end of the pants along the waistband place the strip with the glue side down onto the pants. The rough side should be visible.

IMPORTANT: Pants must be clean before applying strips!
STEP 4

Carefully place a piece of paper towel on top of the strip making sure it doesn't move the strip. The towel should be big enough to cover the entire surface of the iron.

STEP 5

Firmly press the Hot Iron down on top of the paper towel over the strip and hold there for 25 seconds.

*IMPORTANT: The hot iron must only make contact with the paper towel. Remove the paper towel 5 seconds after removing the iron.

STEP 6

Remove paper backing from new strip and place next to first strip, the recommended spacing between strips is 1" (25 mm) which is exactly the width of the strips.

Place new strip down touching the backing then carefully remove the paper backing between the strips and repeat steps 5&6 for new strip.
STEP 7

Repeat Step 6 leaving 1" (25 mm) of space between strips. Apply strips completely around the waistband.

WE ARE HERE TO HELP!

If you have any questions or comments please contact us on our website at:

www.FreddysWaistbands.com