

Vertical Jump

The jump height is the difference between standing height and jumping height. Alternatively, you can adjust the lowest vane to be at the point of the arm fully extended with both feet on the ground, and then the jump height is simply the highest vane reached.

The Procedure

1. Stand with both feet flat on the ground.
2. Raise one of your hands up and try to touch the wall at the highest point while keeping the feet flat.
3. Mark this point on the apparatus as the 'standing reach height'.
4. Standing on 2 feet, with no step, using arms and legs jump as high as possible..
5. When in mid-air, tap the highest apparatus marker possible.
6. Repeat this jumping at least 3 times and choose the highest mark.

