

QUADRICEP 2

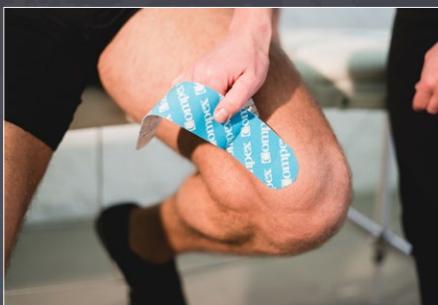
RECOMMENDATIONS

- 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



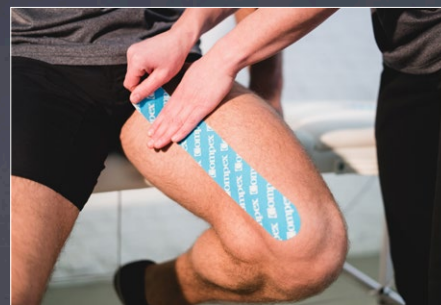
BODY POSITION

Sit down with the knee bent at a 90 degree angle



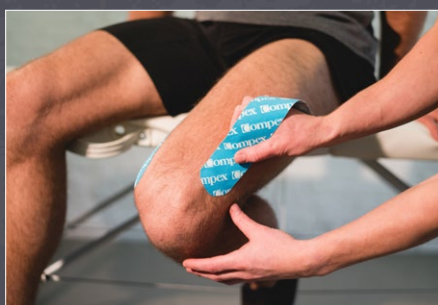
STEP 1

Attach the first 5cm of tape with 0% stretch



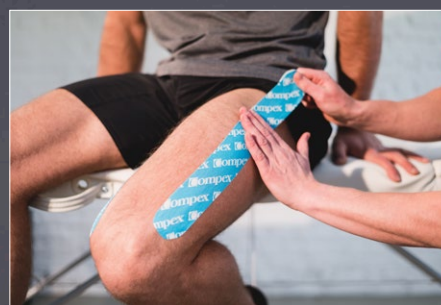
STEP 2

Tape along the quadricep with 25% stretch



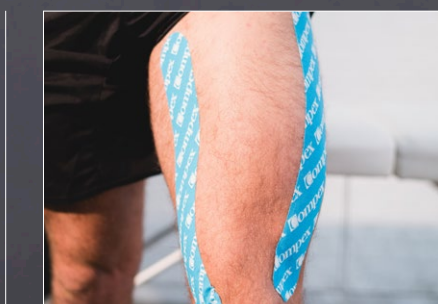
STEP 3

With another piece of tape, attach the first 5cm with 0% stretch



STEP 4

Tape along the quadricep with 25% stretch



FINAL RESULT