

# CFF WEIGHTED VESTS

## Assembly & Care Instructions



## THANK YOU!

We're glad you chose our weighted vest (CFF-WVST). Please review these instructions to ensure you get maximum utility and value from your new vest.

## INCLUDED IN THIS DOCUMENT

- assembly steps
- caring for your vest

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## PARTS LIST

Description	Qty
Vest	1
Velcro Strap	1
Buckle Strap	1
D-ring Strap	2
Spare Buckle	1
Weight Blocks	varies

## ASSEMBLY STEPS

### STEP 1

Lay the vest out flat, with the logo away from you so you are “behind” it. Lay out the long Velcro strap with the hooks on each end facing up. Center the strap on the hook section of the vest & attach.



### STEP 2

Next, put the ends of the Velcro strap through the (2) D-rings, one on each end. (Make sure the “tail” through the buckle is facing up.) A good starting position is in the natural bend point of the Velcro strap. Fold the strap to itself. You can adjust this later if the buckles don’t give enough adjustment.



### STEP 3

Make sure the distance from the sides of the vest to the D-rings are even.



### STEP 3

Put the vest on, wrap the straps around the front & buckle it. Some adjustment may be necessary to get the fit just right. (Note: The vest will settle into a more natural feeling fit as you break it in over time.)



### STEP 4

Load up! Insert weight blocks into the individual pockets as desired. Additional weight blocks are available on our website.

## CARING FOR YOUR VEST

### MAKE YOUR INVESTMENT LAST

#### **Cleaning**

When necessary, remove weights and hand wash your vest in warm (not hot) water with a mild detergent. Allow to air dry. Avoid chlorine or bleach-based cleaners.

## CONTACT CFF WITH ANY QUESTIONS

### WE WANT YOU HAPPY!

**phone: (717) 207-7171**

**email: [sales@cffit.com](mailto:sales@cffit.com)**

We're here if you need us. (And we appreciate your feedback!)

# WARNINGS & WAIVERS

## YOU KNOW WE KINDA HAVE TO

### **Be smart. Be safe.**

Before beginning any new exercise/conditioning program you should consult your physician, physical therapist, athletic trainer or strength and conditioning coach. If you have musculoskeletal problems it is extremely important to check with an orthopedist to make sure the program will not aggravate those problems. All products sold and/or promoted by Christian's Fitness Factory, Inc. should only be used with instruction from a physician, physical therapist, athletic trainer or coach. Minors should only use products sold and/or promoted by Christian's Fitness Factory, Inc. under the direct supervision of a qualified adult.

### **Disclaimer**

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Products manufactured and/or sold by Christian's Fitness Factory, Inc. are not toys and should only be used under the direction, and in the presence, of a knowledgeable adult. There is a potential for serious injury if safety standards are not adhered to and instructions are not followed.

The exercise area must be safe and free of hazards. Christian's Fitness Factory, Inc. products should not be used in an area that does not provide ample space between the user and any obstacle or bystander. Improper use may result in severe injury to the user or bystanders.

The user should be aware of manufacturer's instructions, warnings, and maintenance procedures for each accessory before use. Any questions should be directed to the manufacturer before use. Before use, users shall determine the suitability of the product for their intended use, and users assume all risk and liability whatsoever in connection therewith.

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