

# Weight Vest and Resistance Band Exercises



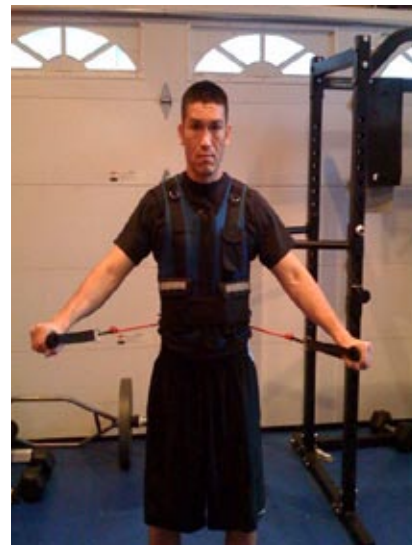
Side view of the rear connection point for job exercises.



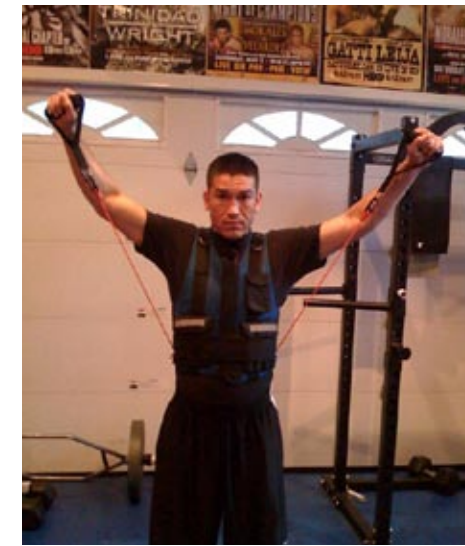
Connection of bands to D-rings for outer arm extensions.



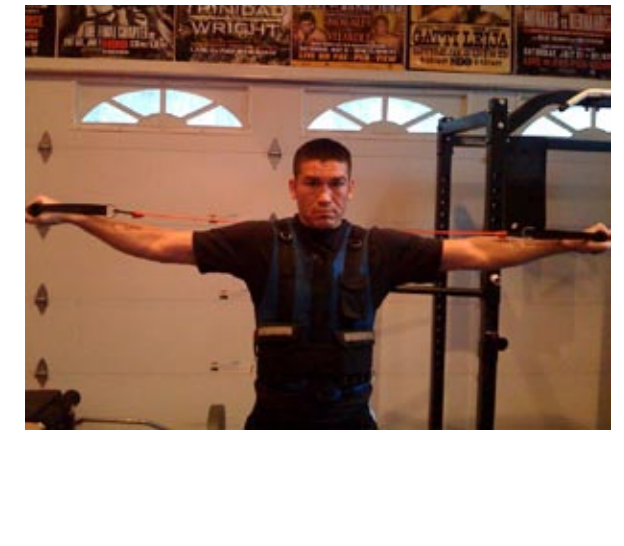
Close-up of side arm extensions



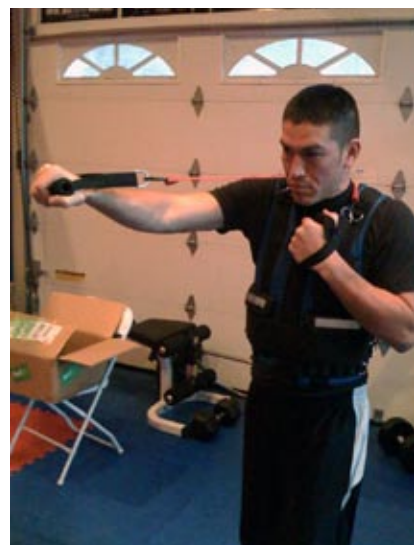
Forward arm extension. Create power in the lower arm and bicep. start with hands on hips and extend frontward with the bands attached to the lower D-rings.



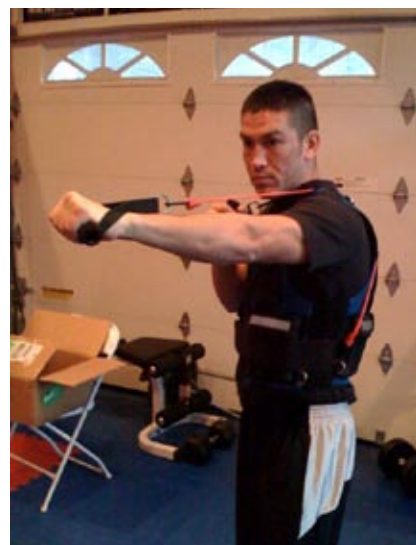
Arm lifts. To build the arms and shoulders. Start with your hands on you sides, lift hands above your head slowly to really build speed and power.



Arm extension. A fantastic way to build the shoulders and have the power and stamina of a Pure Champ.



Right jab with added resistance. Builds power and speed due to the added upper body weight and resistance bands.



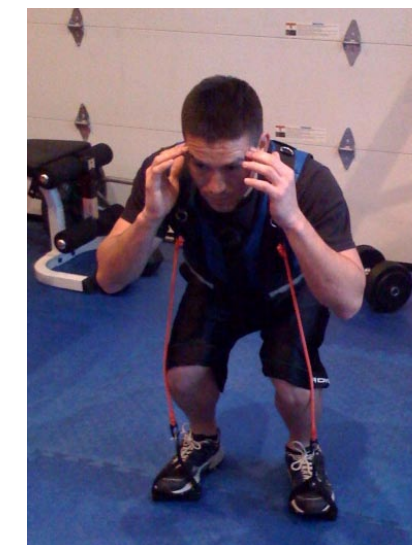
Left jab with added resistance. Builds power and speed due to the added upper body weight and resistance bands.



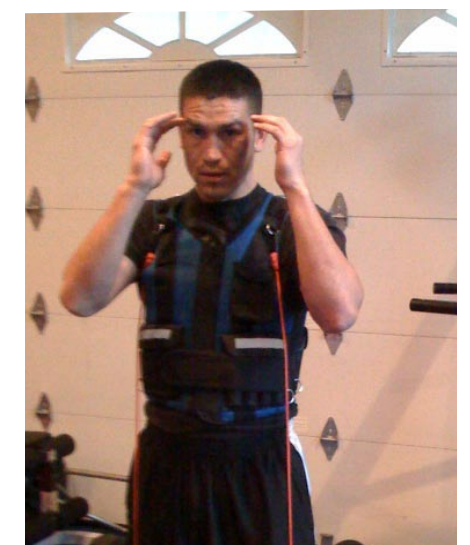
Ending position for pushups. The added resistance to the body gives you twice the workout in half the time.



Starting position for pushups. The added weights of the vest in combination with the bands will really give you the upper body burn you looking for. The added resistance to the body gives you twice the workout in half the time.



Starting position for squats. The squats will utilize the added resistance from the bands and the weights in the vest. Giving your entire lower body the burn it needs for full muscle development.



Finish position for squats. The squats will utilize the added resistance from the bands and the weights in the vest. Giving your entire lower body the burn it needs for full muscle development.



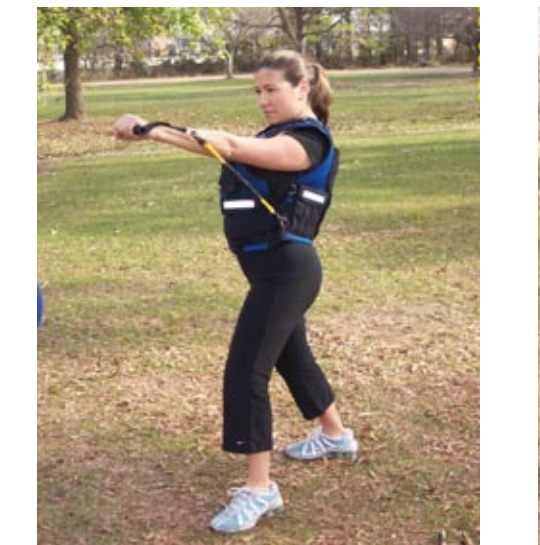
Start position for open leg squat for inner and outer thighs.



Finish position for open leg squat for inner and outer thighs.



Upper Cut with resistance bands.



Forward Jab with resistance bands.



Military Press with resistance bands.



Chest Press with resistance bands.



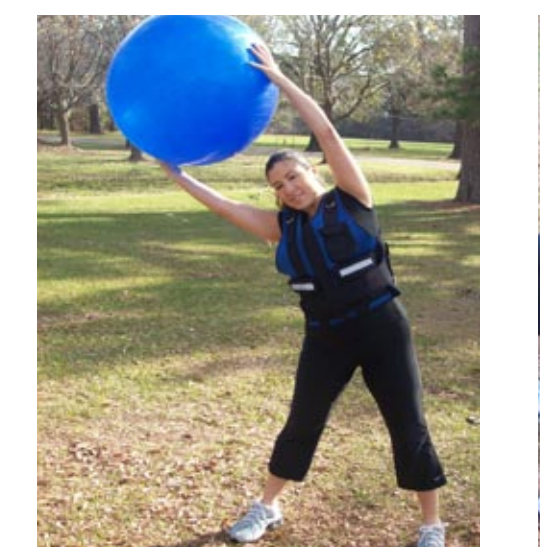
Start position for Tricep Dips.



Finish position for Tricep Dips.



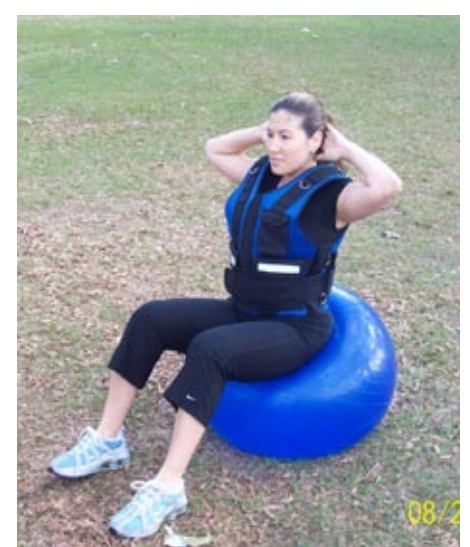
Start position for upper body shoulders with ball.



Finish position to the right for upper body shoulders with ball.



Start position for sit ups with ball.



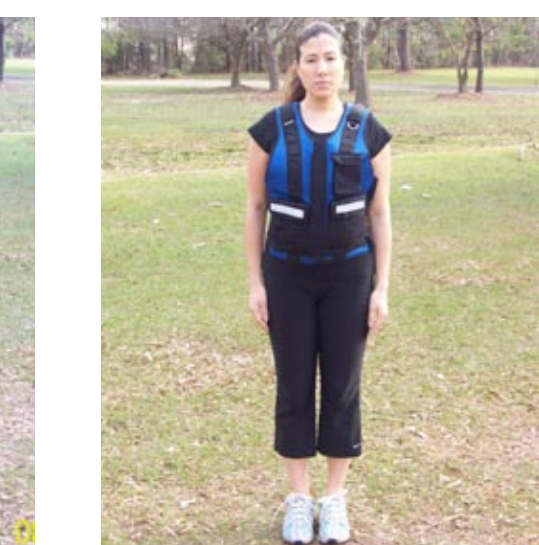
Finish position for sit ups with ball.



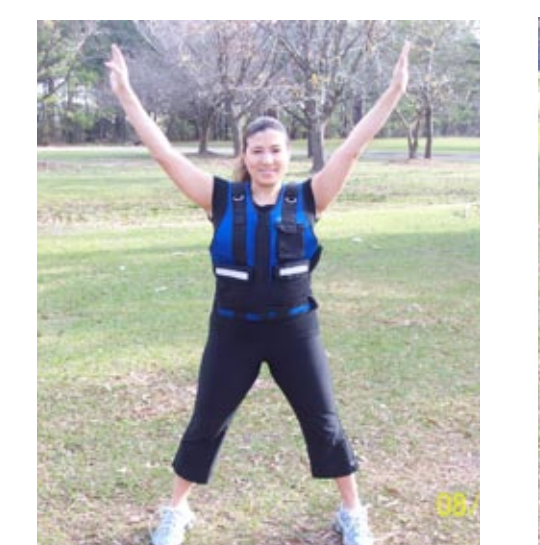
Start position for standing squats.



Finish position for standing squats.



Start position for jumping jacks.



Finish position for jumping jacks.



Start position for lunges.



Finish position for lunges.

**Important Safety Information - Please read and follow all instructions carefully and thoroughly before using the PureChamp Weight Vest and Resistance Bands.** Consult your physician before beginning this or any exercise or diet program, especially if you have concerns about your physical and fitness levels and overall suitability for using the PureChamp Weight Vest and Resistance Bands. Always choose the proper workout level and weight use that best fits your physical strength, flexibility and conditioning. Check all closures that they are secure before exercising. Check pocket flaps of weight pockets to secure the pocket flap in order to prevent weights unexpectedly falling out while put on or taking off the vest or while exercising. Likewise check the band clips to make sure they are not damaged and are properly attached and secure to the vest. We recommend starting your weight vest exercising program with five pounds of weight and adding additional weight only as you are able to increase comfortably within your fitness routine. Know your limits and train within them. Always use common sense when exercising. Do not use the PureChamp Weight Vest and Resistance Bands if it is damaged in any manner. Inspect unit before each use. Failure to observe these warnings could result in personal injury before and during exercising.