

Now, you can train with real confidence - it's safe, effective and delivers real results. The **HF Pro Vest** will transform your body into the superior power-producing animal that you always wanted to be. You will experience a new intensity in your workouts. The **HF Pro Vest** is the **ULTIMATE** accessory for an **EXTREME** sports training program - It's time to own the **HF Pro Vest**.



SPECS

1. **Designed to produce dynamic respiratory resistance.**
2. The **HF Pro Vest** is made of a 400 Denier Nylon that has been treated with an Anti-Bacterial and Anti-Microbial.
3. Seams are surged and bound.
4. Individual weight pockets give you complete control and stability of the weight. Now, you have less of an opportunity of weight migration, movement and injury.
5. D-Ring: for multi-plane resistance training.
6. Adjustability in length and depth to improve fit and performance.
7. Adjustable shoulder straps with hook and loop closures. With the proper fit you will get the proper placement of the weights, resulting in optimum performance.

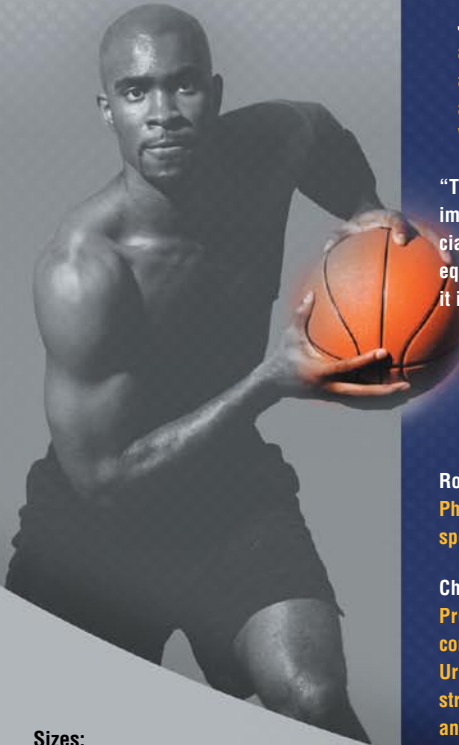
8. A secondary closure for each shoulder utilizing a quick release clasp offers you the security of safety while the **HF Pro Vest** is in use.
9. The two-piece clamshell design of the **HF Pro Vest** is based on orthopedic devices that aid in the proper spinal alignment and support. The adjustability of the **HF Pro Vest** design insures proper fit to your body and proper placement of the weights.
10. The **HF Pro Vest** Liner is made of an Orthopedic Beta with moisture wicking properties and is also treated with an Anti-Bacterial and Anti-Microbial.
11. Quad-Lateral elastic torso straps with hook and loop closures. The proper fit also improves safety when in use.
12. Cylindrical weights in 0.45 kg increments. The design of the weight puts less surface area against the body, thus reducing the opportunity for injury.

Patent Pending

Stronger Faster Higher

THE HF PRO VEST IS USED BY TOP PROFESSIONAL ATHLETES AND TRAINERS IN THE NFL, NBA, NHL, MLB, COLLEGE AND ALSO BOTH WINTER AND SUMMER OLYMPICS. IT'S ALSO USED BY THE MILITARY, POLICE AND FIREMEN FOR SAFE AND EFFECTIVE CONDITION TRAINING.

GET HF PRO VESTED AND SEE WHAT THE HF PRO VEST CAN DO FOR YOU



Sizes:

- X-Small (waist 22" - 28")
- Small (waist 26" - 32")
- Medium (waist 30" - 36")
- Large (waist 34" - 40")
- X-Large (waist 38" - 44")

Product Number:

- HFV3636** - 36.29 kg included
- HFV1818** - 18.14 kg included
- HFV1809** - 9.07 kg included
- HFV0909** - 9.07 kg Included



"I have found the HF Pro Vest to be an excellent tool for providing overloads in both conditioning and rehabilitation programs. As you well know, plyometric training is an integral part of any sophisticated strength and conditioning program these days. The problem is finding a way of providing contrast and complex training loads for the higher end athletes. The HF Pro Vest has proven itself in my programs! The fit and adaptability are excellent. The key is to make any overload as much a part of the body as possible. The HF Pro Vest allows for freedom of movement and doesn't interfere with any of the agility, bounding or running programs that I write for a wide variety of athletes."

Donald A. Chu Ph.D., PT, ATC, CSCS is the author of "Jumping into Plyometrics", "Power Tennis Training", "Explosive Strength & Power" and other Plyometric training books. His past clients include athletes from the 1984, 88, 92, 96, 2000 Summer Olympics, 2002 Winter Olympics and Professional athletes from the NFL, NBA, and MLB. He is currently working with 2004 Summer Olympians.

"I have used all of the vests available in the fitness industry. At IHP, we use vests daily and put them through rigorous work, all have fallen apart on us. The HF Pro Vest is the best make and best fitting vest I have seen. We expect them to last a very long time and provide years of effective training."

Juan Carlos Santana, MEd, CSCS served as the Chairman of the National Strength and Conditioning Association (NSCA) Sport Specific Conference. He is a member and Certified Strength and Conditioning Specialist (CSCS) with the NSCA. Carlos also a certified Senior Coach and Club Coach Course Instructor with the USA Weightlifting, and a LEVEL I coach with the USA Track and Field Association.

"The HF Pro Vest is the ONLY choice for serious athletes seeking to dramatically improve their event-specific strength through the use of what the Soviets call 'special exercises.' This is more than just a 'vest' - it's a valuable piece of training equipment. You have to use the HF Pro Vest in order to fully appreciate how effective it is."

Charles Staley is a sports conditioning specialist and director of Integrated Sport Solutions in Las Vegas, Nevada. He has coached elite athletes from many sports, including martial arts, luge, boxing, track & field, hobsled, football, Olympic weightlifting and bodybuilding.

Robert Donatelli, Ph.D., PT, OCS the National Director of Sports Rehabilitation for Physiotherapy Associates endorses and utilizes the HF Pro Vest weighted vest in his sport specific training as well as post injury sport rehabilitation.

Chip Smith, Athletic Director of the Atlanta Athletic Club and Founder and President of Competitive Edge Sports endorses and uses the HF Pro Vest in his conditioning program with athletes such as NFL Rookie of the Year 2000, Brian Urlacher (Chicago Bears). Chip is recognized as one of the foremost speed and strength experts in the United States and has trained over 200 current NFL players and many current NFL, NBA and MLB stars.

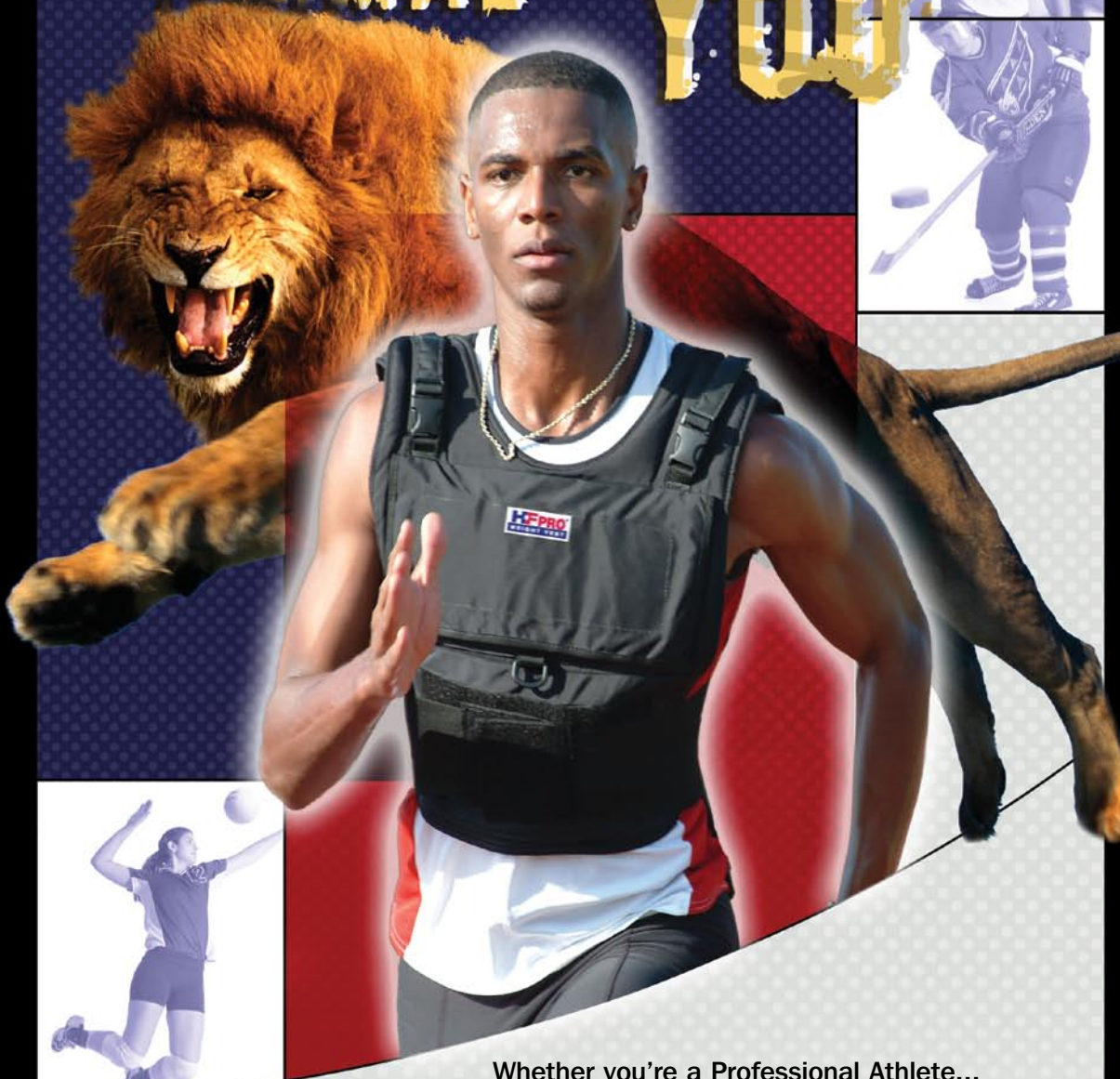
Utilized by numerous Olympic downhill ski teams prior to the Salt Lake 2002 Winter Olympic Games.

For Inquiries Call
1800 633 009

Remember to always consult with a physician before beginning any exercise program, especially one as EXTREME as the HF Pro Vest program.

ADJUSTABLE WEIGHTED VEST

Bring **Out** the **ANIMAL** in **YOU**



Whether you're a Professional Athlete...
a Coach... an Aspiring Athlete or just
Someone that wants improved performance,
the **HF Pro Vest** can take you there.

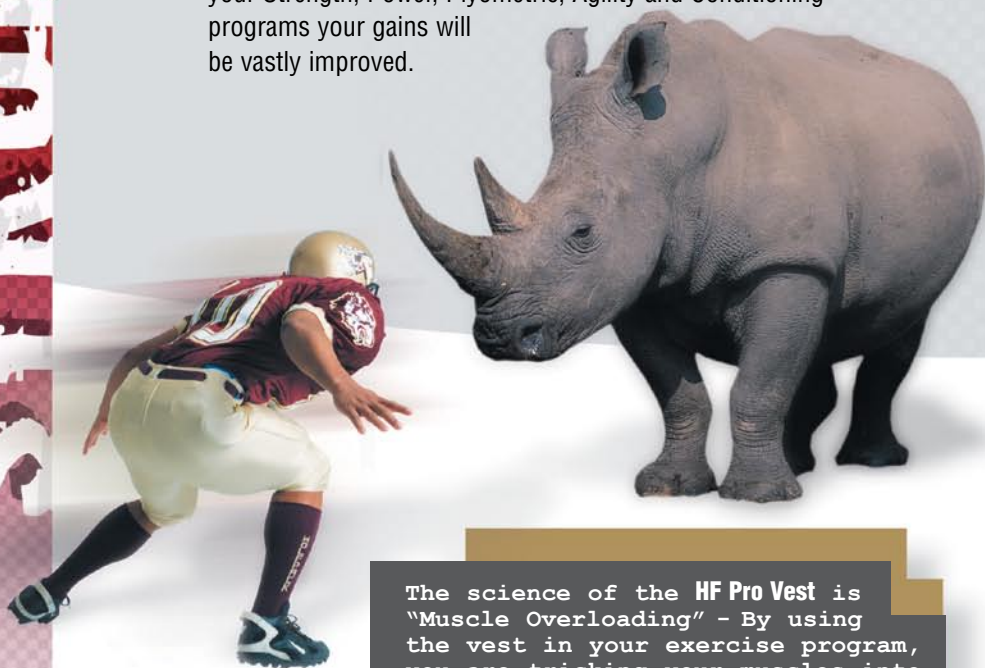
HF PROTM
WEIGHT VEST

The Best Strength Enhancing, Power-Producing Conditioning Tool

Would you benefit from improved strength and enhanced performance?
Does the sport you play require strength - XPLOSIVE strength?
Would XPLOSIVE strength improve your ability to compete?
Is it time to take your training to the next level, to an EXTREME Level?
Do you want to **be the next SUPERSTAR** in your sport?

DID YOU ANSWER **YES**

Then it's time for you to get the **HF Pro Vest**, your ultimate training accessory. When you incorporate the **HF Pro Vest** into your Strength, Power, Plyometric, Agility and Conditioning programs your gains will be vastly improved.



The science of the **HF Pro Vest** is "Muscle Overloading" - By using the vest in your exercise program, you are tricking your muscles into believing you are heavier than you actually are, resulting in quicker and stronger abilities when you remove the vest.

If you want to play XPLOSIVE, you have to train XPLOSIVE. It's time to add the **HF Pro Vest** to your workouts and let the competition worry about you. The **HF Pro Vest** will enhance your workout to improve your starting strength - giving you the XPLOSIVE burst of strength and speed necessary to separate you from your competition.

HFPRO[™]
WEIGHT VEST

Let the **HF Pro Vest** make you powerful

STRONG LIKE A RHINO.

Is speed important in your sport or activity?
Want to shave time off of your sprints or distance running?
Is your competition getting faster or are you getting slower?
Do you want to impress your coaches and teammates?
Would **EXPLOSIVE speed** set you apart from your competition?
Are you ready to take your workouts to an **EXTREME** level?

DID YOU ANSWER **YES**

The two-piece clamshell design of the **HF Pro Vest** is based on Orthopedic devices that aid in the proper spinal alignment and support. The adjustability of the **HF Pro Vest** design insures proper fit to your body and proper placement of the weights resulting in optimal center of gravity. Only with proper alignment and fit can you attain a safe and effective workout that delivers results.

Then it's time to insert the **HF Pro Vest** into your Agility, Plyometric, Power, Strength and Conditioning programs. When you incorporate the **HF Pro Vest** into your workouts the results will astonish you, your teammates and your coaches. Imagine getting to the spot faster, shaving time off of your forty or hundred yard dash and distance running or getting off the ball or spot faster. The **HF Pro Vest** can do this for you, it can make you faster.



Let the **HF Pro Vest** make you run

FAST LIKE A CHEETAH.



SECRETS FROM
THE **EXPERTS**

Be stronger,
faster and higher
or get blown way.
You better
start using
the **HF Pro Vest**
before your
competition
does.

Would you like to jump higher & farther?

Does your sport or activity require you to **EXPLODE** to the ball or spot?

Would you like to **sky over the competition**?

Would added inches or feet to your vertical or broad jump make you
more competitive?

Do you want your competition to fear you?

Do you want to play higher and bigger?

Is it time for you to take your workouts to the **EXTREME**?

DID YOU ANSWER **YES**

Then it's time for you to make the **HF Pro Vest** your **FACTOR**. Incorporate it into your workouts and let it astonish you and your competition. The **HF Pro Vest** will give you the **EXPLOSIVE** power you crave and make your competition fear you. Whether you're skating for the puck or diving for a ball, you will be the first one there. Get the **HF Pro Vest** and get ready to fly. You will add inches and feet to your vertical and broad jumps. If winning is everything, then let the **HF Pro Vest** be your formula in winning.

Why wait to improve, when the time to improve is now. Insert the **HF Pro Vest** into your workouts and dominate your competition.

HFPRO[™]
WEIGHT VEST

Let the **HF Pro Vest** make you fly -

SOAR LIKE AN EAGLE