

How to Set Up and Tailor the Zipper-Front Vest to Your Exact Form:

- ❖ Unzip the vest and put it on. Have someone disconnect the waist straps from the back of the vest so that they hang free on the sides. (The belts are double locking so they must be released from the end of the belt and from the sides of the vest.)
- ❖ Zip up the vest and have someone connect the waist belts on the back.
- ❖ Adjust the shoulder straps so that the abdominal weights are correctly positioned just below your chest, flat on your stomach.
- ❖ You are now ready to go. From now on you should be able to just use the zipper in the front when you put the vest on.
- ❖ If you find the vest too tight or too loose when exercising, you can simply remove it and make the adjustments yourself or leave it on and have someone help you readjust it.