



STRENGTHTAPE®

APPLICATION OVERVIEW:

This application can be used to relieve pressure, provide support, and increase circulation to the area.

ITEMS NEEDED:

1 pre-cut strips of StrengthTape



Avoid touching the ends of the tape.



After applying, firmly rub the tape to activate adhesive.



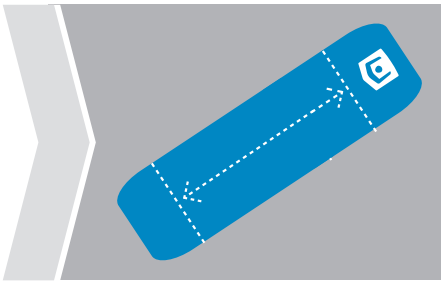
Clean any oils and lotions from area.



Trim excess hair for better adhesion.

BICEP INSTRUCTIONS

TIP:



Always anchor the first and last two inches with absolutely no stretch.

BODY POSITION:



With a partner, bring your arm straight out, perpendicular to your body.

PREPERATION:



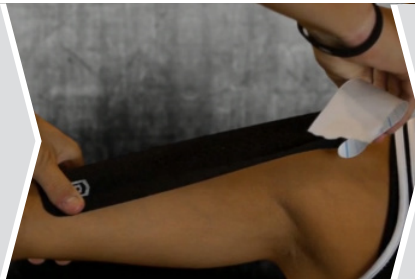
Firmly rub to activate adhesive.

STEP 1:



Anchor StrengthTape slightly above the inside of the elbow.

STEP 2:



Lead tape up towards the shoulder at a 25% stretch.

STEP 3:



Remove the remaining backing paper and apply the end with zero stretch.