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

70
69
68
67
66
65
64
63
62
61
60
59
58
57
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
27
26
25
24
23
22
21

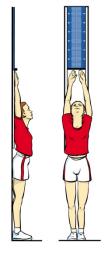
Fold Line Fold Line

STICK HERE

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

1cm _

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



