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› DH FitLife Adjustable Weighted Vest Instruction Manual (30KG)

## DH FitLife FZY010405

# DH FitLife Adjustable Weighted Vest Instruction Manual

Model: FZY010405 (30KG)

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## 1. INTRODUCTION

Thank you for choosing the DH FitLife Adjustable Weighted Vest. This manual provides essential information for the safe and effective use of your weighted vest. Designed for strength, endurance, and bodyweight training, this vest allows for flexible weight adjustment to suit various fitness levels and exercise routines. Please read this manual thoroughly before first use and retain it for future reference.



This image displays a man securing the DH FitLife Weighted Vest with its front zipper. Two individual weight blocks are shown in the upper right corner, highlighting the vest's adjustable weight system.

## 2. SAFETY INFORMATION

- Consult a physician before starting any new exercise program, especially if you have pre-existing health conditions.
- Begin with a lower weight and gradually increase as your strength and endurance improve.
- Ensure the vest is securely fastened and fits snugly to prevent shifting during exercise, which could lead to injury.
- Inspect the vest for any damage or wear before each use. Do not use if damaged.
- Keep out of reach of children.
- Use the vest on a stable and non-slip surface.

### 3. PRODUCT OVERVIEW AND COMPONENTS

The DH FitLife Weighted Vest is constructed from durable, breathable nylon material and features an ergonomic design for optimal weight distribution. It includes:

- **Adjustable Weight Blocks:** 38 removable weight blocks (approx. 755g each) filled with high-density iron sand, allowing for flexible adjustment between 1 kg and 30 kg.
- **Front Zipper:** For easy donning and removal.
- **Adjustable Velcro Straps:** To ensure a perfect and secure fit around the body.
- **Padded Shoulder Straps:** For enhanced comfort during prolonged use.
- **Breathable Fabric:** Innovative ventilation technology for comfortable wear.



This diagram illustrates the key design features of the DH FitLife Weighted Vest, including padded shoulders for comfort, breathable material for ventilation, a robust front zipper, and adjustable Velcro straps for a secure and customized fit.

### 4. SETUP: ADJUSTING WEIGHT

The DH FitLife Weighted Vest allows for individual weight adjustment to match your training requirements. Each vest comes with multiple removable weight blocks.

1. **Determine Desired Weight:** Identify the total weight needed for your exercise. The vest can be adjusted from 1 kg up to 30 kg.
2. **Access Weight Pockets:** Locate the individual pockets on the vest designed to hold the weight blocks. These are typically secured with Velcro flaps.
3. **Insert or Remove Weight Blocks:** Open the Velcro flap of a pocket and carefully insert or remove a weight block. Ensure the blocks are evenly distributed across the vest for balanced load.
4. **Secure Pockets:** Once the desired weight configuration is achieved, firmly close all Velcro flaps to prevent weight blocks from falling out during exercise.



This image provides a detailed view of how to adjust the vest's weight. A hand is shown placing a weight block into one of the vest's designated pockets, demonstrating the removable weight system.

## 5. OPERATING INSTRUCTIONS

Follow these steps to properly wear and use your DH FitLife Weighted Vest:

1. **Prepare the Vest:** Adjust the weight blocks as described in the 'Setup' section to your desired training intensity.
2. **Donning the Vest:** Unzip the front of the vest completely. Slip your arms through the armholes and position the vest over your torso.
3. **Secure the Zipper:** Pull the front zipper up to close the vest.
4. **Adjust for Fit:** Use the adjustable Velcro straps on the sides of the vest to tighten or loosen the fit. The vest should feel snug but not restrictive, allowing for full range of motion without excessive movement or rubbing.
5. **Begin Training:** Once the vest is securely and comfortably fitted, you can begin your workout. The vest is suitable for various activities including running, bodyweight exercises (push-ups, pull-ups, dips), strength training, and physical therapy.

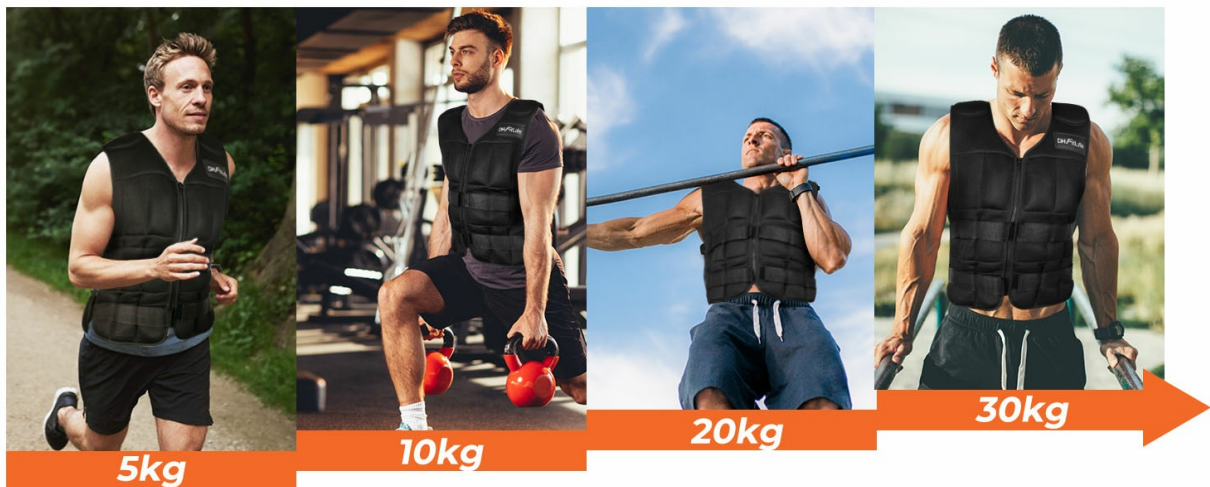


## Fermetures À Velcro



## Fermeture Éclair

This composite image illustrates the vest's secure fastening mechanisms. The top section shows a hand adjusting a Velcro strap for a snug fit, while the bottom section shows a man zipping up the front of the vest, emphasizing its ease of wear and secure closure.



This image showcases the versatility of the DH FitLife Weighted Vest across various training intensities. It features four individuals performing different exercises – running, lunges with a kettlebell, pull-ups, and dips – each wearing a vest of a different weight capacity (5kg, 10kg, 20kg, 30kg), demonstrating its adaptability for diverse fitness levels and activities.

## 6. MAINTENANCE

- **Cleaning:** Wipe the vest with a damp cloth and mild soap. Do not machine wash or tumble dry. Allow to air dry completely before storing.
- **Storage:** Store the vest in a cool, dry place away from direct sunlight and extreme temperatures.
- **Inspection:** Regularly check the stitching, zippers, and Velcro straps for any signs of wear or damage. Ensure weight blocks are securely contained within their pockets.

## 7. TROUBLESHOOTING

- **Vest feels uncomfortable or shifts during exercise:** Ensure all Velcro straps are tightened for a snug fit. Distribute weight blocks evenly across the vest. If discomfort persists, reduce the total weight.
- **Weight blocks falling out:** Verify that all pocket flaps are securely closed with Velcro.
- **Zipper sticking:** Apply a small amount of zipper lubricant or graphite to the zipper teeth. Avoid forcing the zipper.

## 8. SPECIFICATIONS

Feature	Detail
Brand	DH FitLife
Model Number	FZY010405
Main Material	Nylon
Style	Adjustable
Item Weight	30 Kilograms (adjustable)
Product Dimensions (L x W x H)	62 x 48 x 12 cm
Closure Type	Zipper, Hook and Loop
Specific Use	Muscle Training, Physical Therapy
Recommended Uses	Indoor and Outdoor, Jogging, Outdoor, Indoor



This image shows the DH FitLife Weighted Vest resting on a gym bench, with its approximate dimensions (62cm height, 48cm width) clearly indicated. A single weight block, weighing 755g, is also displayed, providing a visual reference for the individual weight units.

## 9. WARRANTY AND SUPPORT

DH FitLife is a German brand committed to customer satisfaction. We offer a 30-day return policy for our products. Spare parts availability is guaranteed for 2 years.

If you have any questions, concerns, or require assistance with your DH FitLife Weighted Vest, please do not hesitate to contact our customer service. Our team is based in Hamburg and is ready to provide support.

For contact information, please refer to the seller details on your purchase platform or visit the official DH FitLife website.