

40LB WEIGHTED VEST RED/BLK

MODEL# 8634WVB

PRODUCT MANUAL - VERSION 3.21.01

FOR AGES:

13+

WEIGHT MAX:

40 Lbs

TO BUILD:



HOW-TO
VIDEOS ONLINE



CUSTOMER SERVICE

GQBrands.com • CustomerService@GQBrands.com • 1-866-498-5269 • 4401 Samuell Blvd, Ste 150, Mesquite, TX 75149



CUSTOMER SERVICE INFORMATION

Thank you for purchasing:

40LB WEIGHTED VEST

MODEL# 8634WVB

If you have an issue with your item, do not return. Please report items that are damaged or missing parts to the manufacturer GQ Brands within three days of delivery. Contact customer service at customerservice@gqbrands.com to open a ticket.

At GQ Brands®, we want all of our customers to be completely satisfied with their purchase. Take time to review the contents of the product you have just received to make sure that all of the parts are included. If you find that any parts are missing or damaged, we will provide replacement parts at no charge within 30 days of purchase.

Please keep in mind that for select damaged part replacement requests, we will require a photo for submission.

Please Note: In the interest of better quality and value, we are constantly improving and updating our product information. Most up to date manuals, warnings and product information can be found at: <https://www.globalqualitybrands.com/warnings>

To register your product please visit:
www.globalqualitybrands.com/product-registration or
Scan code



To order these parts, or if you have any other questions or concerns about this GQ Brands product, please contact us at

PureFun.Net
GQBrands®
Phone: 1-866-498-5269
Email: CustomerService@GQBrands.com
4401 Samuell Blvd, Ste 150, Mesquite, TX 75149

Please be sure to include the following information when you contact Customer Service:

YOUR NAME: _____

YOUR MAILING ADDRESS: _____

YOUR EMAIL ADDRESS: _____

PRODUCT NAME: _____

PRODUCT MODEL#: _____

PART NUMBER _____

RETAILER WHERE PURCHASED: _____

DATE OF PURCHASE: _____

ORDER NUMBER: (If Available) _____

QUANTITY NEEDED: _____

SERIAL NUMBER: _____

LIMITED WARRANTY

Global Quality Brands® warrants this product to be free from defects in workmanship and materials under normal use and conditions for a period of **90 DAYS FROM THE DATE OF ORIGINAL PURCHASE**. This Limited Warranty is not transferable and is available only for the original purchaser of the Product. The Company's obligation under this warranty is limited to replacing or repairing the Product, at the discretion of the company.

All warranty coverage extends only to the original retail purchaser from the date of purchase. GQ Brands obligation under this warranty is limited to replacing or repairing, at Global Quality Brands® option. All products for which a warranty claim is made must be received by Global Quality Brands® and accompanied by sufficient proof of purchase (photocopy of the original store receipt, indicating the date of purchase). All freight and handling fees are the responsibility of the consumer to pay, both to and from Global Quality Brands®. All warranty claims must be pre-authorized by Global Quality Brands® pre-authorization can be obtained by calling 866-498-5269.

This warranty does not cover ordinary wear and tear, weathering, failure to follow directions, improper installation, improper maintenance, or acts of nature, (such as damage caused by wind, lightning, snow, water, or ice) weather damage, damage caused by unauthorized repair work or damage caused by improper use of the products are not covered by the product warranty. No other warranty beyond that specifically set forth above is authorized by GQBrands®.

GLOBAL QUALITY BRANDS® IS NOT RESPONSIBLE OR LIABLE FOR INDIRECT, SPECIAL OR CONSEQUENTIAL DAMAGES ARISING OUT OF OR IN CONNECTION WITH THE USE OR PERFORMANCE OF THE PRODUCT OR OTHER DAMAGES WITH RESPECT TO ANY ECONOMIC LOSS, LOSS OF PROPERTY, LOSS OF REVENUE OR PROFITS, LOSS OF ENJOYMENT OR USE, COST OF REMOVAL, INSTALLATION OR OTHER CONSEQUENTIAL DAMAGES. SOME STATES DO NOT ALLOW THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES. ACCORDINGLY,

THE ABOVE LIMITATION MAY NOT APPLY TO YOU. THE WARRANTY EXTENDED HEREUNDER IS IN LIEU OF ALL OTHER WARRANTIES AND GLOBAL QUALITY BRANDS®, SPECIFICALLY DISCLAIMS ANY IMPLIED WARRANTY OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE IS LIMITED IN ITS SCOPE AND DURATION TO THE TERMS SET FORTH HEREIN. SOME STATES DO NOT ALLOW LIMITATION ON HOW LONG AN IMPLIED WARRANTY LASTS. ACCORDINGLY, THE ABOVE LIMITATION MAY NOT APPLY TO YOU. THIS WARRANTY GIVES YOU SPECIFIC LEGAL RIGHTS. YOU MAY ALSO HAVE OTHER RIGHTS, WHICH VARY FROM STATE TO STATE.

WHILE EVERY ATTEMPT IS MADE TO ENSURE THE HIGHEST DEGREE OF PROTECTION IN ALL EQUIPMENT, WE CANNOT GUARANTEE FREEDOM OF INJURY. THE USER ASSUMES ALL RISK OF INJURY DUE TO USE OR INSTALLATION. ALL MERCHANDISE IS SOLD ON THIS CONDITION, WHICH NO REPRESENTATIVE OF GQBRANDS® CAN WAIVE OR CHANGE.



WARNINGS



IMPORTANT MESSAGE

Please read all of the warnings and directions below prior to assembly. This product comes equipped with warnings and instructions for the assembly, care, maintenance and use. This information must be read by all product supervisors and users before any person is allowed to use this product.

ADULT ASSEMBLY REQUIRED

WARNING:

While every attempt is made to ensure the highest degree of protection in all equipment, we cannot guarantee freedom from injury. The user assumes all risks of injury due to use and installation. All merchandise is sold on this condition, which no representative of the company can waive or change.



WARNINGS & SAFETY INFORMATION

Please read these warnings and the information in this manual in its entirety.

Failure to comply with the following instructions may increase the risk of serious injury and/or death:

- The owner and supervisors of this product are responsible to make sure all users are aware of the warnings and use specified in this manual.
- Vest is only recommended for use by adults 13+ years of age.
- This manual is designed to help you assemble, adjust, maintain and use the product. It contains important information regarding your safety and your use of this equipment.
- This vest is intended for indoor individual home use only, it is not designed for commercial use or for use in communal workout areas.
- NEVER place weights so that the weight is uneven. May result in serious injury.
- NEVER add a significant amount of weight at one time during an exercise.
- NEVER hold your breath while exercising.
- NEVER wear the vest on bare skin, as chafing and skin irritation will occur.
- NEVER allow a child to wear the vest, this product is for ADULTS
- Warm up at least 5-10 minutes before each workout and to cool down for at least 5-10 minutes afterwards.
- Rest adequately between workouts to allow your muscles to tone and develop.
- ALWAYS wear the appropriate fitness footwear. DO NOT use this product barefooted or with socks only. If applicable, ensure that any shoe laces will not become caught.
- ALWAYS make sure that the weights and waist strap are snug and secure to prevent shifting during a workout.
- ALWAYS consult a physician before beginning any exercise program. Ask your doctor to evaluate your present fitness level and determine the exercise program that is most appropriate for your particular age and/or physical condition.
- IF YOU EXPERIENCE any pain or tightness in your chest, irregular heartbeats, shortness of breath, faintness, dizziness, or other unusual discomfort while exercising, STOP and consult your physician and/or obtain medical assistance.
- Regular inspection of your vest is vital for your safety. Look for obvious damage like cuts, tears, separation of fabric or stitching or surface cracks on plates. Check the panel seams for any separation. Look for any creases or folds in the vest; this is a sign of an improper fit and could weaken your vest over time.
- No modification should be carried out to the vest or any of its components. Any modification could lead to damage to the product or result in a personal injury.
- Please read and refer to other warnings and use information in the trampoline instructions before use.
- Dispose of all packaging materials safely and per local ordinance.
- Please retain this information for future reference.



ASSEMBLY & USE INSTRUCTIONS

Always consult a physician before beginning any exercise regimen to determine your current level of fitness.

Each insert is a metal plate

INSTRUCTIONS:

This vest ships with the weights not inserted. When installing these weights, the full implementation of weights may be too much weight for initial use. If you have not used a fitness product of this type before, or are unsure of what weight to begin at, It is strongly recommended that you do not start out with all 40lbs of weight. Install weights **EVENLY** until you find an amount you can easily walk or jog with, and slowly add more weight.

1. Add weights two at a time, placed in opposite pockets for even dispersion [front and back or on opposite sides]. To add a weight, place each weight into an insert and make sure that the top cover is completely covering the weight. Ensure that it is secure in its pocket and will not fall out during an exercise.
2. To remove a weight, reach a finger into the pre-cut slot on the inside of the vest. Pull the top of the weight through the slot and remove weight.
3. Always wear a comfortable undergarment under the vest.
4. Close the waist strap and make sure that is snug and secure, but not too tight so that it interferes with normal breathing.



FREQUENTLY ASKED QUESTIONS

- Question: "The vest is damaged, what should I do?"
- Answer: If you are still within your warranty period (90 Days from initial purchase) you should contact customer service. You can also purchase replacement padding and mats at: www.PureFun.net
- Question: "I had a part missing from my box" or "something was damaged in shipping, can you send it to me?"
- Answer: If it has been 30 days or less from the date of your initial purchase, you can contact customer service for a replacement part to be issued.

CARE & MAINTENANCE

- Regular inspection of your vest is vital for your safety. Look for obvious damage like cuts, tears, separation of fabric or stitching or surface cracks on plates. Check the panel seams for any separation. Look for any creases or folds in the vest; this is a sign of an improper fit and could weaken your vest over time.
- How you store your vest is just as important as how you clean it. One common (but wrong) storage method is putting a vest on a clothes hanger; this can stretch out the carrier straps over time and cause the vest to sit incorrectly on the body. Instead of hanging, we recommend laying the vest flat.
- Do not store your vest in a low airflow environment or in extreme temperatures (like a car trunk) for prolonged periods of time, as this could threaten the integrity of the vest. Avoid direct sunlight. Don't fold or crease the vest and don't store it in a damp place or put heavy objects on top of it. All of these things could potentially degrade the vest.
- **Cleaning your Vest**
 - First, you need to make sure you remove your weights from your weighted vest before washing. Only the actual weighted vest canvas needs washing. Fill up your bathtub or a large bucket with lukewarm water. Super hot water isn't recommended as it can be damaging to your weighted vest.
 - Place your weighted vest into the water. From here you add a dash of mild laundry detergent to the water. Heavy duty laundry detergent isn't necessary in this case. You only need enough so the water gets slightly sudsy and you can even use dry powder detergent if you wish.
 - Grab a sponge and scrub down your entire vest. Make sure that you pay special attention to the parts of the vest that touch your torso. The inner part of the front and back side, as well as the shoulder straps, tend to get particularly grimy.
 - Next, you must rinse your vest off with fresh water. If there is any dirt or grit from the vest on the bottom of your tub, be sure to wash it down as well.
 - Hang your weighted vest up on a hanger or draped over a rod or chair. Be sure to find a place that is well lit and dry to hang your vest up. If the space is dark and moist, you may end up unintentionally growing mold on your weighted vest.
- NOTE: DO NOT use bleach or alcohol-based cleaners to clean equipment. This can cause premature rust and rapidly fatigue upholstery. Doing so will invalidate warranties and guarantees.

Thank You Coupon!

As a way of saying thank you for purchasing one of our products, here is a 10% OFF coupon for your next purchase at

www.PureFun.net

Use Code: GQBRANDS10 at Checkout