



BICEP

RECOMMENDATIONS

- Clean skin
- Make a rounded cut to each end of the tape using sharp scissors
- When applying, do not stretch the first and last 3-5cm of the tape
- When applied, vigorously rub the tape to activate the adhesive
- The tape can be worn for a maximum of 4-5 days



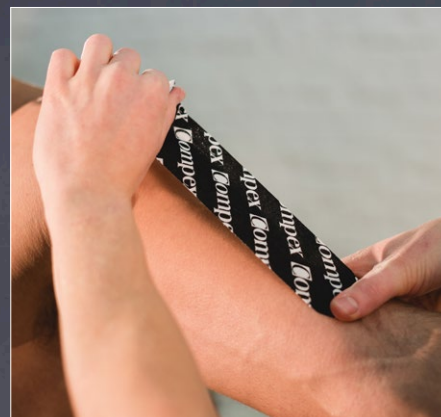
BODY POSITION

Stretch the bicep by holding arm out to the side



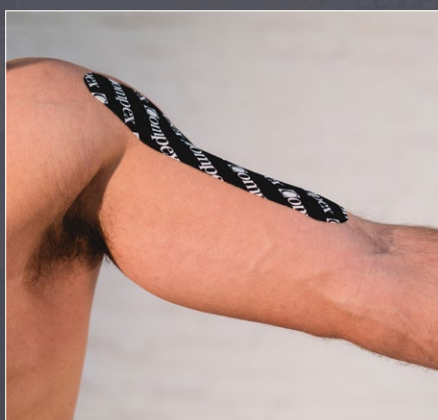
STEP 1

Attach the first 5cm of tape to the skin with 0% stretch



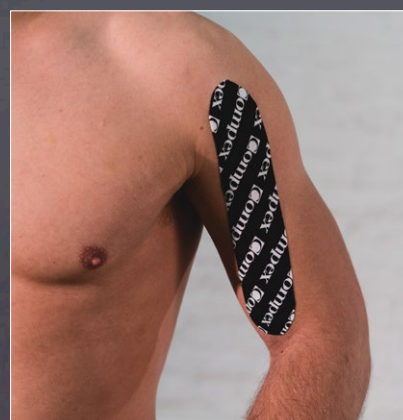
STEP 2

Tape along bicep with 25% stretch



STEP 3

Finish the last 5cm with 0% stretch



FINAL RESULT