



Hyper Vest® PRO

Use, Care and Safety Guide

Please read carefully and save for reference

Using Your Hyper Vest® PRO

1. Your Hyper Vest comes pre-loaded with 10 lbs. of steel weights, but is fully adjustable. You can remove or add weights up to the maximum weight capacity of your size vest. Each pocket can hold two weights.
2. We recommend training with 3% to 15% of your body weight building gradually. Consult a medical professional for advice specific to you and your goals. There are approximately 7 weights per pound.
3. Extra weights can be purchased in 5 lbs. per booster box to increase the load of the vest and the resistance in your workout. Approximate maximum load capacity for Hyper Vest PRO: Small (22 lbs.), Medium (25 lbs.), Large (35 lbs.), XL (48 lbs.), XXL (64 lbs.)
4. We recommend loading weights evenly working from center lower spine out and up, but you can adjust based on your needs and comfort or advice of your medical professional

How to Wear

1. Before putting your Hyper Vest on, loosen the side laces like you would shoelaces
2. Zip up your vest and pull down on the cords to tighten as needed for your activity
3. Tight side cords help you carry the weight on your core and not on the top of your shoulders
4. Tuck the loose ends back up and into your lacing or cut laces to your ideal length
5. The zipper makes the Hyper Vest “easy on easy off” so you can add and subtract during intervals or sets

How To Adjust Weight

1. Remove any weight by popping out of top of the pocket (hidden under black elastic)
2. Insert using fingers or “Hyper Horn” metal tool (included with booster packs of extra weights)
3. Slide weight behind Hyper Horn or finger then take horn or finger out and use Horn or finger to pry black elastic back over top of weight
4. Two weights can be inserted in each pocket stacked one on top of the other
5. Check out <http://tinyurl.com/hypervestpro> for an instructional video on how to insert more weights into your weight vest.

Care

1. Rinse with water, towel off and hang to dry - human sweat is acidic and can cause corrosion of the weights
2. DO NOT DROP or let the vest strike a hard surface during exercise because the impact of the weights can damage the fabric
3. HAND WASH is recommended no need to remove weights before doing so, wash with MILD DETERGENT in the sink with weights in, towel off, hang dry.
4. OPTIONAL remove all weights and side cords to machine wash GENTLE and hang to dry
5. Can use “fabreeze” to quickly remove odors and kill most germs



CONTINUED ON REVERSE

IMPORTANT SAFETY CAUTIONS AND LIMITED WARRANTY INFORMATION

- 1. Use this product at your own risk. There is a risk of injury while exercising. Make sure weight is evenly distributed throughout the vest, especially with added weight. You must have proper instruction and supervision during exercise. Do not exercise without first consulting your doctor.*
- 2. Start with easy exercises and build up gradually. Stop if you feel dizzy or short of breath.*
- 3. Always inspect the Hyper Vest PRO prior to every use. Do not use if you see any damage. You have a one year warranty, excluding normal wear and tear (ex: weights peeking through corners of pockets from rough handling, acid in sweat corroding weights from not rinsing and drying)*
- 4. Do NOT drop onto hard floor*

LIMITED MANUFACTURER'S WARRANTY

We warrant this product to be free from defects in materials and workmanship under normal use for 90 days from date of purchase. Your exclusive remedy under this warranty is that we will repair or replace without charge if you return it to us, shipping prepaid, after contacting us for a return authorization number and instructions. This warranty does not apply to any item that we determine has been subjected by to abuse, alteration, misuse or neglect such as damage caused by sharp objects or rough abrasive surfaces. **ALL OTHER WARRANTIES, GUARANTEES OR REMEDIES ARE EXCLUDED INCLUDING ANY IMPLIED WARRANTY OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE**

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