

Operating Instructions

Ironmaster Quick-Lock Ultimate Training Vest 40

Congratulations on your purchase of this fine Ironmaster product. Be sure to read and understand the operating instructions to achieve the best performance and avoid injury.



This weight vest is intended only for use with the Ironmaster Quick-Lock Dumbbell weight plates.
For further details and information please visit our website at www.ironmaster.com.



Using the Torso Straps:

The main lower straps must always be used. The upper strap is optional and intended for use in more dynamic exercising to hold the vest more securely to the body.

The main lower straps are made in two parts so you can adjust the length and location in the front and back. Depending on your body size you may need to overlap the strap ends. It is recommended to set the straps on the back of the vest first, then put on the empty vest and find where the best front location is for the Velcro. Adjust the back Velcro locations if needed. Then to put on the vest, leave the straps attached on the back and lift it carefully over your head and pull the straps around to the front and secure.

Attach the strap with hook Velcro facing out first then attach the other strap on top as shown.

The included OPTIONAL use upper straps are also made in two parts and must attach to each other in the back and front. We recommend locating this smaller strap as shown above. Not needed for most vest training uses but available for a more secure fit.

For customer service, contact your local distributor or:

Ironmaster LLC, 14562 167th Ave SE Monroe, WA 98272 USA

www.ironmaster.com Email: contact@ironmaster.com Tel: 800-533-3339 or 1-360-217-7780

Loading weights:

Each of the four pockets can hold up to four 5 lb and weight plates. 40 lbs total weight capacity/limit. Do not attempt to load more than this.

There are two compartments in each pocket to separate the plates. To fit two plates in a compartment it is easier to stack the plates together BEFORE inserting into the pocket. ALWAYS secure the Velcro flaps down over the plate pockets before use.

You can use various combinations of weight plates in the pockets, however we recommend loading the front and back - left and right sides equally for a balanced fit or if not an even split put more weight in the front.

10 lbs per pocket = 20 lbs total.



Fully loaded, 20 lbs per pocket = 40 lbs total.



Storage pocket:

You can use the front pocket for storage of items such as phone, keys, money, etc. Just pull the tab to open the Velcro and secure the Velcro after loading before use.

For some training it may not be not advisable to put items in this pocket. Use at your own discretion for item safety and clearance for training.

Do not overload the pocket. If the Velcro tab will not hold, do not use.

Use of the optional upper strap may prevent access to the storage pocket.



Shoulder strap adjustment:

You can adjust the length of the shoulder straps with the Velcro if you want the front and back panels to sit lower or higher on the torso by up to 1.5 inches.

Be sure to have at least half the Velcro overlapped at a minimum.

**Tips and care:**

Open the straps and lift the vest over your head and rest over your shoulders. Use extreme care when lifting a heavy loaded vest over head to avoid injury. Ideally have a partner assist you. If you have someone to assist, they can help load the plates in the pockets after you are wearing the vest. This is the safest way to don the vest.

You may want to wash the vest periodically with heavy sweating. Hand wash only with mild detergent or soapy water and hang dry. Do not wash or dry in a machine.

Do not leave your Quick-Lock plates in a wet or sweaty vest. Be sure to unload when your workout is complete and wipe down the plates to help avoid salty sweat causing any corrosion.

Check to be sure the Velcro is kept clean so it holds securely.

We recommend starting at a low weight when you begin training and working your way up over time. Added weight can be more challenging than you imagine for certain exercises. Don't over do it.

If you find there is any part of the vest that is coming apart or not operating correctly, discontinue use immediately and contact Ironmaster Customer Service for support.

Warranty Information:

Ironmaster warrants to the original purchaser that this Home Fitness Product will be free from defects in workmanship and materials for a specific period from date of purchase based on the part type listed below. During the warranty period, Ironmaster will either repair or replace, at its option, defective part(s) at no charge. Warranty covers in home use only.

1 year for normal wear items such as rubber, stitched, upholstered parts and surface finishes.

Shipping costs are not included in the warranty and some items may need to be sent to Ironmaster for repair or replacement. Installation of any parts and labor involved is not included. The warranties described above shall be the sole and exclusive remedy available to the purchaser. Correction of defects, in the manner and for the period of time described above, shall constitute complete fulfillment of all liabilities and responsibilities of Ironmaster to the purchaser with respect to the product, and shall constitute full satisfaction of all claims, whether based on contract, negligence, strict liability or otherwise. In no event shall Ironmaster be liable or in any other way responsible for damages or defects in the product which were caused by repairs or attempted repairs performed by anyone other than Ironmaster or Authorized service Contractor. This warranty shall not apply if the defect was caused by misuse, neglect or normal wear and tear of the product purchased. Nor shall Ironmaster be liable or in any way responsible for any incidental or consequential economic or property damage. Some states do not allow the exclusion of incidental or consequential damage, so the above exclusion may not apply to you.