



# WEIGHTED VEST

VARIABLE WEIGHT TRAINER

INSTRUCTION MANUAL  
AND EXERCISE GUIDE



## **⚠️ WARNING: PLEASE READ!**

- » Read all setup and usage instructions carefully.
- » Recommended for athletes over 14 years old. Athletes under 18 years of age should use under strict adult supervision.
- » Be sure to consult your healthcare professional before beginning this or any type of exercise program.
- » Always check equipment for worn or damaged parts before use. If any defects are found, do not use product.
- » The SKLZ weighted vest is a training tool designed to help accentuate your workout. Take breaks and do not do overexert yourself.

## **BEFORE YOU BEGIN:**

- » Make sure you have all of the Weighted Vest components. Please contact SKLZ customer service toll free at 877-225-7275 x128 if you are missing anything.
- » Read all setup and usage instructions carefully.



//// WEIGHTED VEST: **PARTS**



« Soft and flexible 0.5 lb weight pouches (20)

« Weighted Vest

## //// WEIGHTED VEST: **SET UP**

### HOW TO SET UP YOUR WEIGHTED VEST

**STEP 1** – Adjust vest weight. For a more difficult workout, insert flexible weights into the stretch pockets. Insert up to 20 flexible weights for a total of 10 pounds.

**STEP 2** – Put on Weighted Vest and fasten velcro straps



## **REPS AND SETS: A GENERAL GUIDELINE**

Reps and sets are a way to track progress with your training. This is a general guide. Programs will vary depending on your specific needs, goals, off-season or in-season, experience, etc.

### **AS A GENERAL GUIDELINE TO START:**

- » 8-10 repetitions for 2-3 sets when training for strength (moderate to heavy weight with focus on proper form and control)
- » 4-6 repetitions for 3-5 sets when training for power (moderate weight with increase in speed of movement)

### **PROPER FORM**

When trying movements for the first time, use less weight with the goal of being able to perform all movements without breaking form. Do not push through or ignore aches and pains as you perform any movement.

### **PROGRESSIVE RESISTANCE**

Progressive resistance is a concept that states you should be able to lift more weight or do more repetitions each time you perform an exercise. As you progress through any training phase, increase the weight when your prescribed repetitions decrease. When the prescribed repetitions increase, decrease the weight accordingly. You may also need to adjust your repetitions, sets, and resistance if you are not seeing improvements in your goals.

### **ADDITIONAL EXERCISES:**

Visit [SKLZ.com](https://www.skllz.com) for in-depth training and product videos.



Create your own customized training programs with exclusive online tools.

## CHIN-UP

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### EXERCISE STEPS:

STEP 1 – Put on weighted vest and then hang from a pull-up bar with your hands **shoulder width and palms facing you**.

STEP 2 – Keeping your torso and legs still, initiate the chin-up with your shoulder blades, pulling your chest toward the bar.

STEP 3 – Lower yourself to the starting position.

STEP 4 – Continue for the remainder of the set.

### TRAINING TIP:

Straighten your arms completely at the end of the rep; at the top, think about driving your elbows down toward the floor.

### FEEL IT:

Working your back, lats, chest and arms.

//// WEIGHTED VEST: **EXERCISES**



## **PULL-UP**

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### **EXERCISE STEPS:**

- STEP 1 – Put on weighted vest and then hang from a pull-up bar with your hands **wider than shoulder width and palms facing forward**.
- STEP 2 – Keeping your torso and legs still, initiate the pull-up with your shoulder blades, pulling your chest toward the bar.
- STEP 3 – Lower yourself to the starting position.
- STEP 4 – Continue for the remainder of the set.

### **TRAINING TIP:**

Straighten your arms completely at the end of the rep; at the top, think about driving your elbows down toward the floor.

### **FEEL IT:**

Working your back, lats and arms.





## LUNGE

### EXERCISE STEPS:

- STEP 1 – Stand with your feet hip width apart, hands on your hips.
- STEP 2 – Keeping your chest up, step forward into a lunge, placing your weight primarily on your front foot.
- STEP 3 – Push through your front hip to return to a standing position.
- STEP 4 – Repeat with the opposite leg.
- STEP 5 – Continue alternating to complete the set.

### TRAINING TIP:

Do not let your front knee collapse to the inside, and don't let your back knee touch the ground. As an alternate arm position, you can also keep your arms straight down at your sides during the lunge or as you improve try moving your arms in a natural running motion as you perform each lunge.

### FEEL IT:

Working your glutes, hamstrings, and quads.

## **PUSH-UP**

### **EXERCISE STEPS:**

STEP 1 – Start in the classic push-up position with your arms fully extended and shoulder width apart, legs and back straight behind you.

STEP 2 – Keep your torso stable and hips square to the ground. Bend your elbows to lower your body until the vest touches the ground.

STEP 3 – Raise your body back up until your arms are fully extended

### **TRAINING TIP:**

Keep your body in a straight line and push your chest as far away from your hands as possible.

### **FEEL IT:**

Working your chest, arms, and torso





# WEIGHTED VEST

**VARIABLE WEIGHT TRAINER**



## DO YOU HAVE A WINNING SPORTS PRODUCT OR IDEA?

Visit our website to learn how to submit a product application for consideration.  
It may become our next winning product!

**SKLZ.com**

## 90-DAY LIMITED WARRANTY – WEIGHTED VEST™

Pro Performance Sports (PPS) warrants to the original consumer purchaser of any PPS product it manufactures that the product will be free of defects in materials or workmanship for 90 days (unless specified in alternate warranties) from the date of purchase. If defective and purchased from a retail store, return the product along with receipt to the retail store where the product was purchased. If the item was purchased from PPS, return the product along with proof of the date of purchase (i.e. the packing slip) postage prepaid to the address below for replacement consideration:

Pro Performance Sports :: 5823 Newton Drive :: Carlsbad, CA 92008 :: Attn: Returns

This warranty does not cover damages resulting from accident, misuse, abuse or lost merchandise. Only valid in the USA. All returns sent to PPS require a Return Merchandise Authorization number (RMA). For returns to PPS and for all other Customer Service inquiries, please call toll free: 1-877-225-7275

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**Register your product at [SKLZ.com](http://SKLZ.com) to ensure warranty coverage, get new product information and special deals from SKLZ**

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