

ELITE SERIES ADJUSTABLE WEIGHT VEST

10WTVv3, 20WTVv3, 30WTVv3, 20WTVv3, 40WTVv3, 50WTVv3,
60WTVv3

429228, 429229, 429230, 429231, 429232, 429233



Operator's Manual



Read the Operator's Manual entirely. When you see this symbol, the subsequent instructions and warnings are serious follow without exception. Your life and the lives of others depend on it!

PARTS DIAGRAM / EXPLODED VIEW



KEY	BOX	LB VEST	DESCRIPTION	VEST QTY	INGOT QTY
(1)	1	20WTV	ADJUSTABLE WEIGHTED VEST	1	8
(1)	1	30WTV	ADJUSTABLE WEIGHTED VEST	1	12
(1)	1	40WTV	ADJUSTABLE WEIGHTED VEST	1	16
(1)	1	50WTV	ADJUSTABLE WEIGHTED VEST	1	20
(1)	1	60WTV	ADJUSTABLE WEIGHTED VEST	1	24
(2)	1	10WTV	2.5 LB INGOT CAST IRON WEIGHTS	NA	4

WASHING INSTRUCTIONS:

Remove the weights. Hand wash with soap and hang dry.

MATERIAL

- A. Shell made of 1050D Nylon Cordura with bonded thread for stronger stitching.
- B. Round shoulder design to provide more space for the neck and enhance user comfort.
- C. Interior filled with 25 hardness foam and rubber for added user comfort.
- D. To achieve a weight of 30 LB, typically 6 pieces of 2.5 LB ingot cast iron are placed in the front and 6 pieces in the back to ensure good balance.
- E. Electrophoresis coating applied to D-Rings to maintain a consistent black color matching the weight vest, improving visual aesthetics.
- F. Velcro closure features double D-ring inserts for enhanced safety.

WEIGHTED VEST BENEFITS

Increased strength and endurance:

Pushing yourself harder leads to greater results in muscle building and aerobic endurance.

Better balance and posture:

The body adjusts to the added weight, engaging muscles responsible for balance and maintaining proper posture.

Strengthen your core:

Weight above your torso targets abdominal muscles, aiding core strength.

Increases performance of specialized skills:

Weighted vests are effective for enhancing speed and agility drills.

Helps burn fat:

Creates higher oxygen deficiency, causing a faster heart rate and increased calorie burn.

Doesn't allow your muscles to adapt:

Wearing a weighted vest makes exercises harder, preventing muscle adaptation and plateaus.

ACKNOWLEDGEMENT OF RISK AND RELEASE OF LIABILITY

The use of any equipment, including this one, involves the potential risk of injury. Apart from any warranty claim that might be presented for a claimed defect in material or workmanship of the product, you accept and assume full responsibility for any and all injuries, damages (both economic and non-economic), and losses of any type, which may occur, and you fully and forever release and discharge Titan, its insurers, employees, officers, directors, associates, and agents from any and all claims, demands, damages, rights of action, or causes of action, present or future, whether the same be known or unknown, anticipated, or unanticipated, resulting from or arising out of the use of said equipment.

This equipment must be used with care by capable and competent individuals under supervision,

WARNING



Heavy object. Use lifting aids and proper lifting techniques when moving.



Choking hazard. Small parts – Please exercise caution if small children or pets are present.



Sharp objects may be involved. Use precaution and protection.

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