

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

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<b>47</b>
<b>46</b>

Fold Line

Fold Line

STICK HERE

<b>45</b>
<b>44</b>
<b>43</b>
<b>42</b>
<b>41</b>
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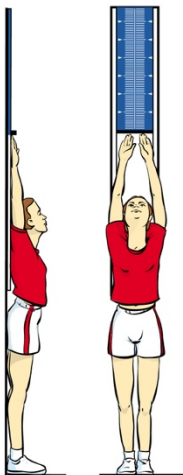
Fold Line

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**

