

PRINT AT HOME VERTICAL JUMP SCALE – PRINT ACTUAL SIZE IN PRINTER SETTINGS

70
69
68
67
66
65
64
63
62
61
60
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56
55
54
53
52
51
50
49
48
47
46

Fold Line

Fold Line

STICK HERE

45
44
43
42
41
40
39
38
37
36
35
34
33
32
31
30
29
28
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26
25
24
23
22
21

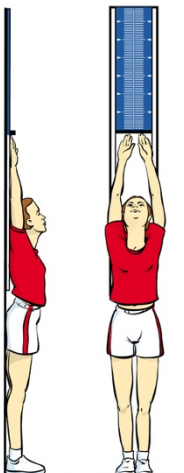
Fold Line

Fold Line

STICK HERE

	20
	19
	18
	17
	16
	15
	14
	13
	12
	11
	10
	9
	8
	7
	6
	5
	4
	3
	2
1cm →	1

PLACE FINGER TIPS UNDER THE BLACK LINE



ATTACH TO WALL WITH TAPE AT A HEIGHT WHERE YOU CAN REACH THE BLACK LINE WITH YOUR FINGER TIPS WHILST FULL STRETCH WITH YOU ARMS UP

