

TRICEP

YOU WILL NEED



STRIP ONE:
Tear backing paper two inches from end to create starting anchor.

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

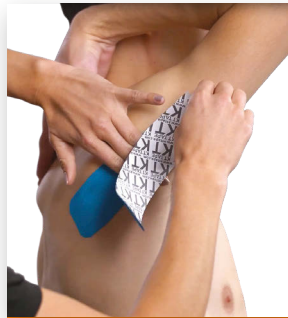


BODY POSITION



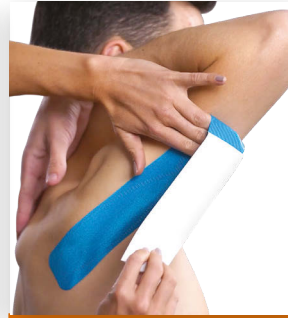
Bring your hand up to touch your shoulder and raise your elbow to create a slight stretch on the tricep muscle group.

STRIP ONE



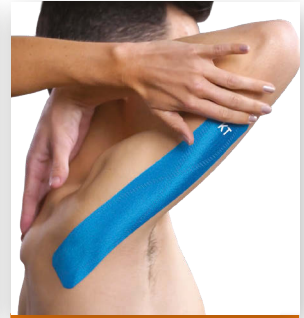
NO STRETCH

ANCHOR: Place anchor two inches below the shoulder, just outside the armpit.



LIGHT STRETCH

APPLY: With a light stretch, lay the tape down along the tricep ending just before the elbow.



NO STRETCH

FINISH: Lay the last two inches of tape down with no stretch.



WATCH THE VIDEO

kttape.com/instructions/tricep