



Weighted Vest Safety Guide

Safe Use · Proper Fit · Risk Awareness

✓ Benefits at a Glance

- **Burn more calories:** Extra weight increases energy use during walking or training.
 - **Strength & endurance:** Adds progressive resistance to push-ups, squats, pull-ups, lunges.
 - **Bone health & posture:** Light loading helps stimulate bones and engage core muscles.
 - **Workout efficiency:** More results in less time – even short walks count.
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🎯 Getting Started

- **Weight choice:** Begin with ~5–10% of body weight.
 - 5 kg = good for most beginners.
 - 10 kg = only for well-conditioned users.
 - **Fit properly:** Snug straps, balanced front/back load.
 - **Build gradually:** Start with 10–15 min walks or a few exercise sets.
 - **Form first:** Upright spine, core engaged, shoulders relaxed.
 - **Hydrate & cool:** Vests trap heat – wear breathable clothing, drink fluids.
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👟 Typical Use Cases

- **Walking / Hiking:** Safest and most effective – ideal for weight management & endurance.
 - **Jogging / Running:** Only with light loads, short duration, soft surfaces. Brisk uphill walks are usually safer.
 - **Calisthenics:** Secure vest tightly for push-ups, pull-ups, squats, lunges, planks. Focus on quality reps.
 - **Everyday activity:** Light use during chores, dog walks, gardening. Avoid ladders, driving, or sleeping in vest.
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⚠️ Safety Precautions

- **Stop immediately** if: joint pain, sharp pain, dizziness, chest pain, unusual breathlessness.
- **Avoid high-impact:** Jumping, sprinting, sudden direction changes (unless supervised athlete).
- **Do not exceed** ~10% body weight until adapted.
- **Consult GP first** if you have:
 - Back, neck, knee, or hip issues

- Heart or blood-pressure conditions
 - Asthma, COPD, or breathing problems
 - Severe osteoporosis
 - Balance problems / fall risk
 - Pregnancy
 - **Children/adolescents:** Only with professional supervision, light weight, short duration.
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Outdoor & UK Road Safety

- Wear **reflective/hi-vis clothing** or lights in low light (UK Highway Code guidance).
 - Use pavements & footpaths when possible.
 - Take care on wet or uneven ground common in UK weather.
 - Supportive footwear is essential.
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Care & Maintenance

- Air-dry after training, avoid tumble-dryer.
 - Check straps, stitching, and weight blocks regularly.
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Quick Reminders

- Weighted vests = safe & effective if used **progressively**.
 - Start light → maintain posture → increase slowly.
 - NHS guidance: **150 min/week moderate activity + 2 strength days**.
 - Emergency: **Call 999** · Non-urgent: **NHS 111**.
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Disclaimer

- This vest is a fitness accessory, not a medical device.
 - Use responsibly, at your own risk.
 - Performance results depend on individual fitness, nutrition, and training.
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Manufacturer & Contact

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 www.powerprime-shop.com

Designed in Vienna.

Made in China.