ABDOMINALS

YOU WILL NEED

STRIPS ONE & TWO: Tear backing paper two inches from end to create starting anchors.

ALL COLORS of KT Tape® are designed to perform equally.

BEFORE YOU START

APPLY BEFORE ACTIVITY.
Apply one hour before beginning activity

CLEAN SKIN
Clean dirt, oils and lotions from area with rubbing alcohol

ACTIVATE ADHESIVE
After application rub tape vigorously to activate adhesive

BODY POSITION
Position yourself with a slight stretch on your abdominal area.

STRIP ONE

ANCHOR: place your anchor 3 inches above your target area.
APPLY: Lay the tape down at a diagonal toward your center and just above the site of discomfort.
FINISH: With two inches remaining, lay the end down with no stretch.

NO STRETCH
LIGHT STRETCH
NO STRETCH

ANCHOR: Repeat the steps as with your 1st strip of KT Tape, placing the tape just below and parallel to your first strip
APPLY: Lay the tape down at a diagonal toward your center and just above the site of discomfort.
FINISH: With two inches remaining, lay the end down with no stretch.

NO STRETCH
LIGHT STRETCH
NO STRETCH

WATCH THE VIDEO
kttape.com/instructions/abdominals

CAUTION: If you have skin sensitivities, cancer, or are pregnant, consult your doctor before use. Discontinue use if skin becomes irritated or sore. KT TAPE® is not a replacement for professional medical care. Warranties and remedies limited to product replacement cost. READ ALL CAUTIONS ON ENCLOSED INSTRUCTION SHEET PRIOR TO USE.