

Go stronger, longer

TRUSTED BY 50,000 MEDICAL PROFESSIONALS WORLDWIDE THE WORLD'S BEST KINESIOLOGY TAPE







ROCKTAPE Go stronger, longer

WE'REMORE THAN A TAPE COMPANY. WE ARE A MOVEMENT COMPANY



NEVER STOP MOVING
WITH ROCKTAPE

PREPARE for peak performance! Stretch, activate and warm up using RockTape's comprehensive line of kinesiology tape, mobility tools and topical pain* relief products.

RockTape Lines | RockBalls | RockBalls Infinity | RockFloss

PERFORM during training or competition. Whether you are a pro football player or weekend warrior, RockTape has a solution for every athlete, at every age, within any sport.

RockTape Lines | Assassins | RockWrist | RockGuard Shin | HookGrip

RECOVER faster. RockTape products help you deal with the aches and pains* of training so you can stay in the game.

can stay in the game.

RockTape Lines | RockBalls | RockBalls Infinity | RockFloss |
RockPods | RockBlades | RockBlades Mohawk





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- Mobility Bands

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DESCRIPTION

ROCKTAPE was created for the heat of competition.

We knew first-hand that medical tape would fail under extreme conditions, so we developed a stronger, stretchier and stickier kinesiology tape.

RockTape microscopically lifts the skin away from the muscle and fascia, which decompresses the area. RockTape also signals the central nervous system through the skin's nerves, which provides powerful feedback to minimize pain and cue form.

INSTRUCTIONS WITH EVERY ROLL!

Haven't used tape before? That's fine, every roll comes with an instruction sheet for the most common taping strategies.

Need more help? We have videos on our YouTube channel that take you step by step through all of our awesome taping strategies.

- Stickier: stays on longer than the competition
- Stretchier: better range of motion, with 180% elasticity, compared to other brands offering 130-180% stretch.
- Relieves swelling by creating more space for congested and compressed capillaries, lymph vessels, arteries, and veins.
- Promotes fluid flow to delay fatigue, speeding up recovery and enabling you to go stronger, longer.
- Increases awareness of your body position to help you maintain proper posture and form
- Water Resistant















BEIGE 21604
BLACK 21606
BLUE 21607

LIME 21618

NAVY 21623 PINK 21625

ROCK BLACK 21619

PURPLE 21626

ROCK RED 21621

ARGYLE BLUE 21602

ARGYLE PINK 21603

CAMO GREEN 21608

CAMO PINK 21609

COW 21611

SKULL BLACK 21635

TATOO 21637
RED 21628
RED 21612
BIOHAZARD 21605
RAINBOW 21627
LOCALONLY 21651
MUERTAPE 21622
MIAMIKATZ 21654
TIGER 21638
UK FLAG 21639

SKULL PINK 21636











H20 Tape (Extrem Sticky)





Precut Tape









Hookgrip Tape





















BULK Tape









BIG DADDY

BIG DADDY TAPE 10CM X 32M

Tape







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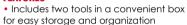
ROCKBLADES₂₀



DESCRIPTION

RockBlades 2.0 are all new with two stainless steel IASTM tools. They are perfect for any medical professional that currently uses or is interested in Instrument Assisted Soft Tissue Mobilization (IASTM). The kit includes: two surgical-grade stainless steel tools, rub and wipes, all in a well-designed case. The case makes the tools easy to store and keeps everything organized.





- Both tools are constructed in surgical-grade stainless steel and feature a variety of edge shapes to fit any body part for tissue mobilization
- Textured surfaces (with a laser engraved manifesto) for added grip and hand polished edges for smooth tissue mobilization
- 50g RockRub included Keep tools clean with included wipes with 60% isopropyl alcohol
- Convenient magnetic lid for easy storage and to keep tools clean
- Tool tray also features slots to place tools upright for display
- Bottle opener, no explanation needed!







DESCRIPTION

RockBlades Mohawk ushers in a new era of IASTM capabilities, never before seen in the industry. The kit features one precision welded stainless steel tool, one silicone sleeve, one ABS/poly carbonate comb attachment and RockRub, all contained in a custom, travel friendly EVA carry case.

FFATURES

- Stainless steel tool with 6 treatment surfaces and two distinct edge types
- One silicone sleeve to grip the skin
- One ABS/ Polycarbonate comb attachment for neurological stimulation
- 50 g RockRub included
- All ships in a custom designed, travel friendly EVA carry case
- Additional pockets designed to house your Mullet and Mallet

DIFFERENTIATE THE TOOLS 1. Mohawk - Smaller, Lighter (for smaller hand clinicians), More effective to address smaller areas of the body (feet, hands, around boney prominences) 2. Mohawk - has multiple attachments to make it more diverse to address nerve entrapments and pain 3. Blades - larger and more applicable for all other areas of the body. Allows you to use the added weight of tool to create pressure vs. adding overpressure from practitioner (creating stress on patient and clinician).



THE MULLE

Why you want both Blades/Mohawk? 1. Completes the set - allows you to adequately hit most if not all areas of the body and conditions faced with 2. Carrying case allows you to travel from clinic to clinic, field to field, facility to facility.



<u>ROCK</u>FLOSS

21513 5cm



21514 10cm





DESCRIPTION

RockFloss Uses The Science Of Compression and Fascial Shearing To Help 'Unstick' Muscles And Joints So They Move Better And With Less Pain. Reduce muscle and joint Pain - available in 2" (5cm) or 4" (10cm) width for stronger compression + creating bloodflow around muscles, joints & tendons. RockFloss can be Used As A Primer Or Warmup Before Exercising Or To Improve Flexbility and Mobility After Training, or as Part Of a Rehabilitation Program. Use on Almost Any Body Part; Shoulders, Knees, Wrists, Elbows, Hips & Ankles are all excellent Target Areas. Never Use RockFloss On Your Head Or Neck.

SPECIFICATIONS

- 100% natural latex
- 1.25 mm thick
- 2" (5cm) and 4" (10cm)bands
- Both widths are 7 feet (2,10m) long



ONLY USE FLOSS FOR ONE TO TWO MINUTES AT A TIME

YOU SHOULD NEVER USE ROCKFLOSS ON YOUR HEAD OR NECK

- More grip than competition
- Can be used before or after training, or as part of a rehabilitation program
- Relieves swelling through compression

- Improves range of motion / flexibility through fascial sheer
- Great on almost any part of the body; the only limitation is the size of the body part you intend to treat Shoulders, knees, wrists, elbows, hips and ankles are all great target areas
- Instructions included with every roll!

ROCK PODS

21578







DESCRIPTION

RockPods are a great complementary treatment to manual therapy for temporary relief of pain. These rubbery suction pods make for a simple, noninvasive alternative to traditional myofascial cupping therapy. RockPods use decompressive technology to loosen and lift connective tissue, and increase blood and lymph flow to the skin and the muscles, stimulating the body's natural healing process to treat chronic pain, relieve tension and sedate the nervous system.

SPECIFICATIONS

- 100% food grade silicone
- One piece design
- (4) Small pods 57 mm (4) Large pods 67 mm
- Custom EVA carry case

- Two sizes allow for treating different target areas
- Comes with EVA carrying case
- Handles allow for manipulation of the skin
- Detailed quick start guide included





DESCRIPTION

- Suitable for self myofascial release with pinpoint accuracy
- Sold as a pair a large spikey ball and a small smooth ball
- Made of rubber
- Conveniently portable, Rock Balls are ready whenever and wherever you are
- Every set of Rock Balls includes a special Movement Manifesto, a booklet that contains valuable information to educate users









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ROCKBAND

Light 21455 **Medium** 21457 **Heavy** 21046





DESCRIPTION

RockBand Flex can help you get more flexible, improve muscle an joint range of motion and strengthen your body for improved athletic performance. Take it anywhere - it's washable, durable and infinitely. One band, thousand of uses.

Comes in three resistances: Light (12-18 lb) (5,4kg-8,2kg), Medium (18-22 lb) (8,2kg-10kg) and Heavy (22-28 lb) (10kg-12,7kg). Detailed instructions included.

SPECIFICATIONS

- Proprietary cotton/nylon blend
- Numbered resistance loop system
- Length: 56" (142cm)
- (9) 6" (15,2cm) Diameter loops
- Light Width: 2 cm
- Medium Width: 2.5 cm
- Heavy Width: 3 cm

- Machine washable
- Extremely durable (no snapping or tearing)
- Travel friendly
- Increase mobility & flexibility
- Rehab & strengthen muscles
- Improve athletic performance
- Instructions included with every band!





ASSASSINS KNEE SLEEVES



Assassins Black 5mm	Assassins Black 5mm
S - 21019	L - 21017
M - 21018	XL - 21020
Assassins Black 7mm	Assassins Black 7mm
S - 21023	L - 21021
M - 21022	XL - 21024



Camo 5mm	Camo 5mm
S - 21025	L - 21027
M - 21026	XL - 21028
·	
Assassins Camo 7mm	Assassins Camo 7mm

Assassins

Assassins

DESCRIPTION

Assassins are the latest and greatest RockTape knee supports. With updated fabric and designs they are designed to provide compression, warmth and lateral stability when performing functional movements such as dead lifts, pistols and squats. Unlike other supports, Assassins are 'extra tall' and designed to compress the VMO at its insertion point above the patella to help ensure proper stability and tracking.

- All new extremely durable fabric
- All new designs
- Assassins provide compression, warmth and lateral stability to knees
- Extra tall design keeps patella tracking properly
- Assassins are sewn using "double" mauser stitches for enhanced durability
- Made of durable SBR neoprene to maintain compression over the product life and provide a comfortable fit



ASSASSINS ELBOW



DESCRIPTION

Assassins Shin Guards are specifically designed to provide compression, warmth and lateral stability when performing functional movements such as dead lifts, pistols and squats. Unlike other supports, Assassins are 'extra tall' and designed to compress the VMO at its insertion point above the patella to help ensure proper stability and tracking. Assassins also provide compression and warmth while the vented back panel keeps knees cool during extended workouts.

- Made of SBR neoprene, a more durable neoprene, for extra durability and comfort
- 4-way Lycra liner provides a softer feel and better breathability
- 12-month warranty

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ROCKGUARDS®



DESCRIPTION

RockGuards are designed for rope climbs, deadlifts, cleans, snatches, box-jumps... really anything that punishes your shins. Tall socks can only go so far – our specially designed RockGuards are made from perforated 5mm neoprene with a mesh backing. Slide them on easily before your WOD and lift with confidence.

BUILT TOUGH

The 3rd generation RockGuards are made with durable 5mm neoprene on the shin-side – and a lightweight mesh on the back for easy on-off during your workout. The neoprene is also perforated for breathability and will not retain water during obstacle course racing.

NOT JUST THE GYM RockGuards are absolutely fantastic for a variety of collision sports – including mountain biking, obstacle course racing, and trail-running.

BLEEDING ISN'T COOL We love to hit it hard in the gym – but don't forget what you're around. Staph infections can plague gym-goers. Stop grinding your shins up and stay safe.

- 2" (5cm) Zipper for secure fit and easy removal
- 5mm Neoprene Shin Guard
- Footstrap to keep in place during functional training
- 4-way stretch Lycra for a better fit





Shin Guards

21579

DESCRIPTION

RockWrist are a pair of wrist supports that combine two very important aspects – Support and minimalistic. With the help of our good friend Jason Khalipa, we came up with a cloth design that is light weight and made it secure with velcro. RockWrist are supportive under heavy load or even during advanced bodyweight movements, yet minimal enough that

- Designed by CrossFit legend Jason Khalipa exclusively for RockTape
- Competition-grade strength
- Other wraps are either just cloth or just velcro and at time are very bulky. We wanted to solve this problem with a combination of the two picking the most valuable aspects. Cloth, loop and Velcro
- Supportive, yet minimal enough to not completely restrict range of motion
- 10% stretch keeps them comfortable
- Our loop is designed to go around the wrist (rather than the thumb) which keeps it out of the away
- Easy-on, easy-off

