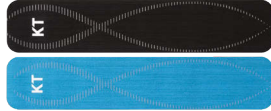


ABDOMINALS

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

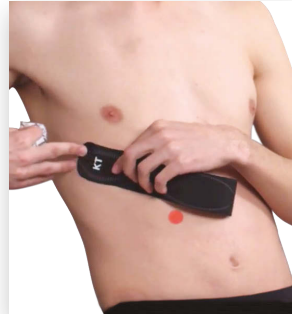


BODY POSITION

Position yourself with a slight stretch on your abdominal area.



STRIP ONE



NO STRETCH

ANCHOR: place your anchor 3 inches above your target area.



LIGHT STRETCH

APPLY: Lay the tape down at a diagonal toward your center and just above the site of discomfort.



NO STRETCH

FINISH: With two inches remaining, lay the end down with no stretch.

STRIP TWO



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



LIGHT STRETCH

APPLY: Lay the tape down at a diagonal toward your center and just above the site of discomfort.



NO STRETCH

FINISH: With two inches remaining, lay the end down with no stretch.



WATCH THE VIDEO

kttape.com/instructions/abdominals