

## GETTING STARTED

---

Your Perfect Weight Vest was designed so you can vary your workout by removing or adding weights. We suggest starting out with less weight and building your way up to the maximum allowable weight (depending on the vest you purchased). Always keep the weight distribution even for your left and right side and front to back.

To add or remove weights, locate the pockets inside the Weight Vest, remove weights by grabbing the weight from the top and gently pulling through the hole.

Once you have selected your weights, put weighted vest on by placing your head through the hole (reflector logo should be in the back).

Wrap the straps around your body so the vest is snug against your body and fasten the Velcro®. The Velcro strap with the reflective logo should be on the outside so it can be easily seen when you are wearing the Weight Vest.



**DO NOT fasten too tight, as this could restrict your breathing or movement.**

---

# Perfect.

Perfect develops innovative fitness solutions that maximize muscle engagement and biomechanical efficiency. Our products use simple, natural movements and back-to-basics principles to enable anyone to unlock their potential. Visit [www.PerfectOnline.com](http://www.PerfectOnline.com) to learn more.

©2017 Implus LLC • All rights reserved.  
Perfect Fitness® and Perfect® are a registered trademarks of Implus LLC  
[www.PerfectOnline.com](http://www.PerfectOnline.com)

VELCRO® is registered trademark of Velcro Industries B.V.  
LYCRA® is a trademark of INVISTA.

**No part of this booklet may be reproduced or utilized in any form or by any means electronic, mechanical or otherwise without the expressed written consent of the copyright holder.**

# Perfect.

WEIGHT VEST 20/40 lb

USER GUIDE



Getting in shape takes the right attitude and perseverance. Everything else falls into place if you start with these goals. The right equipment makes the task that much easier, so congratulations on your purchase of the Perfect Weight Vest. The Perfect Weight Vest is one of the cornerstones of an effective, time-efficient exercise regimen. No matter your fitness level, you can progress at a rate that's right for you using Perfect products.

Sticking with a program of regular exercise takes a team and I encourage you to join ours. Go to [www.PerfectOnline.com](http://www.PerfectOnline.com) to find out about new products, get workout tips and view videos. Join us on Facebook at [www.facebook.com/perfectfitness](http://www.facebook.com/perfectfitness) - it's the place to ask questions, share your progress and test yourself against the best. Many of our top users have created their own exercise routines using our products. The team that works out together, stays together - find a teammate and Go For It!

We want to hear how you're doing, because your success is our success!

Alden Mills

Perfect Founder and former U.S. Navy SEAL

---

## IMPORTANT:

**This User Guide is the authoritative source of information about your Perfect Weight Vest. Please read it carefully and follow all the instructions.**

## COMMENTS OR QUESTIONS?

If you have any comments or questions about your Perfect product, instructions or warnings, please email, call or write to our Customer Service Specialists. Our goal is your complete satisfaction.

Perfect® Customer Service Department, 2001 T.W. Alexander Drive,  
Box 13925, Durham, North Carolina 27709-3925

Call Toll Free: 1 877 974 7733, Monday through Friday, 8:00am to 5:00pm, EST  
Email: [help@4implus.com](mailto:help@4implus.com)

[www.PerfectOnline.com](http://www.PerfectOnline.com)

# IMPORTANT SAFETY INFORMATION

## ⚠ WARNING

**FAILURE TO READ AND FOLLOW THE SAFETY INSTRUCTIONS STATED IN THIS USER GUIDE MAY RESULT IN POSSIBLE SERIOUS INJURY OR DEATH.**

- 1. Before EACH use, visually inspect the equipment. Never use this equipment if it is not working properly or if there are damaged or worn parts.** Call our Customer Service Department with any questions.
- 2. Consult your physician before starting this or any other exercise program.** Fitness training can result in serious or fatal injury. Risk of injury can be lessened when safe techniques and common sense are practiced. **Before beginning your first workout, become familiar with the Perfect Weight Vest and review all exercise guidelines prior to using the equipment. If you have any questions consult your physician.** Your physician should assist you in determining the target heart rate zone appropriate for your age and physical condition. Certain exercise programs or types of equipment may not be appropriate for all people. This is especially important for people over the age of 35, pregnant women, or those with preexisting health problems or wrist, elbow, shoulder or other joint and/or muscle impairments. **If you are taking medication that may affect your heart rate, a physician's advice is absolutely essential before use of this equipment.**
- 3. Warm up** before any exercise program by doing 5 to 10 minutes of gentle aerobic exercise, such as walking, followed by stretching.
- 4. Start out slowly and progress sensibly.** Even if you are an experienced exerciser, start with the easier modifications of the exercise and become familiar with all of the exercises before moving on to more advanced modifications.
- 5. Use caution if engaged in movements like jumping, sprinting or other explosive plyometric movements.** These exercises add additional stress to your body. Perform these exercises with extreme care and start with a very light weight to allow your body to become conditioned to this added stress. If you experience any pain or discomfort while performing these exercises stop immediately and return to conventional, non-impact exercises. If pain or discomfort persists please contact your physician.
- 6. Do not overexert yourself with this or any other exercise program.** Listen to your body and respond to any reactions you may be having. You must learn to distinguish "good" pain, like fatigue, from "bad" pain, which hurts. **If you experience any pain or tightness in your chest, an irregular heartbeat, dizziness, nausea, or shortness of breath, stop exercising at once and consult your physician immediately.**
- 7. Use this equipment ONLY for the intended use as described by the manufacturer. DO NOT** modify the equipment or use attachments not recommended by the manufacturer.
- 8. Have plenty of clearance space.** It is important to keep children, pets, furniture and other objects out of the way when working out with this equipment. You should have a minimum of 3 feet of clearance space to avoid unnecessary physical contact.
- 9. Wear appropriate clothing when exercising.** Workout clothing should be comfortable and lightweight, and should allow freedom of movement. Wear comfortable athletic shoes made of good support with non-slip soles, such as running or aerobic shoes.
- 10. Do not add weights that are not recommended by the manufacturer.**
- 11. Not recommended for children under the age of 14.** Adult supervision required if under the age of 18.

**12. Use caution if using the product outdoors.**

Pay close attention to traffic conditions and your surroundings at all times regardless of time of day and especially in low light. Do not wear headphones or use a cell phone that might cause you to be inattentive to your surroundings.

**13. Breathe naturally,** never holding your breath during an exercise. Avoid over-training. You should be able to carry on a conversation while exercising.

**14. Handicapped or disabled people must have medical approval** before using this equipment and should be under close supervision when using any exercise equipment.

**15. DO NOT store in direct sunlight or near direct heat sources.**

Go to [www.PerfectOnline.com](http://www.PerfectOnline.com) or call 1 877 974 7733 for replacement user guide or questions.

## SPECIFICATIONS & PARTS

**20 lb Weight Vest: (Approximate)**

**Width:** 17"

**Depth:** 2"

**Height:** 16.5"

**Product Weight:** 21 lb (including weights)

**40 lb Weight Vest: (Approximate)**

**Width:** 18"

**Depth:** 2"

**Height:** 21.75"

**Product Weight:** 42 lb (including weights)



**20 lb Weight Vest**  
Includes 20 - 1 lb Weights (approximate)

**40 lb Weight Vest**  
Includes 32 - 1.25 lb Weights (approximate)



**2 Channel Weights**