

# **AUSTIN ACTIVE WEIGHTED VEST**

## Owner's Manual



### *Safety Instructions*

- ⚠ WARNING** Cancer and Reproductive Harm [www.P65Warnings.ca.gov](http://www.P65Warnings.ca.gov)
- ⚠ WARNING** Consult your physician before starting this or any exercise program. This is especially important if you are over the age of 35, have never exercised before, are pregnant, or suffer from any health problem. This product is for home use only. Do not use in institutional or commercial applications. Failure to follow all warnings and instructions could result in bodily injury and property damage.
- ⚠ WARNING** To reduce the risk of serious injury, read the following Safety Instructions before using the Weighted Vest.

- The Weighted Vest should only be used after a thorough review of the Owner's Manual by all exercisers and saved for future reference.
- Make sure that the Weighted Vest is properly fitted and adjusted before using.
- Check the condition of the Shoulder Straps and Cords before use and discontinue use of the vest if worn or frayed.
- Inspect the body of the Weighted Vest for excessive wear and discontinue use if it is worn or frayed.

**This Product is Distributed Exclusively by**



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**When calling for parts or service, please specify the following model number:**

**05 - 0255, 05 - 0260**

**05 - 0265, 05 - 0270**

**MADE IN CHINA**

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# Operational Instructions



## Adjustment of the Weighted Vest

Before use, adjust the Cord Stoppers to the ends of the cords on both sides. Adjust the Shoulder Straps on both sides to a loose position.

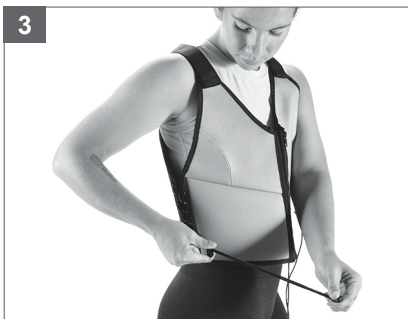
Follow the steps below to put on and adjust the vest to fit your body.



1 Put the vest on and zip it up.



2 Adjust the Shoulder Straps on both sides to move the vest up or down to the desired position.



3 Adjust the Cord Stoppers on both sides close to your body to tighten the vest appropriately.



4 When properly adjusted, the vest will look as shown in the picture.