

# ANTHRO Instructions

Complete your profile by providing accurate height, weight and arm span measurements.

## HEIGHT MEASUREMENTS (cm)

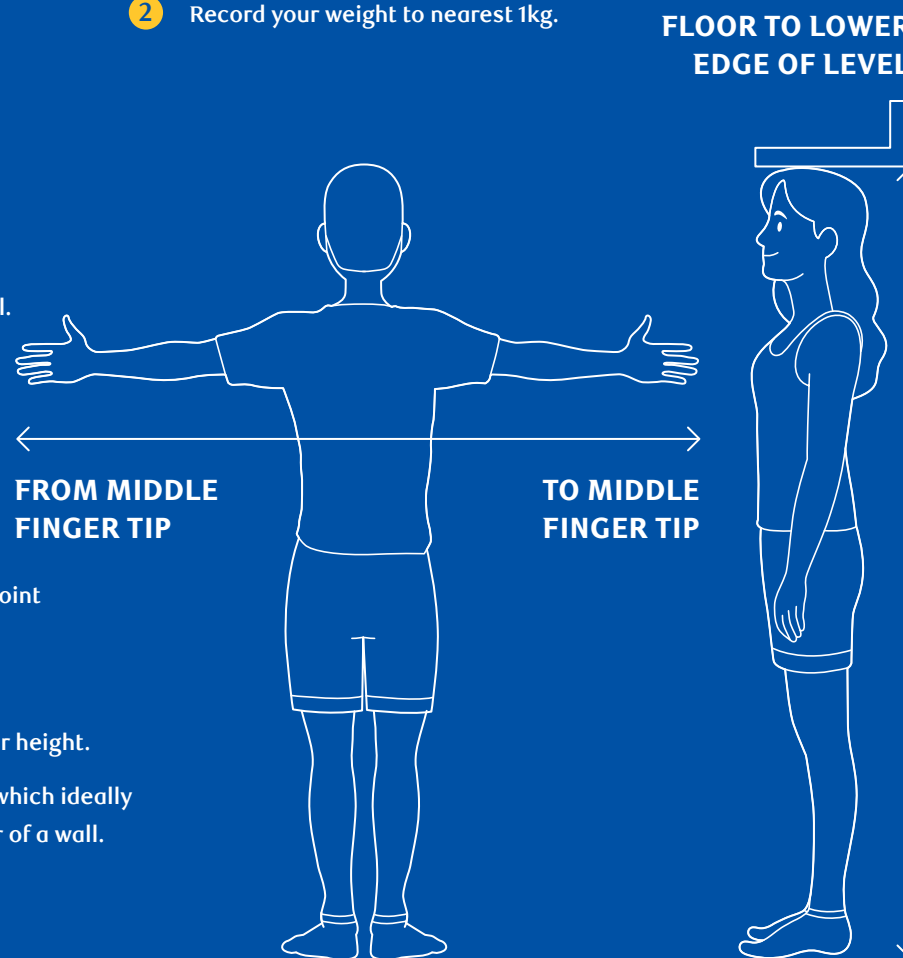
- 1 Remove shoes and stand straight with back against a wall.
- 2 Arms should be hanging by your side with feet together.  
*Heels, buttocks, upper back, and head should all be touching the wall.*
- 3 Look forward and stand as straight as possible.
- 4 Take a deep breath in and hold it.
- 5 Have a friend or family member place a set square or level firmly on top of your head and once satisfied, step away.
- 6 Measure your height from the lower edge of the set square or level.
- 7 Record the height to the nearest 1cm.

## ARM SPAN (cm)

- 1 Find a flat and unobstructed wall, ideally in a room with non-carpeted floor and no baseboards.
- 2 Ideally use a door frame, or corner of a wall to serve as the start point for measurement (0 cm).
- 3 Stand facing the wall with feet 2-4 cm apart.
- 4 Stretch out your arms so they are parallel to the floor and shoulder height.
- 5 Place the tip of your middle finger on one hand on the zero point, which ideally is also against the protruding ridge such as a door frame or corner of a wall.
- 6 Stretch out to obtain the greatest possible span.
- 7 Record the arm span to the nearest 1cm.

## WEIGHT MEASUREMENTS (kg)

- 1 Be in light-weight clothing and without shoes.
- 2 Record your weight to nearest 1kg.



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# TEST THREE Multi Stage Fitness

This test is designed to measure an athlete's endurance capacity.

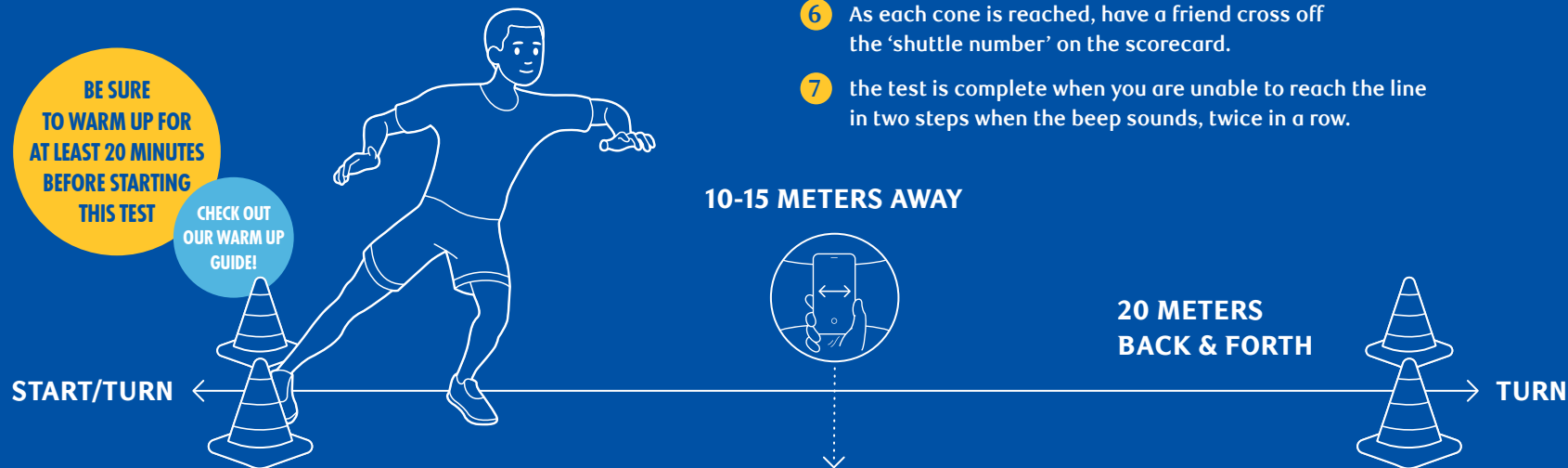
It is also commonly referred to as the 20m Shuttle Run, Beep Test, or Leger-Boucher.

## WHAT YOU'LL NEED

-  A metric tape measure at least 5m long.
-  A camera that can record in 60 fps. *Can be a phone.*
-  A friend to help film.
-  25m long x 2m wide level surface. *Use the same space you used for the 20m sprint if you can.*
-  Speaker or Bluetooth headphones to connect to your playback device.
-  2-4 cones or markers to show the beginning and end of a 20m section.
-  Masking or painters tape.
-  The Leger 20m shuttle run test audio file. *Download here.*  
*Test result will not be valid if using other shuttle run version audio file.*

## HOW TO COMPLETE THE TEST

- 1 Set up one or two cones at the start (0m) and repeat at the finish line (20m). Make a line on the ground with the tape for clarity.
- 2 Camera person should stand in the middle, 10-15m away from the line to capture the whole scene from cone to cone.
- 3 This is a progressive test that starts easy and increases in difficulty. It is vital to give 100% effort from the start. However stay in sync with the beeps. Do not run ahead.
- 4 The goal is to reach the cones in time with the audio recording beep. Turn and do the same back and forth until the test is complete.
- 5 Pay particular attention to your turns. Either foot must touch the line and pivot to change direction back the opposite way.
- 6 As each cone is reached, have a friend cross off the 'shuttle number' on the scorecard.
- 7 the test is complete when you are unable to reach the line in two steps when the beep sounds, twice in a row.



✓ Touch the line for each shuttle, even if you are late for the beep.

✗ Sit or lie down after the test.  
Recover by walking for 3 min.

✗ Speed ahead and wait at the line for the beep.






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# TEST TWO Vertical Jump

The Vertical Jump Test is designed to measure your lower body explosive power; the higher you can jump, the more power you have in your legs.

## WHAT YOU'LL NEED

-  A firm and level surface at least 3m x 3m.
-  A camera that can record in 240 fps slow motion. *Can be a phone.*
-  A friend to help film.

- ✓ Swing your arms from back to front prior to launching to achieve maximum jump height.
- ✓ Extend your arms above your head when jumping.

- ✗ Windmilling or helicoptering.
- ✓ Land on your toes.

## HOW TO COMPLETE THE TEST

- 1 Ensure your 3m x 3m testing area is clear of obstruction.
- 2 Place your video camera approximately 5m away. You should be able to see your feet, body and arms up to your shoulders for the entire duration from take off to landing.
- 3 Be sure to perform one practice jump prior to recording to ensure you are familiar with the below guidelines and the camera is positioned correctly.
- 4 Stand with your feet shoulder width apart in your testing area. Stand tall then bend your knees for maximum explosive power.
- 5 When you're ready to jump, hit record. Ensure you include take off and landing in your recording. Ensure the camera person starts filming 2-3 seconds before beginning the jump, that they film the entire test in slow motion, and finish filming 2-3 seconds after finishing the jump.
- 6 When jumping, keep your legs as straight as possible (no tucking knees or piking) until landing with slightly bent knees on your toes. Do not land on your heels.
- 7 You have three attempts to get what you feel is your best attempt, and submit your best effort – we will measure how long you are in the air (time between take off and landing) in order to generate a metric for analysis.
- 8 Give yourself at least 30 seconds recovery between each attempt.

BE SURE  
TO WARM UP FOR  
AT LEAST 20 MINUTES  
BEFORE STARTING  
THIS TEST

CHECK OUT  
OUR WARM UP  
GUIDE!

5 METERS  
AWAY



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# PERFORMANCE Results

Use YouTube to determine your 20m Running Sprint or Vertical Jump performance results, following the below steps.

## WHILE VIEWING YOUR SPRINT AND/OR VERTICAL JUMP VIDEO ON YOUTUBE

Right click while in video view mode.

Select "stats for nerds".

The bottom row of data "Mystery Text" is used as timer (the data that follows "t:0.00")

< or > keys are used to advance or rewind your video frame by frame.

For the 20m sprint, the start is determined as the 1st frame where athlete movement is detected and the finish will be determined as the frame where the athlete's torso crosses the 20m finish line.

For the vertical jump, the start is the first frame where both feet leave the ground and the finish is the first frame where one foot touches the ground.

Subtract the start time from finish time.

Record the lowest score for 20m running sprint.

Record the highest score for vertical jump.

Record times in seconds, including two decimal places (i.e. 5.15, or 13.51).

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# TEST ONE Running Sprint

This test is designed to measure your speed and velocity over 20m.

## WHAT YOU'LL NEED

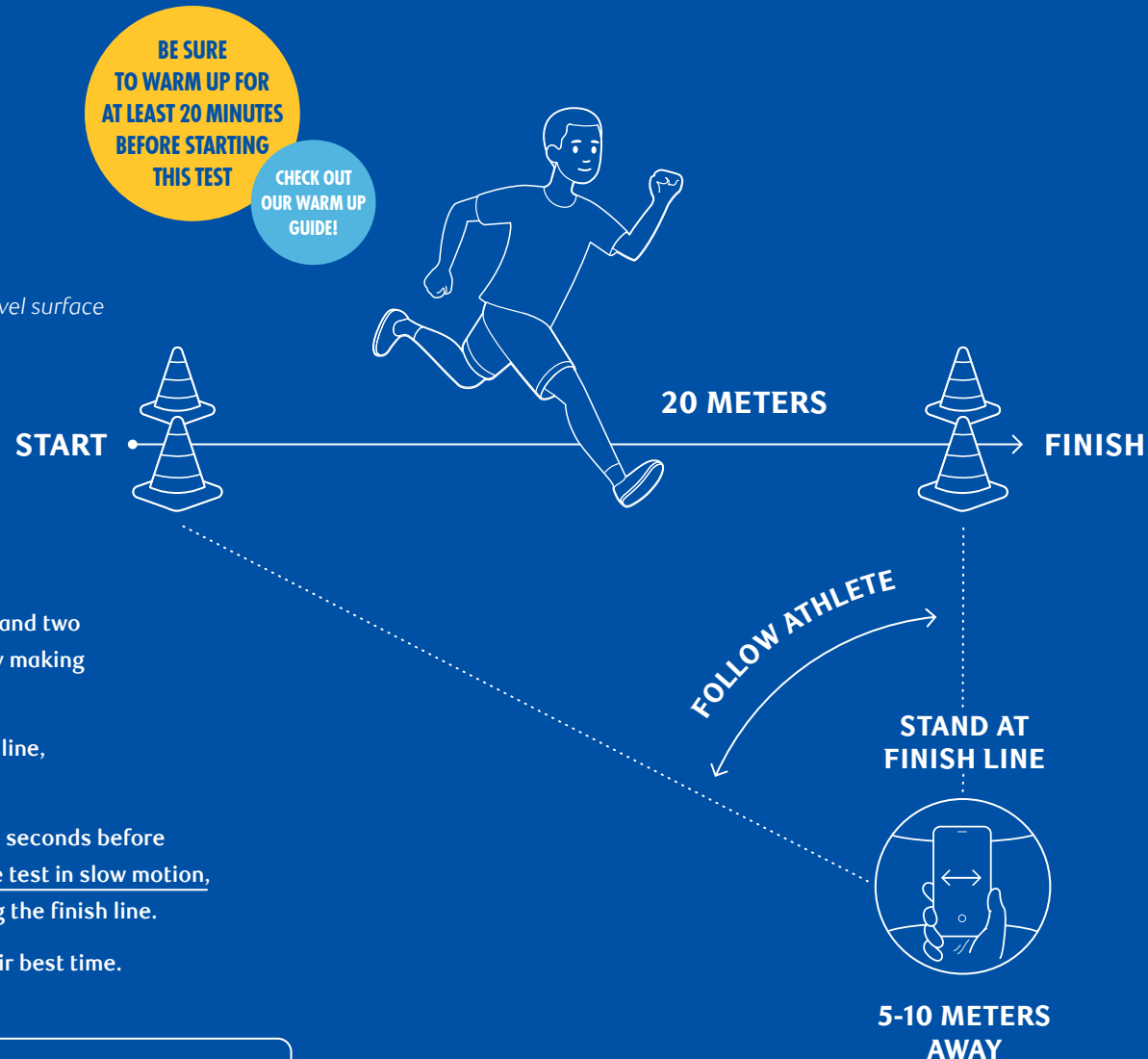
-  A metric tape measure at least 5m long.
-  A camera to record the 20m sprint in 240fps slow motion. Can be a phone.
-  A friend to help film.
-  A firm and level surface at least 30m long. Access to a track is best, if not any firm and level surface (i.e. road, gymnasium, or parking lot) will do.
-  3 cones or markers to show the beginning and end of a 20m section.
-  Masking or painters tape.

## HOW TO COMPLETE THE TEST

- 1** Set up the cones with one at the start (0m) and two at the finish line (20m). Make these clear by making a line on the ground with the tape.
- 2** Have the camera person stand at the finish line, between 5-10m back.
- 3** Ensure the camera person starts filming 2-3 seconds before beginning to sprint, that they film the entire test in slow motion, and finish filming 2-3 seconds after crossing the finish line.
- 4** Athletes are allowed 3 attempts to post their best time.

✓ Start in a 'two point' stance, with front foot behind the line. ✓ Take 2-3 minutes between efforts to recover.

✗ Wear track spikes. ✗ 'Rock' or 'Hop' off the line.



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