

GLUTEUS

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 using rubbing alcohol

ACTIVATE ADHESIVE

After application rub tape vigorously to activate adhesive



BODY POSITION



While standing, place your foot on a chair. With your knee bent, bring it toward the center of the body to slightly stretch the glute muscle group.

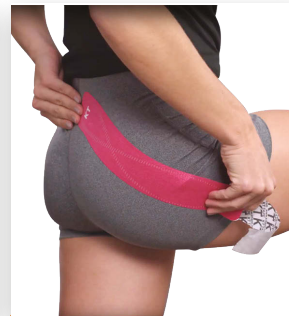
Apply directly to the skin. Photos are for placement only.

STRIP ONE



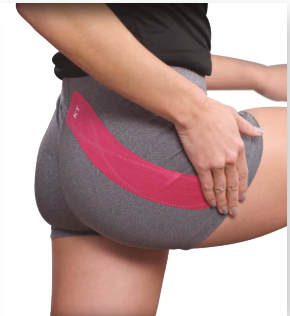
NO STRETCH

ANCHOR: Place the anchor near the middle of your lower back.



LIGHT STRETCH

APPLY: Lightly stretching the tape, apply the tape to just below the hip.



NO STRETCH

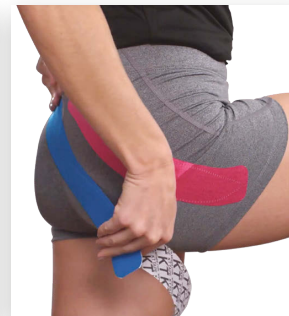
FINISH: Apply the second anchor with no stretch.

STRIP TWO



NO STRETCH

ANCHOR: Repeat with the second strip parallel to the first.



LIGHT STRETCH

APPLY: Lightly stretching the tape, apply the tape just below the first strip.



NO STRETCH

FINISH: Apply the last anchor with no stretch and gently rub the application for improved adhesion.



WATCH THE VIDEO

kttape.com/instructions/gluteus