Quick Set-up Guide

Steel Sit and Reach Tester

ISAAN SPORT TECHNOLOGY



The frame in its wrapping, the ruler on its bracket, the mat, the slider and the screwdriver.

In the Box

- **Folding steel frame.** A base tray and a front plate, joined by two folding brackets. Two screws sit in the slot of the front plate, each with a black rubber spacer and a nut.
- **Ruler on its bracket.** The aluminium ruler comes fixed to a black slotted bracket. Leave them joined.
- **Red slider.** It fits onto the ruler and slides along it.
- **Red mat,** 100 x 54 cm, and a **screwdriver.**
- **Not in the box:** a tape measure, for setting the ruler height, and an adjustable spanner (optional), for the nuts in step 2.

Assemble

1 **Stand the front plate up**

Lift the front plate until it stands upright on its two folding brackets.



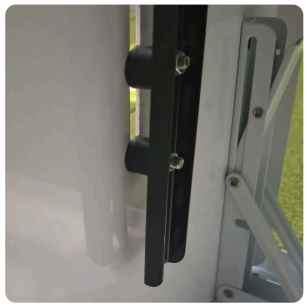
2 **Take the nuts off**

On the back of the front plate, take the two nuts off the screws. Leave the screws and the black rubber spacers in place.



3 **Fit the ruler**

Fit the ruler bracket onto the two screws, against the rubber spacers, and put the nuts back on. Seen from the side, the spacers sit between the front plate and the bracket. The end of the ruler marked 20 points to where you will sit.





4 **Tighten the screws**

Hold each nut with your fingers or an adjustable spanner, and tighten its screw from the front with the screwdriver. Then fit the red slider onto the ruler.



Set the Ruler Height

- Loosen the two screws a little, slide the bracket up or down in the slot of the front plate, then tighten the screws again.
- For a bigger change, move the screws to another pair of slots in the bracket. The ruler adjusts from 25 to 40 cm above the floor.

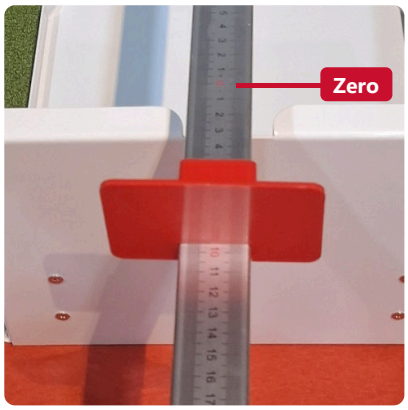
> **For the Thai school test, set the ruler to 30 cm.** Stand a tape measure on the floor beside the ruler and measure to its top face. The Department of Physical Education test manual for students aged 13 to 18 (2562, page 12) asks for a box 30 cm high with a centimetre scale that runs from negative to positive.



Bracket set for a 30 cm ruler height.

Check Zero

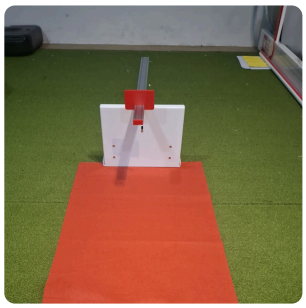
- Look straight down on the ruler. The red 0 should be level with the face of the front plate, where the feet rest.
- If it is not, check that both rubber spacers are between the front plate and the bracket, not behind the bracket.



Zero on the ruler, level with the front plate.

Run the Test

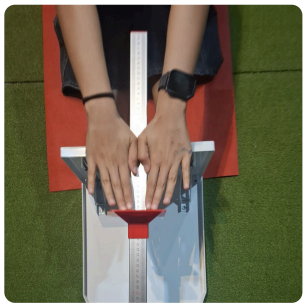
1. **Place the mat and the tester**
   Lay the mat on the floor and stand the tester at one end, preferably with its back edge against a wall to avoid sliding, with the front plate facing the mat. Slide the slider to the end of the ruler nearest the mat.



2. **Sit with your feet on the front plate**
   Take your shoes off. Sit upright on the mat with your legs straight and both feet flat against the front plate, about hip width apart.



3. **Reach forward**
   With your arms straight and palms down, lean forward slowly and push the slider along the ruler as far as you can. Keep your knees straight.



Thai school test. The Department of Physical Education test manual for students aged 13 to 18 (2562, pages 12 and 13) sets these rules:

- Stretch your arms, legs and back before the test, and take your shoes off.
- Place one hand on top of the other, palms down, with your elbows straight.
- Hold your furthest reach for 3 seconds.
- Take two attempts in a row and record the better one, in centimetres.
- Repeat the attempt if the knees bend or the body rocks to gain distance.

Read the Score

- Read the ruler at the face of the slider that your fingertips pushed. Each small line is 1 mm, with a number at every centimetre.
- A reach that stops before 0 is a minus score. A reach past 0 is a plus score. The scale runs from -20 to +40 cm.
- Slide the slider back to the start before the next attempt.

Pack Away

Undo the two screws with the screwdriver and lift the ruler and its bracket off. Put the nuts back on the screws so the rubber spacers stay with the frame. Then fold the front plate flat onto the base tray.



Folded flat, with the two screws left in the slot.

Care and Size

Before each session, check that the two screws are tight and the ruler does not move. For smooth operation, spray lubricant on a tissue, then rub it on the left and right sides of the numbered ruler. Store the tester dry.

Part	Size
Scale	-20 to +40 cm, marked in millimetres
Ruler height	25 to 40 cm above the floor
Front plate	33 cm wide, 25 cm tall
Base tray	43 cm deep
Mat	100 x 54 cm
Weight	5.5 kg

Sit and Reach Individual Sheet

Name _____ Date of birth or age _____

Sex _____ School, class or team _____

Zero checked: yes / no _____

Date	Attempt 1 (cm)	Attempt 2 (cm)	Better score (cm)	Notes

Two attempts in a row, held for 3 seconds. Record the better one, in centimetres. Write a minus sign for a reach that stops before 0. Use the same tester, ruler height and warm up each time, so the results can be compared.

Sit and Reach Class Sheet

School and class _____ Date _____

Tester _____

No.	Name	Sex	Age	Attempts (cm)		Better score (cm)	Notes
				1	2		
1							
2							
3							
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Two attempts in a row, held for 3 seconds. Record the better one, in centimetres. Write a minus sign for a reach that stops before 0. Use the same tester, ruler height and warm up each time, so the results can be compared.