Wooden Sit and Reach Tester, Large (Adjustable Height)

Category: Testing
Product ID: IS53
https://www.isaansport.com/testing/wooden-sit-and-reach-tester,-large-(adjustable-height).php



Wooden sit and reach tester, large size, for measuring how far you can reach forward in the sit and reach flexibility test. Sit on the red mat with your legs straight and both feet flat against the front plate, on the printed foot outlines, then push the red slider along the ruler with both hands as far as you can reach, and read the score at the slider.

Specifications

Scale	-20 to +40 cm, marked in millimetres
Ruler Height	27.5 to 42.5 cm (supplier's drawing), sets to 30 cm
30 Cm Setting	Bolt in the 3rd hole from the top of the bracket
Size	Base 40 x 35 cm, front plate 26 cm tall, ruler 61 cm long
Weight	3 kg
Mat	Red felt, 100 x 54 cm
Material	Green wooden panels, aluminium alloy ruler, black metal bracket
In the Box	Flat-pack base, front plate and two side braces, cam lock fittings, ruler, slider, ruler bracket, knob and butterfly nut, mat, screwdriver

Manuals and Set-Up

Set-up guide (English)
https://www.isaansport.com/manuals/EN-quick-setup-guide-wooden-sit-and-reach-tester-v8.pdf

Set-up guide (Thai)
https://www.isaansport.com/manuals/TH-quick-setup-guide-wooden-sit-and-reach-tester-v8.pdf

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