



Weighted Fitness Vest

Using Your Vest:

- Wear supportive cross trainers, tennis or basketball shoes to absorb the impact of exercising.
- Build up the difficulty of your workout gradually, listen to your body and with perseverance you will reap the many benefits of a workout.
- Allow enough time to warm up and cool down. Pay particular attention to arms, shoulders, neck, calves and hamstrings.
- Make sure the vest is adjusted properly so that it stays snug against your body with limited movement. Vest should not be so tight as to restrict movement during natural body motions.

Warm Up:

Warm up by doing 3 to 5 minutes of low intensity marching or skipping. This helps prevent injury by raising body temperature, making muscles more flexible and less susceptible to injury.



Vest Leaps

- Stand upright, abs tight, with feet together.
- Bend knees slightly as you swing your arms and leap forward landing on your left foot.
- Turn around and bring feet together to starting position.
- Bend knees slightly as you swing your arms and leap forward landing on your right foot.
- Continue alternating sides for 10–12 reps.

Instructions & Guidelines

This Weighted Fitness Vest is generally suitable for women of all heights and comfortably fits sizes 2–16 with limited adjustment. Weighted vests are not recommended for people more than 30% over their ideal body weight.

(See instructions below for how to adjust the fit.)

Warnings & Guidelines:

Read these instructions before starting your workout.

- Consult a physician before engaging in any fitness program or performing any exercise.
- Immediately discontinue use if you feel dizzy, faint, or out of breath while performing an exercise. Consult your physician if symptoms have not subsided 15 minutes after discontinuing the exercise.
- Children under 13 years of age should not use the product.
- Wear sneakers or other supportive rubber-soled shoes at all times while exercising.
- Maintain proper form while exercising. Injury may result if proper form is not used for each exercise.
- You should gradually increase the difficulty of your fitness routine, especially if you were not following a fitness regimen prior to using this product. If you find you are feeling overly fatigued or cannot maintain proper form, reduce the difficulty of your regimen.
- Do not expose the product to excessive moisture, including rain as this may cause staining to occur on the outside surface. If wearing outside during inclement weather, be sure to protect the vest from exposure to those elements.

Workout Ideas to Get You Started:

If you are a beginner, start out at a slow pace. This vest is suited to many activities to both increase strength and enhance caloric burn. Try these activities with your vest:

Cardio Activities Including:

- Walking
- Running
- Jumping Rope
- Elliptical and Stepper Machines
- Aerobics

Resistance Training Including:

- Lunges
- Dips
- Rows
- Squats
- Pull Ups
- Abs
- Back Extensions

Plyometrics



Vest Sumo Squats

- Stand upright, abs tight, with feet together.
- Put all weight on right foot as you step to the side with left foot.
- With feet pointed out, lower into a squat keeping knees inline with feet while raising arms up.
- Push off with your heels at bottom of move, squeezing your glutes and inner thighs.
- Bring feet back together then step to the side with right foot and repeat.
- Continue alternating sides for 10–12 reps.

Cleaning Instructions:

Read these instructions before attempting to clean the vest.

- Do not machine or hand wash.
- Spot rub surface only
- Do not bleach.
- Do not use dryer.
- Line dry.
- Do not iron.



Exercises to Get You Started:



Vest Jumps

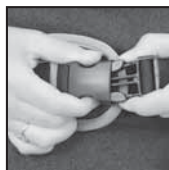
- Stand upright, abs tight, with feet together.
- Bend knees slightly as you swing your arms forward and jump straight up pulling knees up toward chest.
- Repeat 10–12 times.

Stretch & Cool Down:

After a training session you should stretch and relax the affected muscles. The aim of cooling down and stretching is to avoid muscle cramps or injury and to encourage the body to return to its normal, homeostatic state at rest. Hold each stretch for up to 30 seconds and then relax. Perform each stretch in a slow controlled manner. You should feel slight tension in the muscle being stretched. If you feel pain at anytime during a stretch, stop immediately. Repeat each stretch 3 times.

Adjustments:

To loosen or tighten the buckles: Create a loop on the buckle and either continue to feed the top strap through to loosen, or pull the bottom strap up through to tighten. Vest should remain stationary during use.



Attach vest clips as pictured



Vest Knees Raises

- Stand upright, abs tight, with weight on right leg.
- Bring left knee and right elbow together in front of body.
- Keep back upright throughout exercise.
- Repeat with opposite knee and elbow.
- Continue alternating sides for 10–12 reps.

Model GG-3065R

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