

Perfect®

WEIGHT VEST

INCREASE THE INTENSITY

Building strength means pushing, pulling, or lifting more weight. The Perfect® Weight Vest was designed so you can vary your workout by adding or removing weights.

SLIM FIT MAXIMIZES MOBILITY

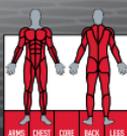
Optimal movement during push, pull, and explosive movements

NEOPRENE DOUBLE BELLY BAND

Adjustable secure fit

BREATHABLE SHELL

Maximum comfort



Find more free workouts online at PerfectOnline.com

BEGINNER

Box Step Up



▶ SET UP

Add up to 10 lbs. to Weight Vest. Stand behind a box or step that is knee height or lower. Feet hip width apart, maintain neutral posture.

▶ MOVEMENT

Brace core and place one foot on the box. Shift weight forward and press body weight up until the leg is completely extended. Return to starting position by stepping down. Aim for 2-3 reps at a time.

INTERMEDIATE

Lunge



▶ SET UP

Add up to 25 lbs. to Weight Vest. Stand with feet hip width apart with neutral posture and looking straight ahead.

▶ MOVEMENT

Brace core, pick one foot up and step forward one stride. Shift upper body forward while lowering the body until the crease of the hip is at or below the top of the knee. Return to starting position. Aim for 2-3 reps at a time.

EXPERT

Squats



▶ SET UP

Add up to 40 lbs. to Weight Vest. Stand with feet slightly wider than hip width apart and toes slightly rotated out.

▶ MOVEMENT

Brace core and lower hips into a squat position. Lower the body until the crease of the hip is at or below the top of the knee. Return to starting position. Aim for 2-3 reps at a time.