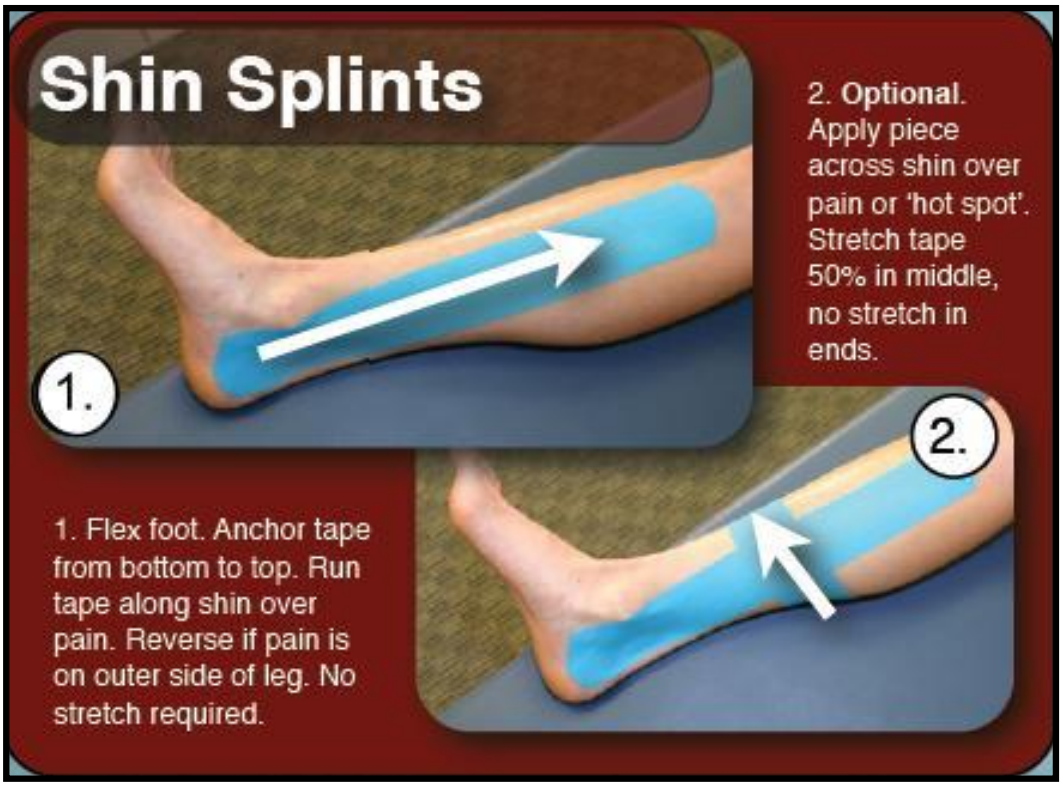
ROCKTAPE
Go stronger, longer

Taping Instructions
Shin Splints