

Instructions

- Apply on clean, dry skin 10 minutes before exercise. Rub vigorously to set adhesive.
- Never stretch the ends of the tape, only the middle.
- Rocktape can be worn up to five days and is water resistant.
- Store tape in cool, dry place. Let tape come to room temperature before applying.

PowerTaping applications



Watch online instructional videos at www.rocktape.com

Start Here

Anchor end - rip tape backing 2-3" from end of tape and remove backing. Anchor end to skin and rub vigorously. Apply tape to area indicated.

Middle stretch - rip tape in middle, peel backing and pull evenly on each end of tape. When applying, never stretch ends of the tape, only stretch the middle. Rub vigorously to set adhesive.

Calf

1. Flex foot. Anchor tape at lower calf and run to below back of knee. Stretch tape 50% in middle, no stretch on ends.

2. Apply piece across area that is fatigued. Stretch tape 50% in middle, no stretch on ends.

Posterior chain

1. Bend at waist and apply to back from bottom to top, no stretch. Apply on back of calves.

Posterior chain (back) can be used to stabilize, ensure proper form and enable explosive power when lifting.

Push ups - Shoulder

1. Place hand in back pocket. Anchor front tape (a) from top of shoulder to lower arm with no stretch. Place hand in lap. Repeat with back tape (b). Apply tape on top of shoulder (c). Stretch tape 50% in middle, no stretch in ends.

Shoulder taping application is ideal for pushing/pulling motions - Push Up, Pull Ups, Push Press, etc.

Core Chain

1. Extend spine to lengthen the abdominal region. Anchor tape at crease of hip and extend with 50% stretch in middle, and no stretch on ends.

2. Repeat step #1 on the other side of abdominal wall.

Core Chain is ideal for strained/fatigued abdominal/core muscles

Hands

1. Cut 2 strips of tape about 8-12" long. Fold in half and cut a hole for your finger to slip through as shown.

2. Have a partner apply the first strip over your middle finger so it matches the photo. Rub hard to set the tape.

3. Correctly applied first piece

4. Repeat with 2nd piece but apply over your ring finger and angle as shown. USE NO STRETCH.

5. Make fist. Apply piece around wrist and cover other pieces, use no stretch.

6. Finished hand

Rocktape can help protect and stabilize your hands without reducing range of motion.

Press

1. Cut 2 strips of tape that will reach from the trapezius to the wrist. Anchor on top and apply half way. At elbow, bring hand toward chest and apply remainder along forearm. No stretch.

2. Repeat application on opposite shoulder and arm.

3. Correctly applied application shown. Additional support can be gained with posterior chain (back) application. Rocktape can be used to stabilize, ensure proper form and enable explosive power when lifting.

Knee - box jump

1. Place knee in 90° flexion angle. Anchor stabilization tape at top of knee.

2. Create basket by wrapping tape around each side of knee. Use a gentle radius. Apply little to no stretch to tape.

3. Apply piece across and below knee cap. Stretch tape 50% in middle, no stretch in ends.

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Jump Rope



Jump Rope App:

Jumping rope taxes the calf and shoulder complex. Tape to prevent calf tears.

Calf Application:

1. Stabilization strip is applied from the achilles to the top of calf
2. Decompression strip is applied perpendicular to the above strip at area of max fatigue.

Shoulder Application:

1. See shoulder application guidelines

Rope Climb



Rope Climb App:

Climbing/Pulling motions stress the Lat/Forearm complex.

Forearm Application:

1. See Forearm Spiral Modified Lat Application:

1. With arm extended over head, apply base at the T/L junction (lower back) and extend to the top of shoulder

Pull ups & Muscle ups - Forearm Spiral Chain



1.

1. Anchor tape on the top of wrist (back side of hand). Begin to encircle the wrist, looping the tape, in a spiral fashion, around the forearm, ending at the medial (inside) portion of the inner arm (Biceps/Triceps Junction)



2.

2. Have the person flex hand as if they are gripping a bar as the tape is applied.



3.

4. Forearm Spiral application in Muscle Up motion



4.



5.

5. Forearm Spiral engaged with hang position



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Lower Back



Lower Back Application:

1. Pre-stretch area by flexing forward at the spine.
2. Apply 1st stabilization strip from the pelvis to the mid back (paraspinals)
3. Apply 2nd strip on the other side of the spine.
4. Apply decompression strip perpendicular to stabilization tape at the site of fatigue/failure of the low back during lifting motions.



Lifting



Lifting Motions:

From dead lifts to power cleans, the lower back application can enhance postural awareness, improving static and dynamic position/form.

As form is improved, we can offload any undue shear stress to the spine upon the lifting patterns.



Hand Stand



Hand Stands:

This exercise requires static and dynamic stability/mobility of many joints/muscles.

In an exercise like this, postural position is critical for a successful outcome. By using Rock Tape, we can enhance movement awareness to provide proper length tension relationships of key musculoskeletal structures.

Rowing



Rowing Exercise:

A key cardiorespiratory exercise in Crossfit, the rowing motion challenges the lower, mid, and upper back, in addition to the shoulder complex.

The Performance Back Chain (PBC):

Extending from the foot to the neck on the back side of the body. By enhancing the stimulation of this chain, we can augment the elastic recoil quality of the muscles that are put under stress with rowing.

PBC Application:

1. Pre stretch chain by flexing forward to elongate calf, hamstrings, hips, and spine complex
2. Apply one strip from the achilles to the sits bone (ischium)
3. Apply one strip from the gluteals to the neck
4. Application is applied on both sides



Burpees



Burpees:

A pillar to the Crossfit program. It can be augmented by applying a shoulder, lower back and calf tape application.

By stimulating these key areas during the burpee motion, we can enhance the performance by improving the length tension relationships of the respective muscles around those key areas.

