

# Strength Training Weight Vest





### Upgraded U-shaped Design:

Contour to the female body curves



### Adjustable Shoulder Straps:

Provide a custom fit according to your body shape and size



### Neoprene:

Breathable, comfortable, moisture-wicking



### Chemical-free Iron Sand Filling:

Odorless, free of harmful substances



### Reflective Strips:

Keep you safe during night training



### Convenient Mesh Pocket:

Carry your phone, keys, and bank cards



### Adjustable Weight Packs:

Include 8 sand bags

# Benefits Of the Weighted Vest

## Target Users:

- ▶ Women and Men
- ▶ Rehabilitation Patients
- ▶ Everyday Fitness Seekers

## Key Applications:

- ▶ **Improve Bone Density:**  
Weight training stimulates bone growth which helps increase bone density and prevent osteoporosis.
- ▶ **Strengthens Muscles:**  
Weight training can increase muscle strength and improve the support capacity of the muscles around the bones, reducing the risk of fractures.
- ▶ **Improve Balance:**  
Through weight training, you can improve your body's balance and stability, reducing the risk of falling and likelihood of fractures.
- ▶ **Fat Burning Boost:**  
Wearing a weighted vest during aerobic activities can enhance fat-burning effects and accelerate calorie expenditure.

# Training Program

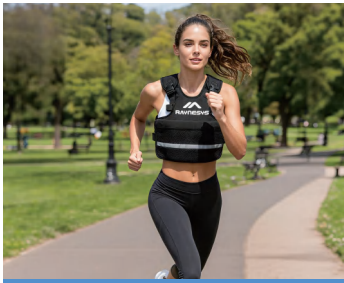
1. Start with a base weight of 2 pounds, gradually increasing the load as you adapt.
2. For your reference, a weighted vest should be approximately 8%-20% of your body weight and the wearing time should not exceed 2 hours. It is recommended to rest your muscles after use.



Daily Walks

**Workout:** Gradually increase walk time and speed, maintain a brisk walk posture, and walk at least 5 days a week.

<b>Weighted</b>	2-12 lbs
<b>Duration</b>	Normal 15-25 mins
	Comfortable 30-45 mins
	Difficult 50-60 mins
	Sets: 1-2 times per day



Running

**Workout:** Includes warming up, running and relaxing. Gradually increase running speed and distance (3 mile is reasonable).

<b>Weighted</b>	2-12 lbs
<b>Duration</b>	Normal 5-10 mins
	Comfortable 15-20 mins
	Difficult 30-45 mins
	Sets: 3-4 times per week

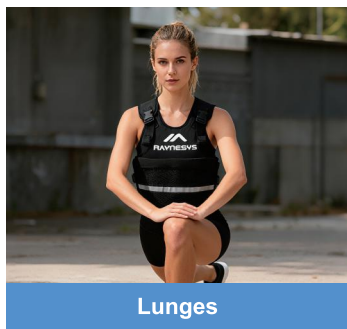


Squats

<b>Weighted</b>	2-12 lbs
<b>Normal</b>	Duration: 5-10 mins
	Sets: 4-6 sets
<b>Comfortable</b>	Duration: 10-15 mins
	Sets: 6-8 sets
<b>Difficult</b>	Duration: 15-20 mins
	Sets: 8-10 sets

**Workout:** Do 10-15 squats per set, keeping your knees no higher than your toes and your back straight.

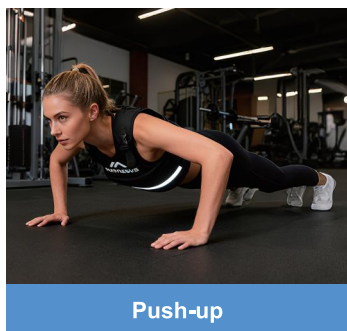
# Training Program



Lunges

<b>Weighted</b>	2-12 lbs
<b>Normal</b>	Duration: 5-10 mins
	Sets: 4-6 sets
<b>Comfortable</b>	Duration: 10-15 mins
	Sets: 6-8 sets
<b>Difficult</b>	Duration: 15-20 mins
	Sets: 8-10 sets

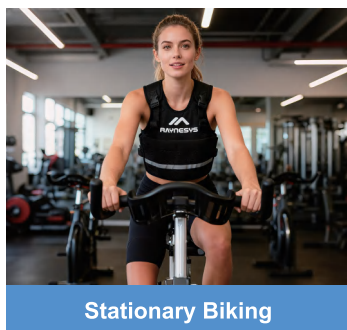
**Workout:** Perform forward or side lunges, aiming for 10-12 reps per set.



Push-up

**Workout:** Keep your body in a straight line with your hands shoulder width apart, palms on the ground, and your back straight.

<b>Weighted</b>	2-12 lbs
<b>Duration</b>	8-15 mins
<b>Groups</b>	3-4 sets, 8-12 reps per



Stationary Biking

**Workout:** Maintain appropriate resistance, control cadence and speed, and gradually increase riding time and intensity.

<b>Weighted</b>	2-12 lbs
<b>Duration</b>	20-45 mins
<b>Groups</b>	3-5 times a week

# Training Program



Pilates

**Workout:** Gradually increase the weights and duration of the movements, and pay attention to maintaining stability and control.

<b>Weighted</b>	2-12 lbs
<b>Duration</b>	30-60 mins
<b>Groups</b>	2-3 times a week



Housework

**Workout:** Utilize household activities such as cleaning windows, sweeping, mopping floors, etc. to increase physical activity.

<b>Weighted</b>	2-12 lbs
<b>Duration</b>	Based on duration of household activities
<b>Groups</b>	Based on the need for household activities

## Tips for Using a Weighted Vest

### Choose the Right Weighted Vest

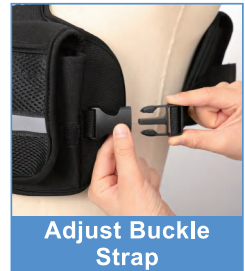
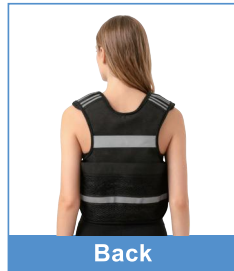
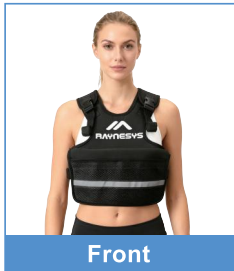
The weight of your weighted vest is key! It should be around 8%-20% of your body weight. The adjustable buckle allows the weight vest to fit snugly but not too tight.

### Gradually Increase the Load

When starting to use a weighted vest, it's best not to overload it. Begin with lighter weights and gradually increase the load. This approach helps prevent excessive strain on your body and reduces the risk of injuries.

## **Wear the Weighted Vest Correctly**

When wearing a weighted vest, maintain an upright posture in your back, shoulders, and waist. Adjust the straps of the vest to ensure a snug fit without being loose.



## **Choose Suitable Exercises**

Weighted vests can be used for various exercises such as running, squats, and push-ups. However, during high-impact activities like jumping or quick turns, extra pressure may be exerted. Therefore, when selecting exercises, consider your adaptability and physical condition, and seek guidance from a professional trainer if necessary.

## **Manage Usage Time Wisely**

Limit the duration of each session wearing a weighted vest to an appropriate range. Start with 5-10 minutes initially and gradually increase the time. Prolonged use of a weighted vest may burden your body especially for beginners. Therefore, incorporate adequate rest periods when using a weighted vest and adjust based on your body's adaptation.

## **Listen to Your Body**

Pay attention to your body's reactions and signals while using a weighted vest. If you experience discomfort or pain, stop the training immediately. Using a weighted vest should be a gradual adaptation process, not a forceful one. Avoid rushing to increase the weight rapidly; instead, respect individual differences and the natural adaptation process of the body.

# Thank You for Your Order

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