

HOW TO MEASURE A VERTICAL JUMP

Tandem's Vertical Challenger is the perfect tool to measure and improve vertical jump. It is adjustable from 4 to 12 feet to accommodate athletes of any size or skill level.

1. Using the height settings guide (guide can be found on sticker on base of unit), set the device to the proper range to obtain a standing reach measurement. Height ranges are in two foot increments.
2. Have the athlete stand under the device and reach as high as possible, keeping feet flat on the ground. Point the finger tips to move the highest vein reached and record this value as standing reach.
3. Reset the veins and have the athlete jump from a stationary position or take a few steps back and jump as high as possible. Record the highest vein reached as the jump reach. Be sure to reset the veins after each jump.
4. Subtract the standing reach from the jump reach to determine vertical jump score.

User tip: If the athlete's standing or jump reach falls outside of the height setting range and no measurement can be obtained, then the unit will need to be adjusted to the next height setting range so a standing or jump reach can be measured.

Other uses for the Vertical Challenger:

- Measure the vertical jump from a standing position with no step approach.
- Use as a conditioning tool with repetitive speed jumps.
- Use to increase vertical jump with maximum stationary jumps.
- Use to measure an individual's height.

VERTICAL CHALLENGER HEIGHT SETTINGS

*For height measurements of 4'-6', 5'-7', and 6'-8', the middle pole must be in lowest setting. Lowest setting is obtained when middle pole meets resistance of challenger base and cannot be moved downward further.

4'-6': middle pole at lowest setting, top pole at 4

5'-7': middle pole at lowest setting, top pole at 5

6'-8': middle pole at lowest setting, top pole at 6

7'-9': middle pole at 7, top pole at 6

8'-10': middle pole at 8, top pole at 6

9'-11': middle pole at 9, top pole at 6

10'-12': middle pole at X, top pole at X

During use, refer to height settings guide located on base of unit.



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440 Baxter Avenue • Louisville, KY 40204
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VERTICAL CHALLENGER



Get a JUMP on your competition with the most affordable and accurate device on the market for measuring vertical jump!



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GETTING STARTED

PART 4

Assembly Instructions:

Align Part 1 with Part 2 and secure with 2 bolts and washers. Align Part 3 with the 4 bolt openings on Part 1 and Part 2 and secure with 4 bolts and washers. Remove 2 pre-positioned screws near the top of Part 3 and align Part 4 screw openings (on curved end of piece) with the newly exposed screw openings on Part 3. Reposition the 2 screws in the openings and tighten. Position Part 5 in the round opening on Part 2 and secure with bolt and washer. Place 10 kg weight on secured weight rod. Use Allen wrench to tighten all bolts before use.

Parts List:

Part 1 - Wheel component base bar

Part 2 - Weight component base bar

Part 3 - Telescoping Pole

Part 4 - Curved pole with movable measurement veins

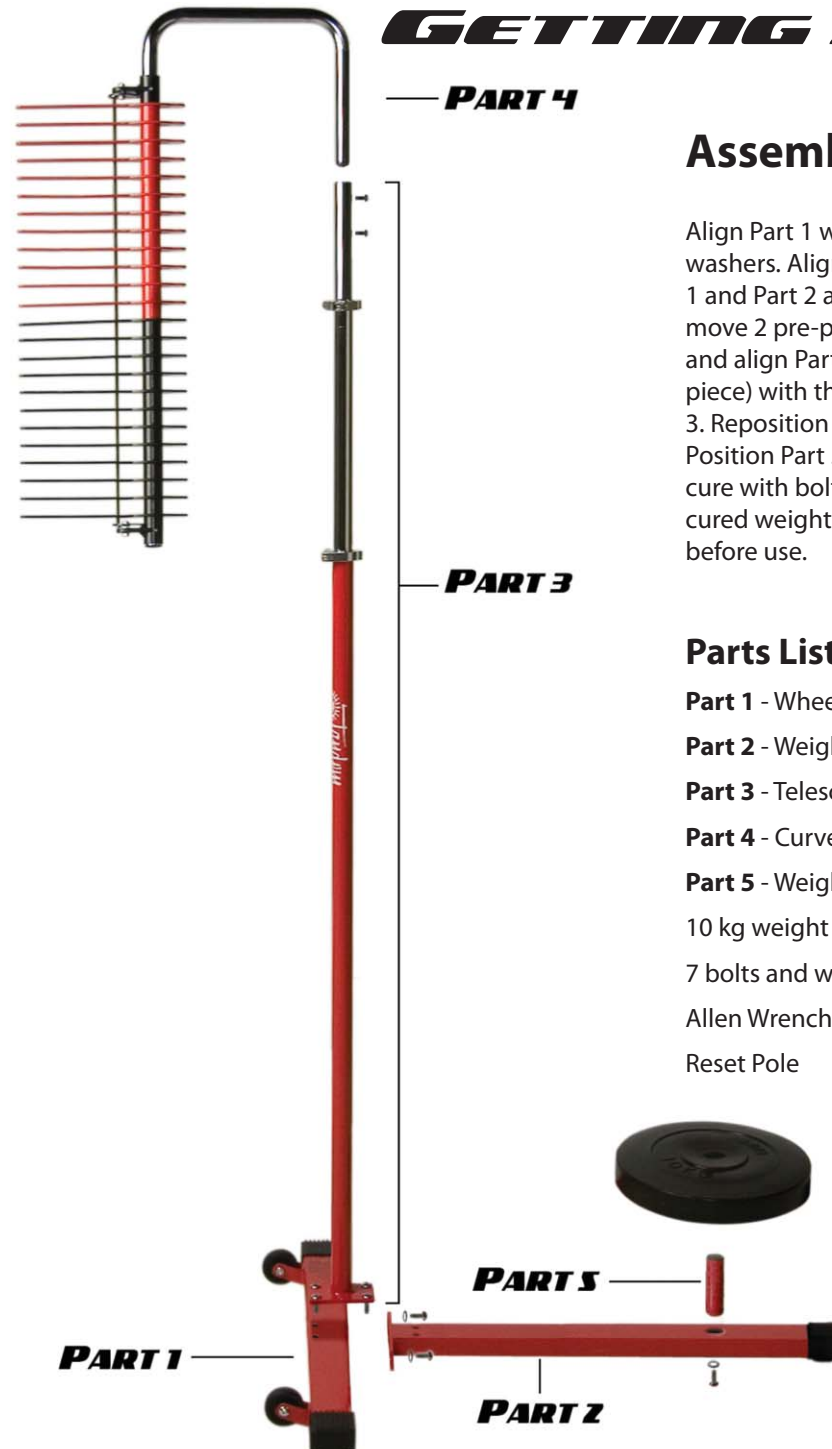
Part 5 - Weight rod

10 kg weight

7 bolts and washers

Allen Wrench

Reset Pole



- Telescopes to accurately measure vertical jump from 4 to 12 feet
- Heavy duty base with wheels and 10 kg weight allows for portability and stability
- Movable veins are placed at 1" increments to allow for accurate jump measurement
- Highest vein reached remains angled allowing accurate jump reading to be obtained
- Reset pole quickly returns veins into position for next use
- Can measure the height of individual, standing arm reach, standing vertical, or vertical jump with approach
- Ships in two boxes totaling 50 lbs



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