

Instructions

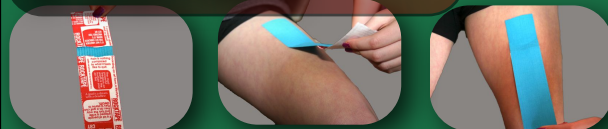
- Apply on clean, dry skin 10 minutes before exercise. Rub vigorously to set adhesive.
- Never stretch the ends of the tape, only the middle.
- Rocktape can be worn up to five days and is water resistant.
- Store tape in cool, dry place. Let tape come to room temperature before applying.

POWERTAPING APPLICATIONS



Watch online instructional videos at www.rocktape.com

Start Here

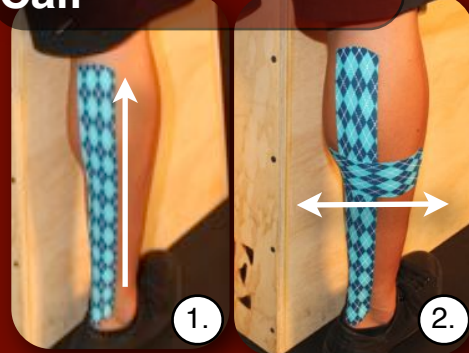


Anchor end - rip tape backing 2-3" from end of tape and remove backing. Anchor end to skin and rub vigorously. Apply tape to area indicated.



Middle stretch - rip tape in middle, peel backing and pull evenly on each end of tape. When applying, **never** stretch ends of the tape, only stretch the middle. Rub vigorously to set adhesive.

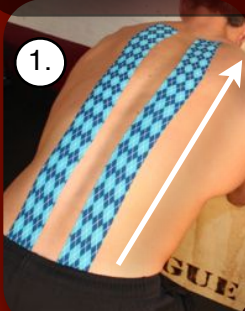
Calf



1. Flex foot. Anchor tape at lower calf and run to below back of knee. Stretch tape 50% in middle, no stretch on ends.

2. Apply piece across area that is fatigued. Stretch tape 50% in middle, no stretch on ends.

Posterior chain

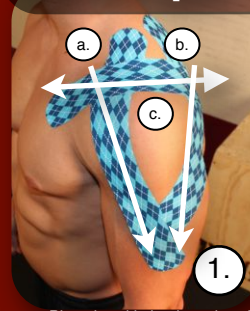


1. Bend at waist and apply to back from bottom to top, no stretch. Apply on back of calves.



Posterior chain (back) can be used to stabilize, ensure proper form and enable explosive power when lifting.

Push ups - Shoulder



1. Place hand in back pocket. Anchor front tape (a) from top of shoulder to lower arm with no stretch. Place hand in lap. Repeat with back tape (b). Apply tape on top of shoulder (c). Stretch tape 50% in middle, no stretch in ends.



Shoulder taping application is ideal for pushing/pulling motions - Push Up, Pull Ups, Push Press, etc.

Hands



1.



2.

2. Have a partner apply the first strip over your middle finger so it matches the photo. Rub hard to set the tape.



3.

3. Correctly applied first piece

1. Cut 2 strips of tape about 8-12" long. Fold in half and cut a hole for your finger to slip through as shown.



4.

4. Repeat with 2nd piece but apply over your ring finger and angle as shown. USE NO STRETCH.



5.

5. Make fist. Apply piece around wrist and cover other pieces, use no stretch.



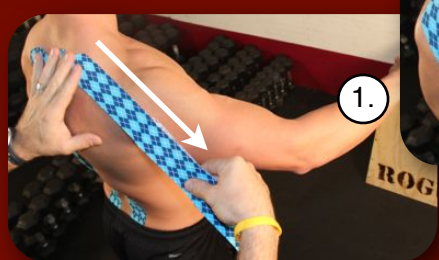
6.

6. Finished hand



Rocktape can help protect and stabilize your hands without reducing range of motion.

Press



1.

1. Cut 2 strips of tape that will reach from the trapezius to the wrist. Anchor on top and apply half way. At elbow, bring hand toward chest and apply remainder along forearm. No stretch.



2.

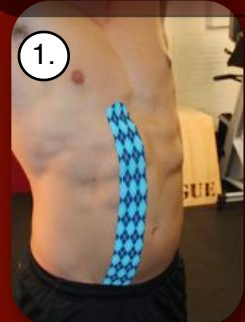
2. Repeat application on opposite shoulder and arm.



3.

3. Correctly applied application shown. Additional support can be gained with posterior chain (back) application. Rocktape can be used to stabilize, ensure proper form and enable explosive power when lifting.

Core Chain



1.

1. Extend spine to lengthen the abdominal region. Anchor tape at crease of hip and extend with 50% stretch in middle, and no stretch on ends.



2.

2. Repeat step #1 on the other side of abdominal wall.



Core Chain is ideal for strained/fatigued abdominal/core muscles



Knee - box jump



1.

1. Place knee in 90° flexion angle. Anchor stabilization tape at top of knee.



2.

2. Create basket by wrapping tape around each side of knee. Use a gentle radius. Apply little to no stretch to tape.



3.

3. Apply piece across and below knee cap. Stretch tape 50% in middle, no stretch in ends.

