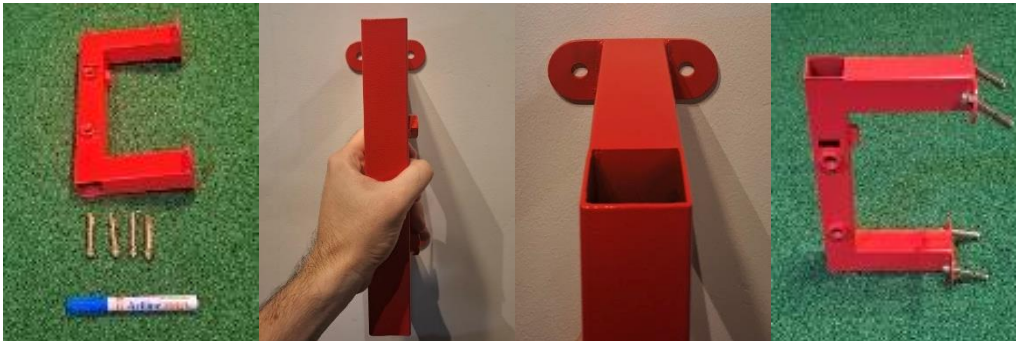


Set Up Steps

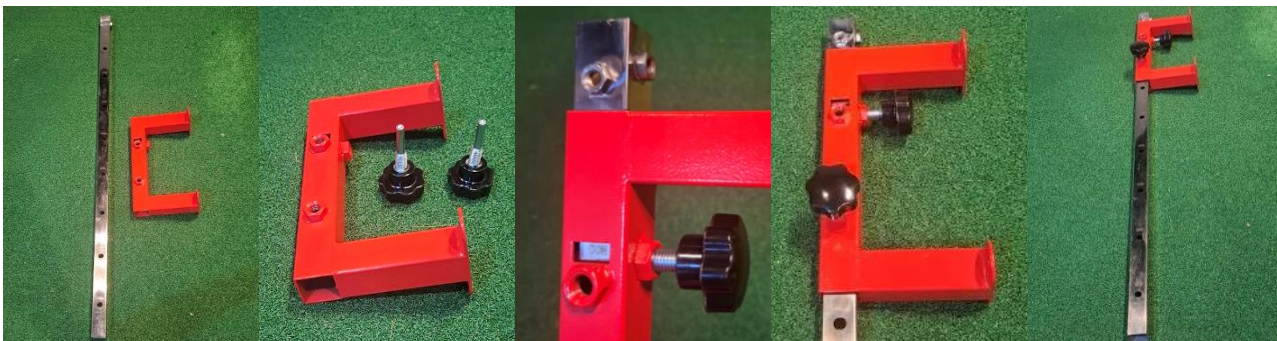
1. Unpack parts.



2. Take this pole and the 4 expansion bolts. Select a suitable height to install the pole at (you may want to leave this step until set-up is finished, to help to select the best set-up height). Mark the positions of the 4 bolt holes on a suitable wall eg. strong concrete, with suitably high ceiling (make sure the pole is leveled before marking the holes). Use a hammer drill to drill 4 holes to fit the 4 expansion bolts. Blow air to clean out the holes of dust. Insert the 4 expansion bolts. Confirm that the orientation of the pole is upright (4th photo below). Place the pole against the wall, and tighten the expansion bolts into place, fixing the pole to the wall.



3. Take these 2 poles, and 2 hand-twist bolts. Insert the silver pole into the red one, noting that the bolt hole orientation for both poles should match the 3rd image below. Install the hand-twist bolts into the 2 holes pictured in image 4. The other hole is intentionally empty.



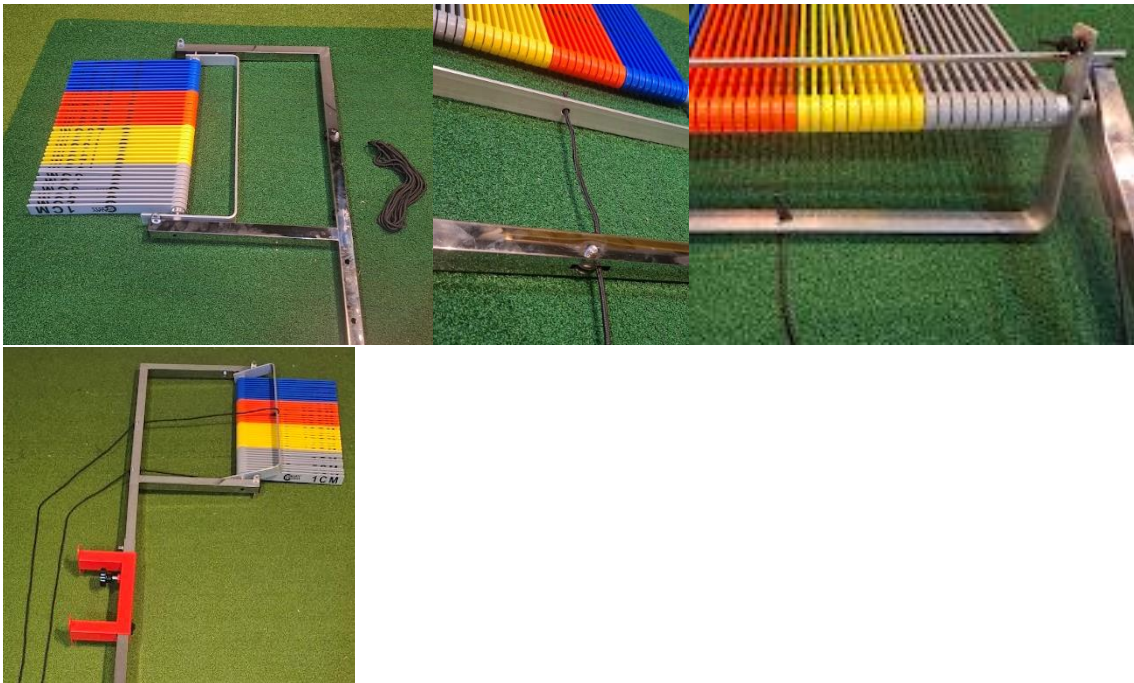
4. Insert these 2 back plugs.



5. Take the 2 rollers, and the tools in image 2. Disassemble the roller, feed each one through the pictured holes, then tighten in place using the tools.



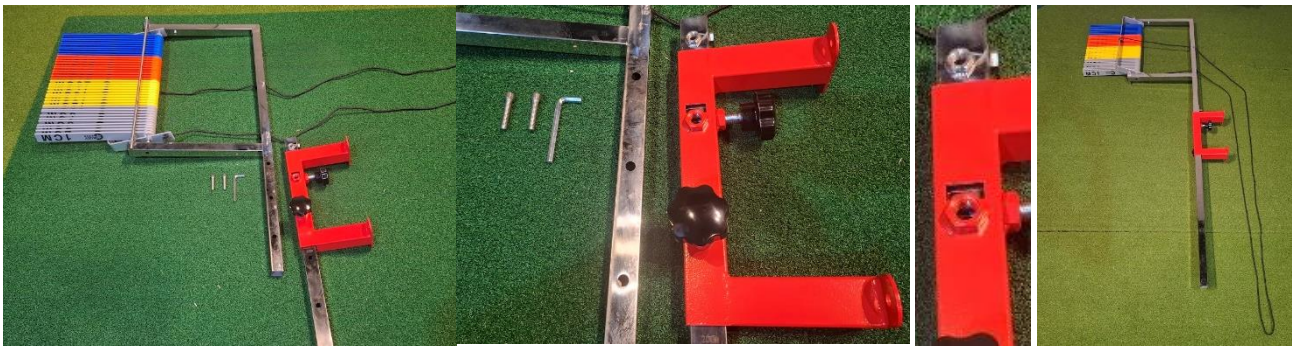
6. Take the rope. Insert one end through each roller (heading towards the vanes). Thread the ropes through the holes of the vane resetter bar, then tie 2-3 knots to make a large combined knot (larger than the hole). Make sure that the knots are **inside** the vane resetter, as per image 3. That will make the rope system work most effectively. Now you'll be able to pull one rope to reset the vanes, and the other rope to move the resetter out of the way.



7. Take the long rod, and insert it into 1 side of the vanes. You can swap sides later, depending on which side you'll have the jumpers stand.



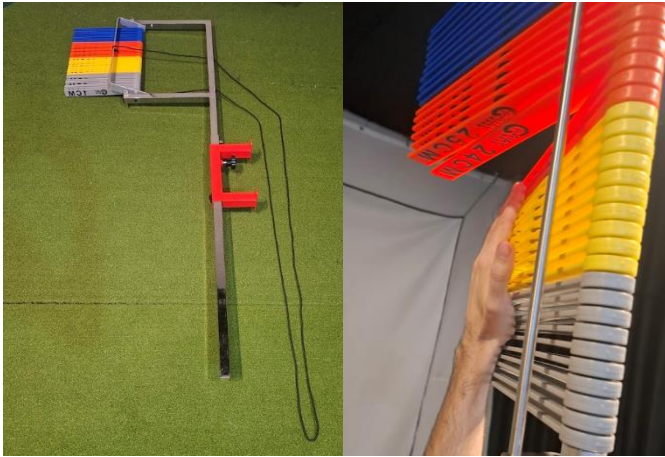
8. Take the 2 assembled sections, plus 2 long bolts with hex key. Insert the vanes section into the other section, facing away from the expansion bolts. Insert the long bolts into the silver coloured bolt holes, tightening only a moderate amount (not forcing it).



9. **Calibrating:** Since your set-up height will be unique, you'll want to set the frame adjustment to 0cm, then use a tape measure to measure from the ground to 1cm below the 1cm vane. If your 1cm vane was at 181cm, then you'd know that your installation is at a 180cm level. When you adjust the frame to the 20cm taller setting, and a jumper hits 17cm of vanes, you'll know that the reading is 180cm+20cm+17cm.



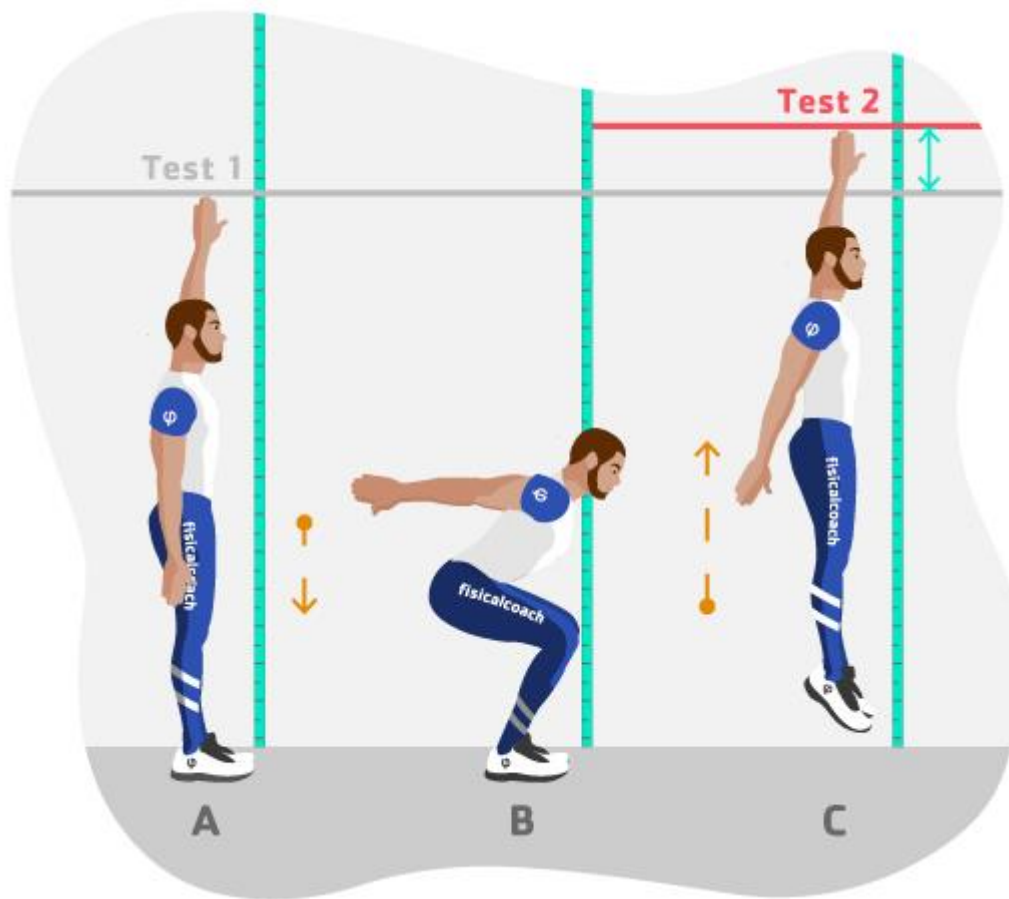
11. The frame is now set up and calibrated, ready for use. The rope can be pulled on each end to reset the vanes, and then move the resetter out of the way.



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.