



# Fitting Instructions

Congratulations, you have the best vest-training tool in the market. With proper fitting and usage of the **Xvest**, you will see dramatic results in your physical abilities - Get ready to get **Stronger, Faster and Higher!**

The **Xvest** is designed to be custom fitted toward any body type; because proper fitting is the **KEY**. Before you put on the **Xvest** for the first time – **REMOVE ALL THE WEIGHTS** and follow all the instructions properly.



**Step 1:** Remove all weights from the **Xvest** and release the two quad-lateral straps.

**Step 2:** Release the clip and Velcro™ closures from one side of the shoulder strap of the **Xvest**.

**Step 3:** Place the **Xvest** on your body with the top front of the **Xvest** approximately 2" below the Sternum / Jugular notch.

**Step 4:** Attach the Velcro™ and the quick release clip on the loose shoulder strap and then adjust the other strap. The **Xvest** **MUST** be centered on your torso with the top and bottom edges level with each other. The reason we go through this important step is to show you exactly where the **Xvest** should be positioned.

**Step 5:** Remove the **Xvest** from your body by lifting the it over your head or releasing one side of the shoulder closures.

**Step 6:** Select the weight you are going to exercise with and divide the weights into two equal halves. Place the weights into the individual sub-pocket weight slots of the bottom pockets of the front and back of the **Xvest**. If your weight exceeds twenty (20) pounds, you will place the additional weights evenly (front and back) in the top pockets.

**Step 7:** Attach the Velcro™ and the quick release clip on each shoulder strap or place your head through the hole between the shoulder straps. The **Xvest** should be centered on your torso with the top and bottom edges level. Check the position of the **Xvest** making sure that all weights on the back are positioned in the exact same position as all weights in the front.

**Step 8:** Take the two quad-lateral straps stretch, and tighten the straps in front. The straps must be **TIGHT!** This is one of the properties that create the **DYNAMIC RESPIRATORY RESISTANCE**.

**Step 9:** Get ready to sweat; it's time to workout!

Remember to always consult with a physician before beginning any exercise program, especially one as XTREME as an Xvest program.