






YouFORM Pads

HEAT MOLDING INSTRUCTIONS

360 ANKLE GUARD

- Preheat oven to 200 degrees Fahrenheit.
- Put in oven for 7 minutes on provided baking sheet.
- Confirm the plastic edges are starting to curl AND plastic feels pliable to the touch.
- Remove and line up the 360 Ankle Guard.
- The front-facing portion with the logo should read as a Y and must line up with your shin.
- Next, cup the Ankle Guard around the inside of your ankle and move to the back of your heel.
- Using the provided Athletic Wrap will help assist in making the perfect fit.

Don't freak-out if it doesn't go right! You can throw it back in the oven and repeat. Look, you're just heating, putting on your leg, and working the Ankle Guard around your shin, ankle, etc. to mold to your shape.

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