

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

Jump Rope



Jump Rope App:

Jumping rope taxes the calf and shoulder complex. Tape to prevent calf tears.

Calf Application:

1. Stabilization strip is applied from the achilles to the top of calf
2. Decompression strip is applied perpendicular to the above strip at area of max fatigue.

Shoulder Application:

1. See shoulder application guidelines

Rope Climb



Rope Climb App:

Climbing/Pulling motions stress the Lat/Forearm complex.

Forearm Application:

1. See Forearm Spiral

Modified Lat Application:

1. With arm extended over head, apply base at the T/L junction (lower back) and extend to the top of shoulder

Pull ups & Muscle ups - Forearm Spiral Chain



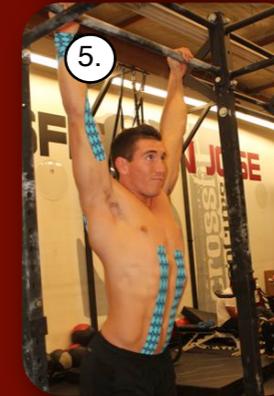
1. Anchor tape on the top of wrist (back side of hand). Begin to encircle the wrist, looping the tape, in a spiral fashion, around the forearm, ending at the medial (inside) portion of the inner arm (Biceps/Triceps Junction)



2. Have the person flex hand as if they are gripping a bar as the tape is applied.



4. Forearm Spiral application in Muscle Up motion



5. Forearm Spiral engaged with hang position



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

Lower Back



Lower Back Application:

1. Pre-stretch area by flexing forward at the spine.
2. Apply 1st stabilization strip from the pelvis to the mid back (paraspinals)
3. Apply 2nd strip on the other side of the spine.
4. Apply decompression strip perpendicular to stabilization tape at the site of fatigue/failure of the low back during lifting motions.



Lifting



Lifting Motions:

From dead lifts to power cleans, the lower back application can enhance postural awareness, improving static and dynamic position/form.

As form is improved, we can offload any undue shear stress to the spine upon the lifting patterns.



Hand Stand



Hand Stands:

This exercise requires static and dynamic stability/mobility of many joints/muscles.

In an exercise like this, postural position is critical for a successful outcome. By using Rock Tape, we can enhance movement awareness to provide proper length tension relationships of key musculoskeletal structures.

Rowing



Rowing Exercise:

A key cardiorespiratory exercise in Crossfit, the rowing motion challenges the lower, mid, and upper back, in addition to the shoulder complex.

The Performance Back Chain (PBC):

Extending from the foot to the neck on the back side of the body. By enhancing the stimulation of this chain, we can augment the elastic recoil quality of the muscles that are put under stress with rowing.

PBC Application:

1. Pre stretch chain by flexing forward to elongate calf, hamstrings, hips, and spine complex
2. Apply one strip from the achilles to the sits bone (ischium)
3. Apply one strip from the gluteals to the neck
4. Application is applied on both sides



Burpees



Burpees:

A pillar to the Crossfit program. It can be augmented by applying a shoulder, lower back and calf tape application.

By stimulating these key areas during the burpee motion, we can enhance the performance by improving the length tension relationships of the respective muscles around those key areas.

