

**Jumping power, spring ability,
and footwork ability can be
measured and evaluated.**

MultiJump Tester

Measure ground time, jump height, jump index, etc.

Main Measurement Applications

Jump training
/Effect measurement

Comparison of jump
height with and
without arm swing

Research on the
relationship between
running ability and
jumping ability

Comparison of jump
index between trials

Easy Measurements can be made without a computer

Portable MultiJump Tester

You can measure jumping heights and other measurements using device and a mat switch, without having to connect it to a computer like a multi-jump tester.

Since it is battery powered, it is ideal for outdoor use where it is difficult to take your computer out.

Measured results can be saved to compact flash.

By loading it later with a measurement program (optional) on your computer, you can perform the same measurement and analysis as a multi-jump tester.

Output Example

Vertical jump measurement/Drop jump measurement

- Jumping Height.
- Power.
- Maximum jump height, Power, Ground time, Airborne time.

Consecutive rebound jumps measurement

- Each jump height and average jump height.
- Each power and average power.
- Highest jump height, power, ground time, and Airborne time in 1 trail

Footwork Measurement

- Speed and average speed for each section
- Maximum Speed for each section

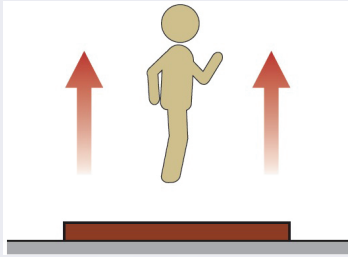
Stepping Measurement

- Measurement Time
- Number of steps for match switch 1,2

Hurdle Jump Measurement

- Jump height of each jump and average jump height.
- Each power and average power.

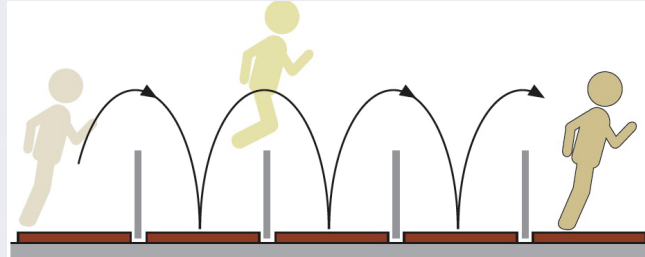
Measurement items and methods



Vertical Jump Measurement

Jump as high as possible from the basic position.

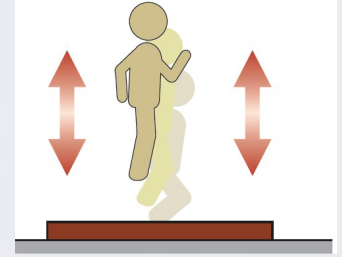
The objective of this measurement is to find presence or absence of a "reaction movement" such as crouching, or presence or absence of a "swinging movement" such as arm swing.



Hurdle Jump Measurement

The objective of this measurement is "how short the takeoff between hurdles set at equal intervals and move forward."

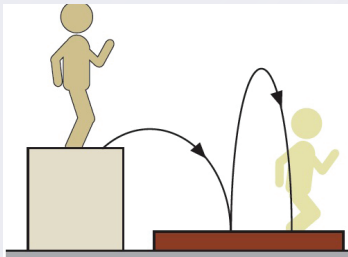
Please note that there are variations to this measurement, such as changing the distance between hurdles and the height of the hurdles. (Example) Changing the height of the hurdles according to the athlete's ability, the height increases as you move towards the goal, etc...



Continuous rebound Jump Measurement

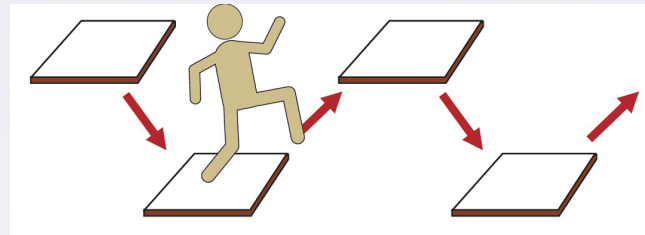
This is a continuous jump using the ankles

The objective of this measurement is "how high you can jump in a short time to take off" on a set number of jumps.



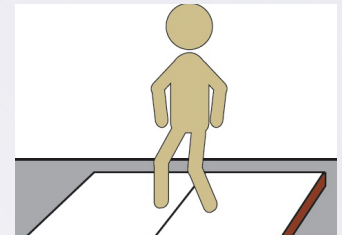
Drop Jump Measurement

Jump off the stand and jump up immediately after landing. The objective of this measurement is "how high you can jump in a short takeoff time." Possible variations include changing the spacings, angles, and place of the mat switches. and with and without anticipating the landing.



Footwork Measurement

Perform footwork movements while stepping on mat switches placed at equal or different spacings. The objective of this measurement is "how much the crossing time and section time can be shortened." This will help improve your steps when making sudden changes in direction. Possible variations include changing the spacing, angles, and places of the mat switches.



Stepping Measurement

Use one or two mat switches and repeat the steps within a set time. You can evaluate your agility. You can also check your fatigue level. The objective of this measurement is "how many steps you can complete within a certain amount of time."

Main Analysis Items

Vertical Measurement	Drop Jump Measurement	Continuous Rebound Jump Measurement	Hurdle Jump Measurement	Footwork Measurement	Stepping Measurement
Ground Time				Ground Time	Total Number of times
Airborne Time				Travel Time	Decrease rate
Jumping Height				Moving Speed	Irregularity
Power					Number of instantaneous to right and left
SJ Index, CMJ Index	DJ Index	RJ Index	HJ Index		

For training guidance and coaching

You can evaluate the basic jumping power and power display ability of each sports performance, and see the training effect. In addition, spring ability is one of the important basic abilities not only for athletes, but also for infants, school children, and the elderly to maintain, improve, and prevent decline in physical strength. Therefore, it is suitable for measuring evaluating, and diagnosing health and physical fitness for a wide range of age groups.

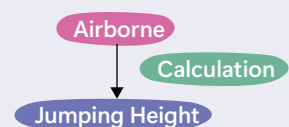


- Connection to a computer is via one USB.
- Easy to carry and measure anywhere.
- Easy operation and immediate feedback of results.

See the essence of training

In order to improve jumping power, spring ability (the ability to exert explosive force in a short period of time), and footwork ability, it is essential to measure and evaluate not only jump height and movement time, but also ground time and switch time.

By using the multi-jump tester, you can clearly grasp points that are often overlooked in sports instruction and see the essence of training.



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