

PERFORMANCE MEETS SCIENCE™



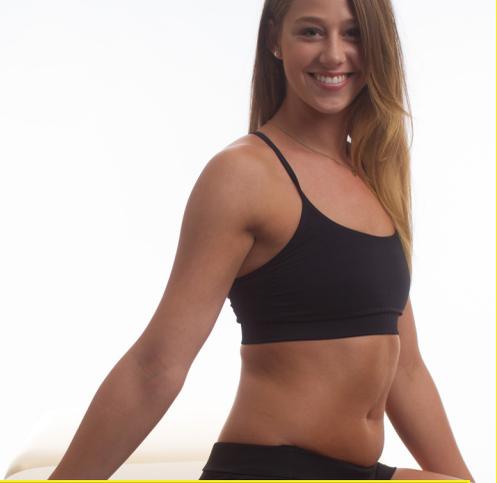
Tape BICEPS



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1 Extend elbow and bring arm behind body.



Clean skin with soap and water



Apply at least 30 minutes prior to activity



Clip hair to 1 cm or less (if needed)



Stretch the skin to be taped



Do not stretch the ends of the tape



Rub entire application well after applying each strip



2 Anchor full-strip just above the inside of the elbow.



3 Apply with 25% stretch over biceps muscle while making sure to cover pain.



4 Lay end down with no stretch.



5 Rub application well to securely fix all edges to skin.