Fitting your Weighted Vest

1. To create the right fit for your SPRI® Weighted Vest, start with an empty vest.
2. Put vest on and release the plastic clips on the over-the-shoulder straps.
3. Adjust the shoulder fitting with the hook-and-loop closures to your comfort and even fit.
4. Remove the vest.
5. Adjust the length of the over-the-shoulder straps to minimize the slack and reconnect the plastic clips.
6. Add the desired weight to the individual weight pockets with equal distribution in the front and back. Weights also need to be placed in matched pocket positions from front to back to ensure proper balance from side to side. Always start with lower weight and add more weight to increase the resistance as desired.
7. Put vest on. Tightly secure the side straps from back to front and begin your activity.

Exercising with your Weighted Vest

- As a warm-up before each exercise session, perform each selected exercise 3–5 times without the vest.
- Complete 1–3 sets of 8–12 repetitions of each exercise selected.
- Rest approximately 30–60 seconds between each exercise set.
- Perform every exercise through a full range of motion.
- Perform an equal number of exercise repetitions on each side of body to avoid the development of muscle imbalances.
- If unable to complete eight (8) exercise repetitions through a full range of motion, increase rest time between exercise sets or remove weight bars from the vest.

—OR—

- If unable to achieve moderate to maximal muscular fatigue following the completion of twelve (12) exercise repetitions through a full range of motion, decrease rest time between exercise sets or add additional weight bars to the vest.
- Perform each exercise a minimum of 3 times per week for maximum results.
- Allow 24–48 hours of complete rest between each Weighted Vest exercise session.

IMPORTANT!
Please read the instructions below before using the SPRI® Weighted Vest.

- Before each workout, check for possible wear of the SPRI® Weighted Vest.
- Always perform general warm–up activities prior to performing Weighted Vest exercises.
- Perform only the exercises as shown in this chart or other SPRI®-produced informational resources.
- Avoid exposing the Weighted Vest to rough or abrasive surfaces.
- Avoid placing the Weighted Vest in direct contact with the skin while exercising.
- Wear appropriate footwear while using the Weighted Vest.
- Hand wash in cold water with a cloth and mild soap.
- Perform exercises in a slow and controlled manner.
- Keep abdominal muscles tight while performing exercises.
- Avoid straining or holding your breath while exercising.
- Discontinue any exercise that causes discomfort.
- Consult your physician before beginning any type of exercise program.

Think of the SPRI® Weighted Vest as your exercise companion. Wherever you are in your physical abilities, the SPRI® Weighted Vest will meet you there. At first, you may not even have to change your daily activities to achieve the benefit. Simply start with a little added weight challenge and you will be on your way to burning more calories and improving your overall health. Wear the vest while you are taking a walk, mowing the lawn, vacuuming the house, washing the car or gardening.

For a more advanced fitness experience, add the weighted challenge to more structured physical exercise. The following instructions provide some great examples of enhanced bodyweight training with the SPRI® Weighted Vest.

Your Weighted Vest comes with 8 1-lb. weights. When you are ready to step up your intensity, accessory weight packages are available with four 1-lb. weights per set. If you are a fitness walker and want to get even more from your routine, try SPRI® Mini Contour-Weights in your hands. They are soft and comfortable and have an elastic strap to prevent hand fatigue (sold in pairs and available in 1–5 lbs).

Call our toll-free number or visit our website for more information on SPRI products or to receive your SPRI catalog.

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Disclaimer: SPRI (A Gaiam Company) assumes no liability or responsibility for accidents or injury to person or property that may result from the improper use of this product. Be sure to consult your health professional before beginning these exercises or any type of exercise program.

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**Side Plank**

**Start:** Lie on side on floor with bottom arm bent, elbow directly below shoulder and top arm bent with hand on hip. Straighten legs and align shoulders, hips, knees and feet.

**Finish:** Slowly tighten trunk muscles, raising hips and legs off floor. Straighten body and balance on forearms, elbows and balls of feet. Hold position for 1–2 seconds, return to start position and repeat. Repeat on opposite side of body.

**Front Plank**

**Start:** Lie face-down on floor with arms bent, elbows directly below shoulders and forehead resting on top of hands. Straighten legs and position balls of feet firmly on floor.

**Finish:** Slowly bend arms and lower head and chest toward floor keeping trunk muscles tight, shoulders aligned with hips, and lower legs and feet on floor. Hold position for 1–2 seconds, return to start position and repeat.

**Chair Dip**

**Start:** Straighten arms and position palms of hands securely on edge of stable chair seat shoulder-width apart. Bend legs, position feet flat on floor with ankles directly below knees, back straight, and head aligned with hips.

**Finish:** Slowly bend arms, flare elbows outward slightly and lower buttocks toward floor while keeping back straight, chest high and head aligned with hips. Hold position for 1–2 seconds, return to start position and repeat.

**Walking Lunge**

**Start:** Stand and position feet flat on floor, hip-width apart, with legs straight and toes pointed forward.

**Step 1:** Step forward with one leg, land heel-toe, bend legs and lift heel of back foot off floor. Keep back straight with head and shoulders directly above hips and arms along sides of body.

**Step 2:** Lean upper body slightly forward and immediately straighten and balance on front leg while lifting bent back leg up and forward in front of body.

**Step 3:** Step forward and partially straighten back leg in front of body. Land heel-toe, bend legs and lift heel of back foot off floor with arms along sides of body. Continually repeat steps 1–3.

**Squat**

**Start:** Stand and position feet flat on floor, shoulder-width apart, toes pointed slightly outward, legs straight and knees aligned with feet. Position arms along sides of body with head directly over shoulders and hips.

**Finish:** Slowly bend legs and raise straight arms up and forward in front of shoulders while pushing buttocks down and back. Keep back straight, head over shoulders, feet flat on floor and knees aligned with feet. Hold position for 1–2 seconds, return to start position and repeat.