



## ADJUSTABLE EXERCISE WEIGHT VEST



## SPECS

The HF Vest is  
Patented with 42  
Independent Claims

1. A secondary closure for each shoulder utilizing a quick release clasp offers you safety and security.
2. The adjustable two-piece Velcro clamshell vest is based on orthopedic devices that aid in the proper spinal alignment and support.
3. The **HF Vest** is made Denier Nylon that is treated with an Anti-Bacterial and Anti-Microbial. Reduces body odor.
4. High performance design - seams are surged and bound for durability. (Machine washable)
5. Twenty (20) individual weight pockets designed for weight security and stability. The weights will not migrate or move.
6. D-Ring: add different exercise resistance training (with bungee cords).
7. Adjustability in length and depth for customized individual fit and performance. This results in perfect alignment for center of gravity and overall balance.
8. Adjustable shoulder straps with hook and loop closures. With the proper HF Vest fit you will get balanced placement of weights and better performance.
9. Lateral elastic torso straps with hook and loop closure. The secure fit provides safety.
10. Weight pockets positioned securely behind straps in front and back to promote balance, control and stability.
11. Twelve (12) individual 0.45 kg. cylindrical weights included. Add and/or reduce weights based on your ability and exercise routine. (Rounded weight puts less surface area against the body, thus reducing the risk of injury.)

HF Vest comes with 12 - 0.45 kg cylindrical weights. Additional weights available.



# ADJUSTABLE WEIGHT VEST

**LOSE  
WEIGHT**



**BUILD  
LEAN  
MUSCLE**



**IMPROVE  
BONE  
DENSITY**

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**You can use the  
HF Vest in the Gym,  
Outdoors, or just  
Around the House.**



**A Cheap  
Alternative to  
Liposuction**

**Voted "Must Have Fitness Product"**

Women's Health & Fitness Magazine & Shape Magazine

# Proven Results -

**Voted "Most Innovative Fitness Product"**

SGMA International - The Super Show



**Burn up to 70% more calories by adding the HF Vest to your normal activity.**

**Maximizes your current fitness program. Strengthens your core muscles & improves spinal bone density.**

Your body is acclimated to your weight and it burns calories based on weight, exercise, duration and intensity. When you add weight to your body, more muscles are recruited to support the function of moving the added weight; in turn more calories are burned to support the muscle action. A properly weighted vest will intensify any exercise or activity increasing the metabolic rate. Thus, you can double your RESULTS and BURN more calories in the same amount of time, making any workout more effective.

*"I love this vest. The moment it went on my body I knew this was something that would become a key-part of my own training as well as the training that I provide to my clients. I loved it so much that I had to share it with Katie Couric. This is a great way to improve your existing workouts or create completely new ones just by wearing the Vest!"*



**Kathy Kaehler**

Celebrity trainer to the some of Hollywood's Famous Stars.

# - Safe & Effective

Voted "Best Fitness Product 2005"

Muscle & Fitness Magazine

## Safe for All Ages, Women and Men

### How does it work?

The HF Vest allows you to add weight to your core in 0.45 kg increments. By adding weight to your body you are increasing gravity making it more difficult to move. By making even basic movements or motions more difficult your body requires more muscle fibers to be called into action thus requiring more calories to be burned to support the muscle actions.

### Can I burn more calories & lose weight?

If you weigh 82 kilos. And you jog for one hour, your body will burn 540 calories. Adding 9.07 kilos and jogging for one hour will burn 635 calories, approximately 20% more calories. You also benefit from "Afterburn", accelerated consumption of calories for up to 36 hours post exercise.

### Is the HF Vest right for older women?

Absolutely, as a matter of fact the HF Vest should be a staple in your exercise or wellness program. Being a women you are at a high risk for bone density loss (osteoporosis) especially in the spine and hips, 9.4 million women in the USA have osteoporosis and another 16.8 million are below normal bone density. In numerous research studies, where a weight vest was used, significant data has been produced to indicate that the weight vest improved spinal bone density.

### Will it injure my joints?

The HF Vest is extremely safe; the weight you are adding to your body is supported by your skeletal system and muscular structure and is distributed over a large area of your body. Numerous professional and collegiate athletes use the vest as do many hospitals and rehab clinics.

**The HF Vest is the Definitive Answer to Weight Loss, Passive Conditioning, Improved Strength & Enhanced Performance.**

*"As a personal trainer for over 14 years, I've worked with athletes and actors, superstars and super moms. I've used every tool and every toy in the gym. The HF Vest is an outstanding training aid and is a must. From a fitness standpoint, the HF Vest will benefit even the casual exercise participant, as its uses are only limited by your imagination. I've used many different weight vests, the HF Vest is clearly my top choice because of its superior fit and comfort."*



**Gunnar Peterson NSCA-C.S.C.S., ACE-C.P.T.**

- "Trainer to the Stars".

Gunner is a Beverly Hills-based personal trainer whose clients include celebrities as well as athletes from the NBA, NHL, USTA, and Boxing.