

Always consult a physician before beginning any exercise regimen to determine your current level of fitness.

Each Vest Insert is 1.15Lbs (16 Inserts)

Net Wt: 18.4LBS + 1.6LBS for Vest = 20LBS

Each insert is filled with sand.

INSTRUCTIONS:

This vest ships with the weights not inserted. When installing these weights, the full implementation of weights may be too much weight for initial use. If you have not used a fitness product of this type before, or are unsure of what weight to begin at, It is strongly recommended that you do not start out with all 20lbs of weight. Install weights **EVENLY** until you find an amount you can easily walk or jog with, and slowly add more weight.

1. Add weights two at a time, placed in opposite pockets for even dispersion (front and back or on opposite sides). To add a weight, place each weight into an insert and make sure that the top cover is completely covering the weight. Ensure that it is secure in its pocket and will not or fall out during an exercise.
2. To remove a weight, reach a finger into the pre-cut slot on the inside of the vest. Pull the top of the weight through the slot and remove weight.
3. Always wear a comfortable undergarment under the vest.
4. Close the waist strap and make sure that is snug and secure, but not too tight so that it interferes with normal breathing.







WARNING

CHOKING HAZARD
Small parts not for
children under 3 years.

WARNING/ADVERTENCIA

- NEVER place weights so that the weight is uneven. may result in serious injury.
- NEVER add a significant amount of weight at one time during an exercise.
- ALWAYS make sure that the weights and waist strap are snug and secure to prevent shifting during a workout.
- NEVER wear the vest on bare skin, as chafing and skin irritation will occur.
- NEVER allow a child to wear the vest, this product is for ADULTS ONLY
- CHOCKING HAZARD. Small parts not for children under 3 years.

CUSTOMER SERVICE

-  GQBrands.com
-  CustomerService@GQBrands.com
-  1-866-498-5269
-  4401 Samuell Blvd, Ste 150
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LIMITED WARRANTY:

Global Quality Brands® warrants this product to be free from defects in workmanship and materials under normal use and conditions for a period of 90 DAYS FROM THE DATE OF ORIGINAL PURCHASE. This Limited Warranty is not transferable and is available only for the original purchaser of the Product. The Company's obligation under this warranty is limited to replacing or repairing the Product, at the discretion of the company.

All warranty coverage extends only to the original retail purchaser from the date of purchase, obligation under this warranty is limited to replacing or repairing, at Global Quality Brands® option. All products for which a warranty claim is made must be received by Global Quality Brands® and accompanied by sufficient proof of purchase (photocopy of the original store receipt, indicating the date of purchase). All freight and handling fees are the responsibility of the consumer to pay, both to and from Global Quality Brands®. All warranty claims must be preauthorized by Global Quality Brands® pre-authorization can be obtained by calling 866-498-5269. This warranty does not cover ordinary wear and tear, weathering, failure to follow directions, improper installation, improper maintenance, or acts of nature, (such as damage caused by wind, lightning, snow, water, or ice) weather damage, damage caused by unauthorized repair work or damage caused by improper use of the products are not covered by the product warranty. No other warranty beyond that specifically set forth above is authorized by Global Quality Brands®.

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WHILE EVERY ATTEMPT IS MADE TO ENSURE THE HIGHEST DEGREE OF PROTECTION IN ALL EQUIPMENT, WE CANNOT GUARANTEE FREEDOM OF INJURY. THE USER ASSUMES ALL RISK OF INJURY DUE TO USE. ALL MERCHANDISE IS SOLD ON THIS CONDITION, WHICH NO REPRESENTATIVE OF GLOBAL QUALITY BRANDS® CAN WAIVE OR CHANGE.



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