

ALIGNMENT & CALIBRATION

Your Vertical Jump Trainer has been carefully crafted to give you a precise and reliable measurement as long as:

- The unit is properly aligned to the floor
- The base height is calibrated appropriately
- The adjustment knobs are tightened

ASSEMBLY

1. Place base on flat, level ground
2. Place Lower Shaft into chimney of the Base.
Use Adjustment Knobs to tighten in place.
3. Place Upper Shaft into the Lower Shaft.
Use Adjustment Knob to tighten in place.
4. Place Vane Frame into Upper Shaft.
Use Adjustment Knob to tighten in place.

MOVING/STORAGE

The Vertical Jump Trainer has been designed to be easily moved while fully assembled by tipping the unit backwards onto the wheels. For long-term storage, disassembly is recommended as to protect from general wear and tear.

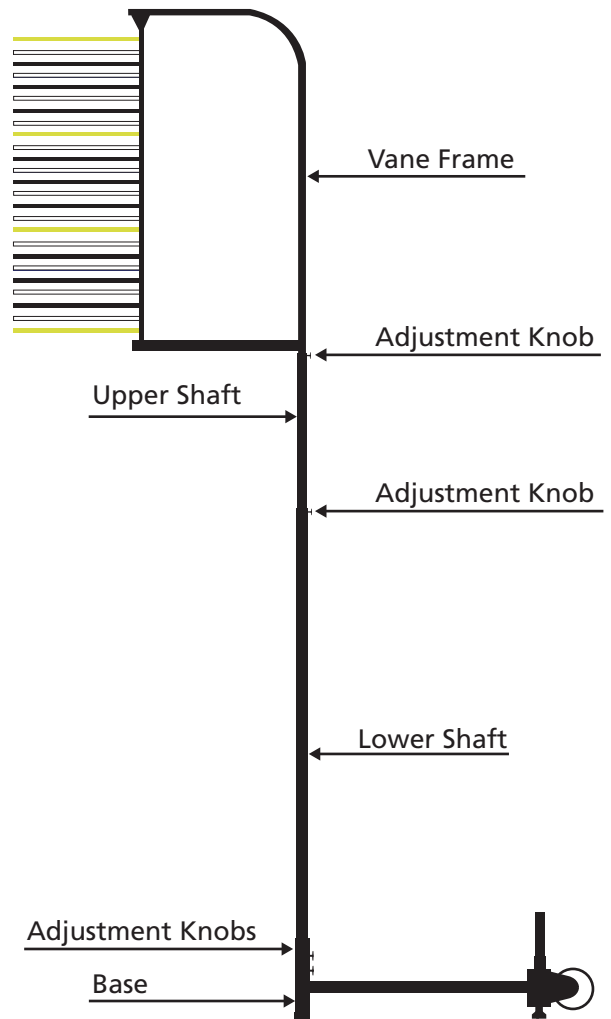
When storing the Vane Frame, it is recommended to turn the colored vanes back into the frame to prevent damage. For long-term storage, place Vane Frame back in original carton.

SAFETY CONSIDERATIONS

Do not leave unit out where it can be used by individuals who have not been trained on how to properly use the unit.

It is prohibited for more than one individual to jump/approach at a time.

Users must have proper footwear and ensure surface around is safe to jump and clear of any/all objects that may injure the jumper.



HOW TO USE

1. To measure maximum jump reach and calculate NET vertical jump (distance jumped vs standing reach), take standing measurement first. If testing many people at once, consider using a nearby wall and tape measure.
2. For less variation and more accurate results, two-handed measurement of the standing reach is recommended .
3. Ensure the athlete is warmed up before jumping. Proper calisthenics and stretching is recommended.
4. Position the PowerMax so the outer edge of the target vanes are marked at right angles by floor stripes or tape. This will be the approach line for the athletes to follow.
5. Conventional jump tests can be natural standing jumps, one or two-step jumps, or full-speed running jumps. Other unique jump styles can also be conducted.
6. The 24-inch **PowerMax** Vane Frame span can usually be positioned at a height that will accommodate most, if not all jump-reach capabilities. If testing a group, adjust the shafts so that the bottom vane height will accommodate the lowest jumper(s), because it is normally preferable to have to raise the unit to accommodate someone better than the general group, than vice versa.
7. With all vanes extended and aligned, instruct each jumper to make one preliminary jump and gently tap forward a few vanes marking his/her approximate jump reach. Then, while jumper waits, use a reset tool to push all the vanes, up to and including the highest touched vane, out of the way.
8. Following the preliminary jump, allow the jumper to make a specified number of jumps to better their mark, or allow to continue until they cannot touch any higher vanes in two successive attempts. No need to reset vanes inbetween attempts.

HOW TO READ HEIGHT SCORES

Knowing the bottom vane height, and remember the vane color code will help speed up the process.

White & Black Vanes - Full Inches, with Electric Green Vanes being every 6th inch
White Vanes - Half Inches

When figuring NET vertical jump, you may find it easier to convert both standing and jump reach into inches for easy subtraction.

NAME	Height inches														BEST MARK		PLACE
Bib #, Affiliation	Pass/ Fail																

