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.

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.

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.

Press

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.

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

3. Correctly applied first piece

Knee - box jump

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

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

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.

Posteriors chain

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

2. Repeat application on opposite shoulder and arm.

Core Chain

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

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

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

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

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.

Store tape in cool, dry place. Let tape come to room temperature before applying.

Watch online instructional videos at www.rocktape.com

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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.

Pull ups & Muscle ups - Forearm Spiral Chain

1. Anchor tape on the top of wrist (back side of hand). Begin to encircle the wrist, bringing the tape to a spiral fashion, ending at the medial (inside) portion of the inner arm (Biceps/Triceps Junction).
2. Have the person flex hand so it is gripping a bar as the tape is applied.
3. Forearm spiral engaged with hang position.
4. Forearm final application in Muscle up motion.

Lower Back Application:
1. Pre-stretch area by flexing forward at the spine.
2. Apply 1st stabilisation 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 site of fatigue/failure of the low back during lifting motions.

Lifting 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 site of fatigue/failure of the low back during lifting motions.

Hand Stand:
Hand Stands: This exercise requires static and dynamic stability/mobility of many joint/muscles.
In an exercise like this, postural position is critical for a successful outcome. By using Rock Tape, we can enhance movement awareness to ensure proper length/position from 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 shoulders and arms.
The Performance Back Chain (PBC):
Extending from the foot to the neck, the PBC is an important chain in the front body. While stimulating this chain, we can improve the static recoil quality of the muscles that are under stress with rowing.

PBC Application:
1. Pre stretch area by flexing forward at the spine.
2. Apply one strip from the pelvis to the neck (ischium).
3. Apply one strip from the neck to the head.
4. Application is applied on both sides.