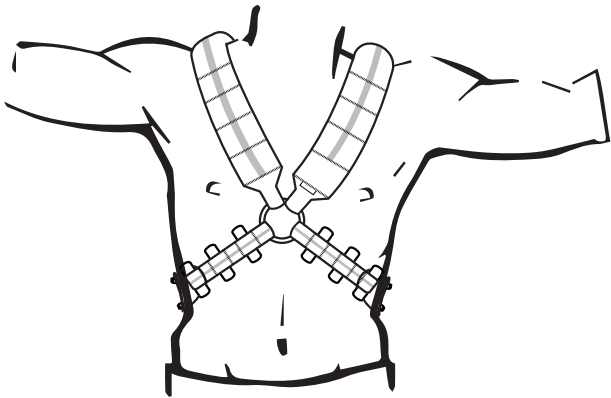


## HOW TO FIT YOUR WEIGHT VEST

1.

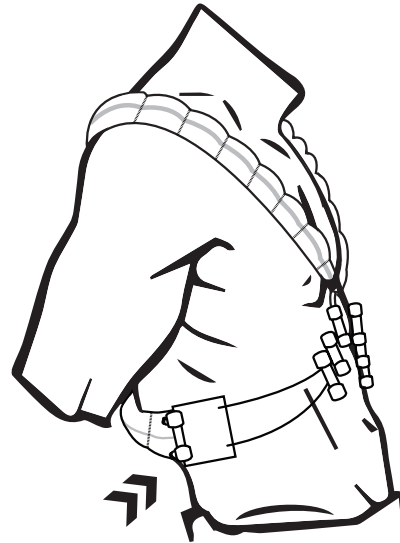
Chest weights need to be securely attached to the torso. 3 slugs can be found on either side of the front of the vest. Attach the bungee cord loop to the desired slug for a snug fit.

You should be able to comfortably do a hand stand with the harness remaining firmly on your person. Adjust tightly.

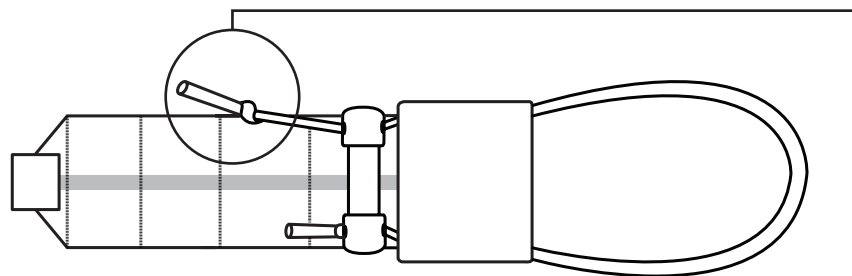


2.

If the harness is still not tight enough, you can tighten the bungee on either side of the harness.



3.

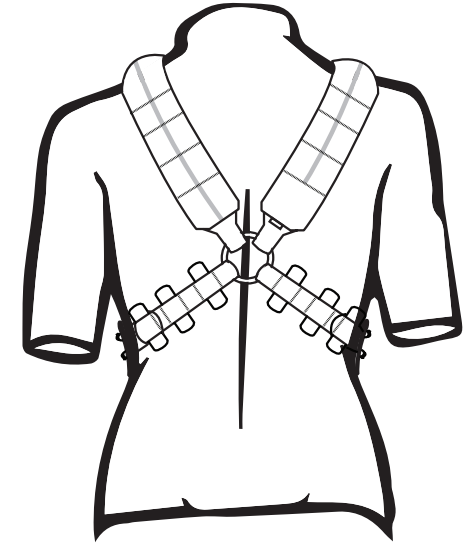


The bungee cord can be shortened by pulling one side of it through the slug and securing it with a knot.

## A MORE COMFORTABLE FIT FOR WOMEN

1.

P.S: Ladies, if necessary you can reverse the harness wearing the slugs on your back for a more comfortable fit.



# BRIGHT® WEIGHTS