TAPE QUAD MUSCLES



BEFORE YOU START

FOR BEST RESULTS



APPLY ONE HOUR BEFORE ACTIVITY



TRIM HAIR



CLEAN SKIN WITH RUBBING ALCOHOL

YOU WILL NEED

2 FULL STRIPS

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STRIPS ONE & TWO:

Tear backing paper two inches from end to create starting anchors.

ANCHOR	STRETCH	ANCHOR
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HOW TO APPLY

STRIP ONE



While bending the knee to create a slight stretch on the quad muscle, place the **anchor** just above the knee with **no stretch**.



Apply tape with **light stretch** along the quad muscles.



Lay down the second **anchor** with **no stretch**, using the last 2 inches of tape.

STRIP TWO



Create an **anchor** at one end of the second strip.



Repeat the same technique with the second strip, on the other side of the quad muscles.



Lay down the second anchor with no stretch. Smooth over the full application to ensure tape is completely applied to the skin.



WATCH STEP-BY-STEP VIDEO INSTRUCTIONS.