# Weighted Vest Safety Instructions & Warnings

## ⚠ IMPORTANT SAFETY WARNINGS

READ AND UNDERSTAND ALL INSTRUCTIONS BEFORE USE.

FAILURE TO FOLLOW THESE WARNINGS AND INSTRUCTIONS MAY RESULT IN SERIOUS INJURY.

### 1. General Safety & Medical Precaution

- **Consult a Physician Before Use**: This weighted vest is a high-intensity fitness tool. Before starting any exercise program with this product, **consult a licensed physician** to ensure it is safe for your health, especially if you have pre-existing heart conditions, joint issues, high blood pressure, back problems, or any other medical concerns.
- **Do Not Use If Unwell**: Never use this vest if you are feeling fatigued, dizzy, nauseous, or experiencing any physical discomfort. Stop use immediately if you feel chest pain, shortness of breath, or abnormal pain during exercise.
- **Age & Fitness Requirement**: This product is intended for use by healthy adults aged 18 and older. It is not suitable for children, adolescents, or individuals with limited physical fitness.

### 2. Usage & Exercise Safety

- **Start Light & Progress Gradually**: Always begin with the lowest weight setting. Do not overload the vest beyond your physical capacity. Gradually increase weight only as your fitness level improves to avoid muscle strain, joint injury, or cardiovascular stress.
- **Proper Fit Is Critical**: Adjust the shoulder straps and side drawcords to ensure a **snug, secure, and comfortable fit** before use. A loose vest can shift during exercise, causing imbalance, falls, or injury. Ensure the vest does not restrict your breathing or range of motion.
- **Avoid High-Risk Activities: Never use this weighted vest while driving, operating machinery, swimming, or during any activity that requires unimpaired balance or mobility**. Do not wear the vest during sleep.

  **Supervision Recommended**: For first-time use or high-intensity training, exercise with a partner or under professional supervision to monitor your condition and prevent accidents.

- **Avoid Overexertion**: Do not use the vest for extended periods. Limit exercise duration to avoid overheating, dehydration, or excessive strain on your body. Stay hydrated before, during, and after use.

## 3. Product Care & Maintenance

- **Inspect Before Every Use**: Check the vest for signs of wear, damage, loose stitching, broken zippers, or damaged cord locks before each use. Do not use the product if any component is damaged, as this may lead to failure during exercise and cause injury.
- **Proper Storage**: Store the vest in a cool, dry place, away from direct sunlight, extreme heat, or moisture. Do not fold or compress the vest for long periods to prevent damage to the padding and structure.
- **Cleaning Instructions**: Wipe the vest with a mild detergent and damp cloth. Do not machine wash, bleach, or dry clean, as this may damage the fabric, zippers, and weighted components.
- **Do Not Modify**: Never alter, repair, or modify the vest's structure, straps, or components. Use only original manufacturer parts for replacement if needed.

## 4. Additional Warnings

- **Keep Away From Children & Pets**: This product is not a toy. Store it out of reach of children to prevent accidental injury or choking hazards from small components.
- **Weight Distribution**: Ensure weights are evenly distributed on both sides of the vest before use. Uneven weight can cause muscle imbalance, back strain, or falls.
- **Environmental Safety**: Exercise in a clear, open space free of obstacles. Avoid uneven terrain, slippery surfaces, or crowded areas when wearing the vest to prevent falls.
- **Discontinue Use If Issues Arise:** If the vest causes skin irritation, discomfort, or any adverse reaction, stop use immediately and consult a doctor.

### Liability Disclaimer

This product is intended for fitness use only. The manufacturer and seller are not liable for any injury, damage, or loss resulting from improper use, failure to follow safety instructions, or unauthorized modification of the product. Use this product at your own risk.