YBT Y-Balance Test Kit



Category: Testing
Product ID: IS43
https://www.isaansport.com/testing/ybt-y-balance-test-kit.php

Three direction Y-Balance Test kit for testing single leg balance and reach in sport. The athlete stands on one foot on the centre platform and uses the other foot to push a reach indicator as far along each pole as they can control: forward, and back along each diagonal. For the upper body version the athlete holds a push-up position with one hand on the platform and reaches with the other hand. The printed centimetre scale on each pole gives a distance to read and record, so you can compare left and right sides and track change across a season. The scale reads up to 141 cm on the two angled poles and 125 cm on the straight pole, and the kit needs a floor space of 230 x 200 cm. It weighs 6...

Specifications

Directions	3, forward and two back diagonals
Scale	Printed centimetre scale on each pole, up to 141 cm on the two angled poles and 125 cm on the straight pole
Floor Space	230 x 200 cm
Stance Platform	40 x 14 cm
Weight	6 kg
Parts	Stance platform, 3 poles, 3 reach indicators
Set-up Check	Tape measure at the 20 cm mark

Manuals and Set-Up

Quick set-up guide (English)
https://www.isaansport.com/manuals/EN-quick-setup-guide-ybt-y-balance-test-kit-v22.pdf

Quick set-up guide (Thai)
https://www.isaansport.com/manuals/TH-quick-setup-guide-ybt-y-balance-test-kit-v22.pdf

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