SOFT ADJUSTABLE WEIGHT BELT
EXERCISE GUIDE

IMPORTANT!
Please read the instructions below before using your Soft Adjustable Weight Belt.

• Always perform general warm-up activities prior to performing Soft Adjustable Weight Belt exercises.
• Perform only the exercises as shown on this instruction sheet.
• Maintain proper body alignment, and keep abdominal muscles tight during performance.
• Avoid straining or holding breath while exercising.
• Avoid exposing the Soft Adjustable Weight Belt to rough or abrasive surfaces.
• Perform exercises in a slow and controlled manner.

EXERCISE INSTRUCTIONS
• As a warm-up, perform each selected exercise 3-5 times without the Soft Adjustable Weight Belt before each exercise session.
• Complete 3-3 sets of 8-12 repetitions of each exercise selected.
• Rest approximately 30-60 seconds between each exercise set.
• Perform every exercise through a controlled range of motion.
• Perform an equal number of exercise repetitions with each arm/leg to avoid the development of muscular imbalances.
• Always perform general warm-up activities prior to performing Soft Adjustable Weight Belt exercises.

-OR-
• Perform each exercise 2-3 times per week.
• Increase or decrease resistance by using a Soft Adjustable Weight Belt that provides less resistance.
• Perform an equal number of exercise repetitions throughout a full range of motion.
• Perform each selected exercise 3-5 times without the Soft Adjustable Weight Belt before each exercise session.

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