



Unit 2/1472 Boundary Road,
Wacol, QLD, 4076
Australia

Ph: +61 7 3879 3005 Fax: +61 7 3879 4005

YARDSTICK II

Vertical jump measurement

The new Swift YARDSTICK II brings quantum improvements over the Yardstick many of you have used in the past

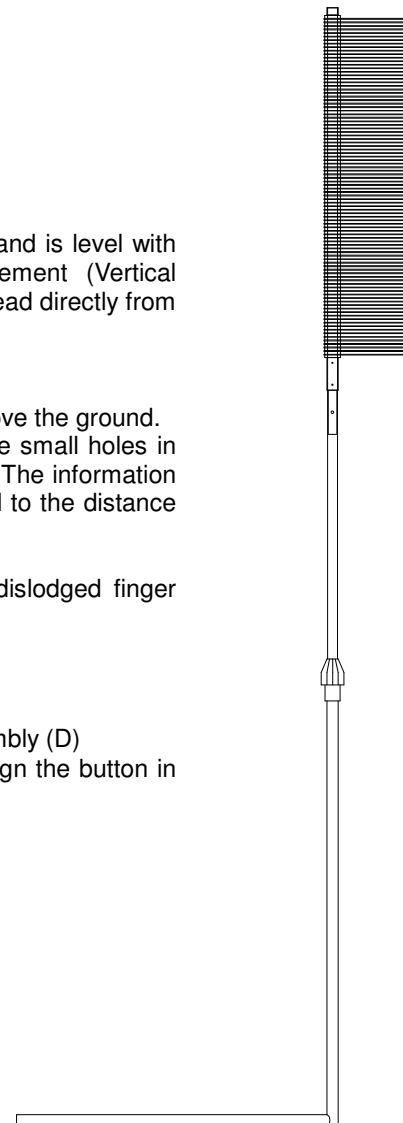
- ◆ Decreased weight
- ◆ All Aluminium construction
- ◆ NEW Custom injection molded fingers
- ◆ Protective enclosure for the target head
- ◆ Convenient carry case

TWO MEASUREMENT MODES:

- ◆ **Relative –**
Adjust the Target head so the tip of the subject's outstretched hand is level with the Yardstick's bottom finger. The subject's vertical displacement (Vertical displacement = maximum height - maximum reach) can then be read directly from the uppermost dislodged target finger.
- ◆ **Absolute –**
Absolute mode allows you to measure actual maximum reach above the ground. Set the Target head at a predefined height by aligning one of the small holes in the adjusting tube (C) with the top of the black plastic collet (G). The information decal on the main shaft (D) shows the offset that must be added to the distance read on the uppermost-dislodged target finger.
i.e.
Vertical jump above ground level = indicated offset + highest dislodged finger measurement.

ASSEMBLY

- ◆ Plug the two legs (E) onto the bottom bracket on the main shaft assembly (D)
- ◆ Plug the target head (A) into to the top of the adjusting tube (C). Align the button in the target head (A) to stop head rotation
- ◆ Unlock the Adjusting collet (G) anticlockwise
- ◆ Lift the adjusting tube (C) to the desired position
- ◆ Lock the Adjusting collet (G) clockwise
- ◆ Use the Extension bar (B) only when required



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Exploded View

