

Set Up Steps

1. Unpack parts.



2. Adjust the nuts on the 3 feet, and install them into the base.



3. If you have a level, then now is a good opportunity to level the base, by adjusting the feet.



4. Take 4 short bolts, 4 snap washers, and 4 round washers. Install the red vertical pole into the 4 bolt holes.



5. Take the 2 hand-twist bolts. Install them into these 2 holes. The other hole is intentionally empty.



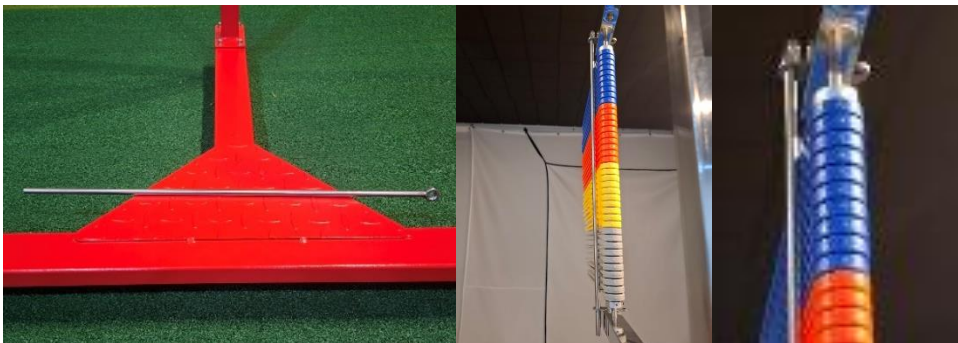
6. Take 2 long bolts. Insert the pole with vanes into the top of the stand. Install the bolts into these 2 holes. There's no need to force the bolts. Just be gentle until they can properly feed into the hole.



7. Take the 2 black plugs, and insert them into the 2 holes near the vanes.



8. Take the long rod, and insert it into 1 side of the vanes.



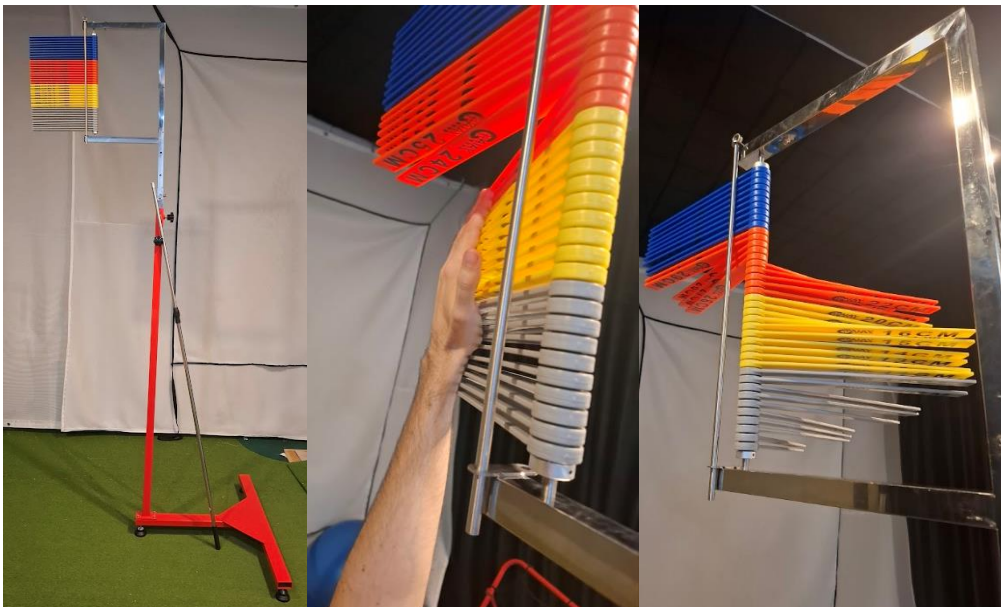
9. Adjust the telescopic pole, and it'll be ready to reset the vanes.



10. **Calibrating:** If the stand is set to 190cm, then you can use a tape measure to confirm that the 1cm vane is 191cm from the ground. If it is not, then you can adjust the feet of the stand until it measures 191cm. Remember to re-level the base.



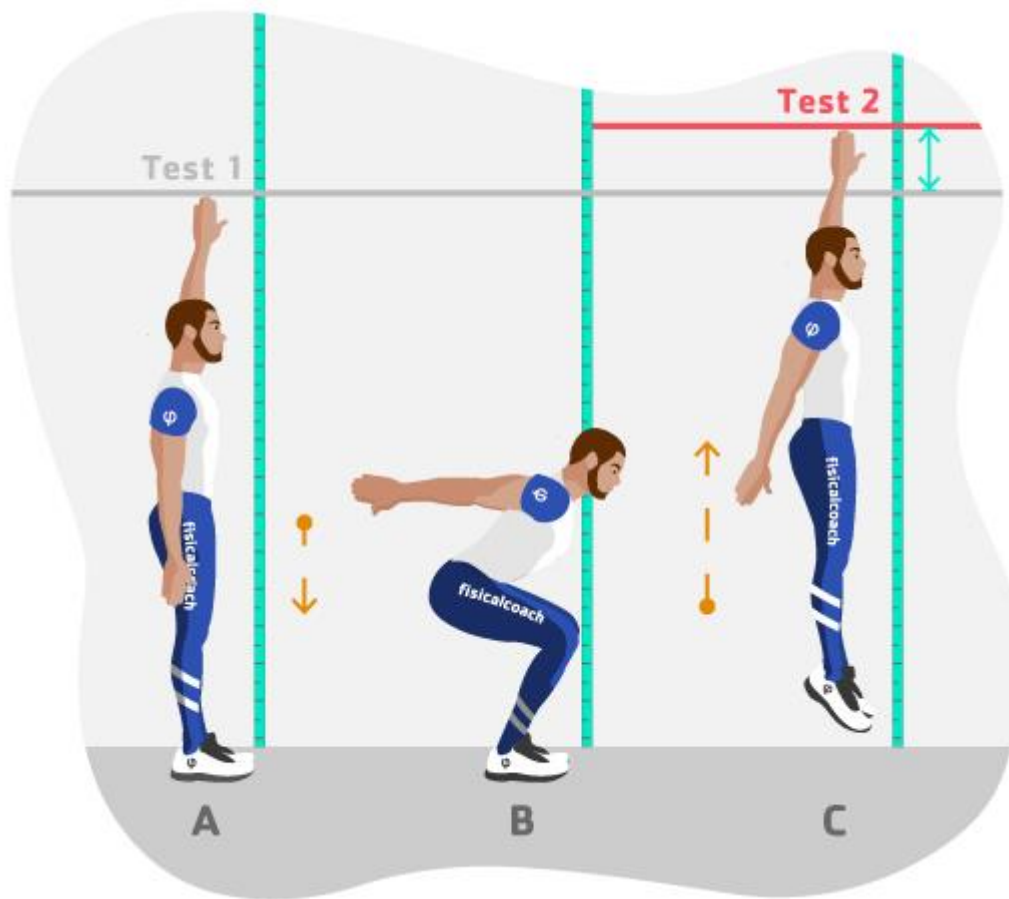
11. The stand is now set up and calibrated, ready for use.



12. **Adjusting Height:** Remove these 2 hand-twist bolts, lift the silver pole, watching the measurement gauge, then re-insert the 2 bolts.



Testing Procedure



Jump and Reach Test (with wall)

- A. Standing vertical reach.
- B. Counter Movement Jump with Arm Swing
- C. Vertical jump reach. (Measure A & C, and the difference between)

- **Procedure:** The subject stands sideways close to the wall, on the side of his dominant hand (the hand with which he will mark the jump), as can be seen in the illustration. The first thing to record is the pre-jump measurement (Test 1). To do this, the height of the subject with his/her feet completely flat on the ground and the arm stretched upwards as far as possible (A) must be measured. Once this first measurement has been recorded, the subject must separate from the wall by approximately 1-2 palms before proceeding with the jump. When it is time to perform the jump, the subject should slightly bend the legs (approximately 90°), swinging his/her arms (B) to jump upwards as high as possible, and make a new mark on the wall with the outstretched hand (C). The height reached will be recorded (Test 2).
- **Assessment:** The jump height is measured in centimetres (cm). The test result is obtained by subtracting the mark recorded prior to the jump (Test 1) from the last mark obtained (Test 2). The subject has a maximum of 3 attempts. The highest mark obtained by the subject can be recorded, as well as the mean and the median.