

WEIGHTED VEST

Exercise Chart



WHAT ARE YOU WEIGHTING FOR?!

The weighted vest is the most versatile piece of fitness equipment you'll ever own. Designed with removable weights and adjustable velcro straps, it adds resistance and challenge to any physical activity you do.

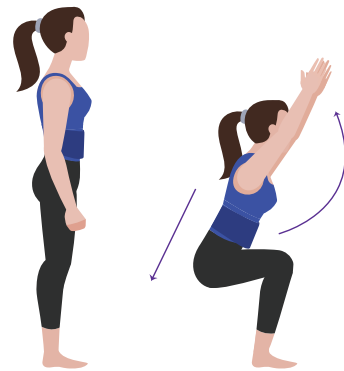
Warm up by walking for 2-3 minutes at a brisk pace, whilst wearing the weighted vest. Choose from the workouts below, or create your own by wearing your vest during your regular activities. Everything increases in intensity when you're wearing your weighted vest - walking the dog, doing housework or running with the kids as they ride their bikes. The opportunities are endless! Be sure to warm down by removing the vest and walking around for 2-3 minutes after you have finished your workout.

“Take every opportunity you can to **MOVE!** It's what your body is designed to do.”

Mish

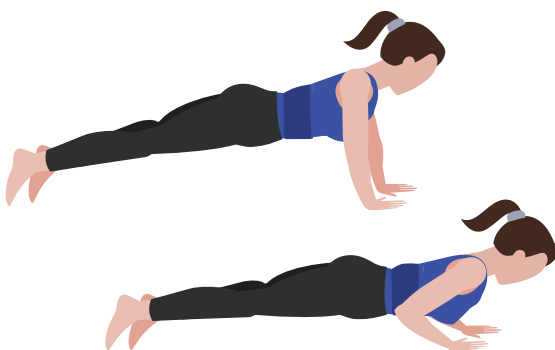
WORKOUT 1

1. Squat With Reach



Stand with your feet shoulder width apart. Sit into a squat, keeping your weight through the heels whilst reaching your arms over your head. Keeping your chest up and your core braced, push through your feet, squeeze with your butt and return to the start position. Do 10 reps.

2. Push Ups



From either your knees or toes, put your hands on the floor about shoulder width apart. Keeping your back long and your core braced, bend your elbows and lower your chest to the floor. Squeeze with your chest, push through your hands and return to the start position. Do 10 reps.

3. Single Leg Deadlifts



Stand with your weight on your left leg, your right leg extended behind you and your arms out in front of you. Keeping your back long and your core braced, tip your torso forward reaching your hands to the floor as your back leg swings back, parallel to the ground. Squeeze your butt and stand back up to the start position. Do 5 reps on the left leg, then 5 on the right leg.

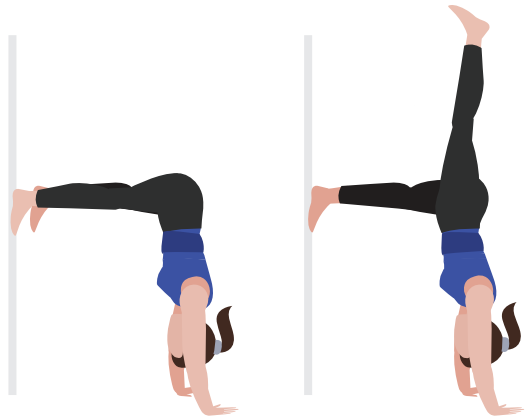
WORKOUT 1 CONTINUED

4. Boat Pose



Sit on the floor with your knees bent and feet just off the floor. Keeping your chest up and core braced, lean back as you reach your arms forward. Hold this position for 30 secs - 1 min, or until failure. Repeat 2 more times.

5. Handstand Holds



Put both hands on the floor at shoulder width apart, and walk your feet up the wall until your hips are in line with your head. Push into your hands, draw your shoulder blades into your back and roll your inner elbows toward each other as you lift 1 leg up to the sky. Hold this position for 30 secs - 1 min, or until failure. Repeat with the other leg lifted.

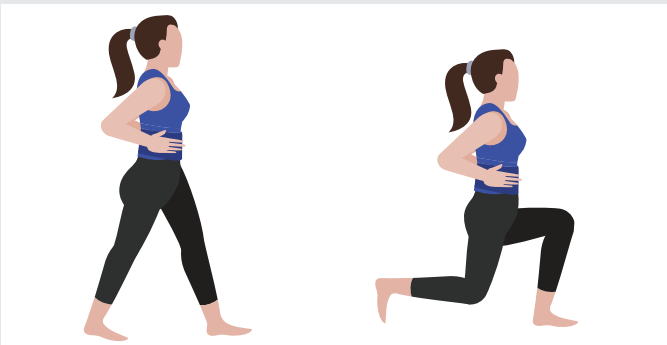
6. Tabata (Running)



Tabata is 8 rounds of 20 secs of work, followed by 10 seconds of rest. Run as fast as you can for 20 secs, then take active recovery by walking for 10 secs. Repeat for 8 rounds, for a total of 4 mins.

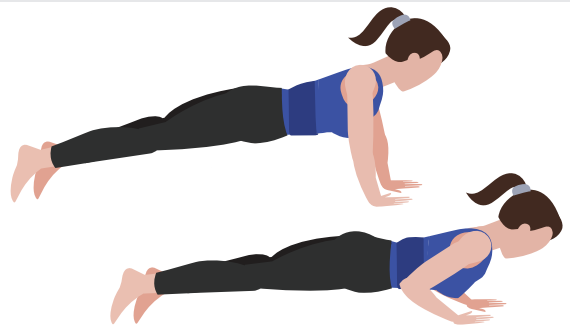
WORKOUT 2

1. Lunge



Keeping your feet hip width apart, step 1 foot forward and bend the back knee towards the ground. Drive through the front heel, squeeze through the butt and stand back upright. Do 5 reps on 1 leg, then 5 on the other.

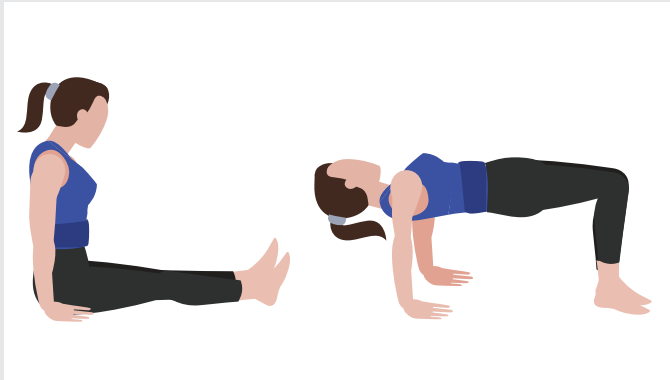
2. Push Ups



From either your knees or toes, put your hands on the floor about shoulder width apart. Keeping your back long and your core braced, bend your elbows and lower your chest to the floor. Squeeze with your chest, push through your hands and return to the start position. Do 10 reps.

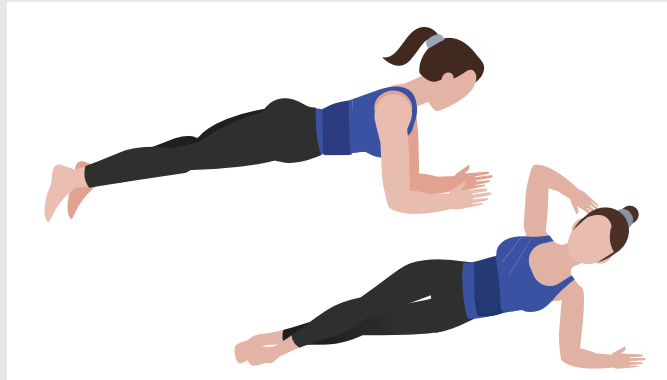
WORKOUT 2 CONTINUED

3. Dynamic Table Top



Put your hands on the floor under your shoulders, and extend your legs in front of you. Push into your hands, squeeze with your butt and drive your hips up to the sky. Return to the start position without putting your butt on the ground. Do 10 reps.

4. Rotating Side Plank



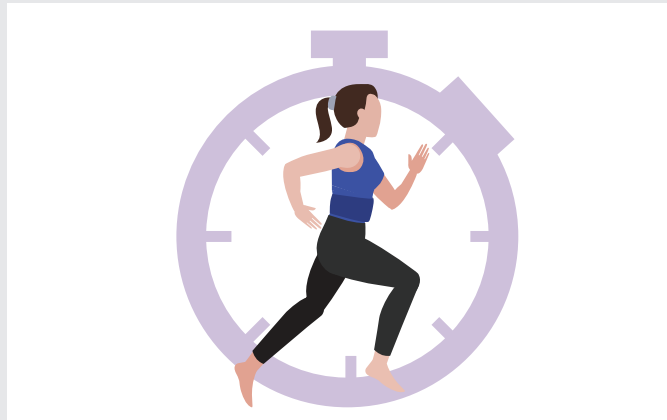
From your knees or your toes, keeping your core braced, come to a plank position on your forearms. Rotate to 1 side, lifting your elbow to the sky. Return to the start position. Do 5 reps on 1 side, then 5 reps on the other.

5. Downward Facing Dog



Put your hands on the floor at shoulder width apart, lifting your butt into the air and walking your feet back until your body is in a triangle shape. Push into your hands, draw your shoulder blades into your back and roll your inner elbows toward each other. Hold this position for 30 secs - 1 min, or until failure. Repeat 2 more times.

6. Tabata (Running)



Tabata is 8 rounds of 20 secs of work, followed by 10 seconds of rest. Run as fast as you can for 20 secs, then take active recovery by walking for 10 secs. Repeat for 8 rounds, for a total of 4 mins.

MISH TIPS!

- 1 Add and remove the individual weights to customise your weight vest.
- 2 Wear form fitting clothing that covers your skin under the vest, for greatest comfort.
- 3 Sponge clean your vest with a damp cloth after sweaty workouts, to keep it looking and smelling fresh and clean.