

On behalf of the team at Backbone, we would like to thank you for your purchase and support. Here are a few

things to keep in mind before trying out your Hero Plate Carrier:

-This product is for exercise. It is not bulletproof. Don't use it in combat.

-Consult your physician before beginning any new fitness program.

-If you have never exercised with a plate carrier, try it first without the weight. Slowly add weight.

-Don't exercise with this every day. Constant overloading on your joints can be harmful.

## SIZING YOUR HERO PLATE CARRIER<sup>®</sup>

There are two different ways to size your Hero Plate Carrier: the shoulder straps and the waist straps. You want the Hero Plate Carrier to be snug! As you move around with it, it will loosen up, so start with it tight.

To adjust the shoulder straps, simply undo the Velcro on each strap and move the straps up. It will be uncomfortable if the straps rub your neck, so make these fairly tight. If you have a smaller shoulder girdle, you can even fold the top of the strap so that the Velcro underneath is exposed like in Figure 1. Once you have them resized, close the Velcro back up and test it out.

To adjust the waist straps, know that the front and the back panels are the same. You can adjust in the front and the back, and its quick and easy. Simply undo the Velcro panel that houses the straps and move them closer to the middle to make it tighter, and further apart to loosen the size.

**Finally**, please pay special attention to the bottom corners of the Hero Plate Carrier. Be sure you tuck in the corners of the carrier to the Velcro provided for them. See Figure 2. Failure to do this can cause abrasive rubbing to the hips and back.

**FIG. 1**



**FIG. 2**



### ADDING WEIGHT TO YOUR HERO PLATE CARRIER<sup>®</sup>

Your Hero Plate Carrier has three places to add weight: the front, back and front top. For the front and back, find the pouch under the sizing panels in Figure 3. Undo the Velcro to expose the straps in Figure 4. Cross them in your plate(s) and push the plate inside the pouch. Velcro the straps to the inside of the pouch. There are two strips of Velcro inside the pouch that allow for securement of the straps. They are vertical. Tuck the bottom piece of the pouch under the plate, as seen in Figure 5. Lastly, seal the corners of the Hero Plate Carrier in the Velcro with the small horizontal Velcro strip, as seen in Figure 6.

**FIG. 3**



**FIG. 4**

**FIG. 5**



**FIG. 6**

Your Hero Plate Carrier is equipped to hold up to 40 lbs. Start with 2.5 or 5 lb plates in the front and back, and increase when you are ready. If you are using more than one plate in a pouch, put a rag between them so they don't clang, if that sort of thing bothers you. The Hero Plate Carrier can accommodate plate carrier plates made by other manufacturers. Contact our customer support if you would like to know more about this.

### WASHING YOUR HERO PLATE CARRIER

If you're exercising and sweating in your Hero Plate Carrier, it might get a little stinky. Congrats, you're working hard! But don't ruin everyone else's exercise experience with your stench. To clean the Hero Plate Carrier, rinse it first in warm water and then scrub it with your hands with mild laundry detergent. A very small amount will do. Do not use a scrubbing brush, as it may cause the stitching to become loose. Then, rinse again and hang to dry in the shade. Never put it in the dryer and don't hang it in the sun.