



# Instruction Sheet

## Weighted Vest Extra Small 142256-N

Store these instructions in a safe place or with the enclosed maintenance checklist



Take time to familiarize yourself with the use and maintenance of this equipment before using. Please file this Instruction Sheet in an accessible location: the Instruction Sheet must be read and familiar to anyone who is using Southpaw Enterprises Equipment.

### MATERIALS LIST

- 1 - Weighted Vest
- 2 - 2.5 lb. weights
- 1 - Instruction Sheet
- 1 - Maintenance Checklist

**NOTE:** If any of the above are missing, please contact Southpaw immediately.

### INSTRUCTIONS FOR USE:

To insert weights:

- Open the snaps along the liner. Lay the hoodie out on a table.
- Fold one of the small sections into a "Taco" shape. Insert it up and through the shoulder section. Make sure you don't twist the Blue weight. Put your hand through the liner in the front section to help pull it through.
- Use the provided Velcro to hold the weights together under the arm.

EXTREME CAUTION must be used to ensure that weight is equally distributed along the shoulder, neck and back area. If the weights are not distributed equally it may cause stress to an already fragile nervous system.

After inserting (one) weight put the Hoodie on the client and adjust so weight is evenly distributed over the shoulders and zip closed. Repeat this process with the other 2.5 lb. weight if more weight is necessary.

### CLEANING INSTRUCTIONS:

The Hoodie is machine washable. Zip Hoodie before washing. Fabric is fleece/poly cotton. Tumble dry - low heat. DO NOT IMMERSE WEIGHTS IN WATER - Weights may be wiped with a damp cloth.

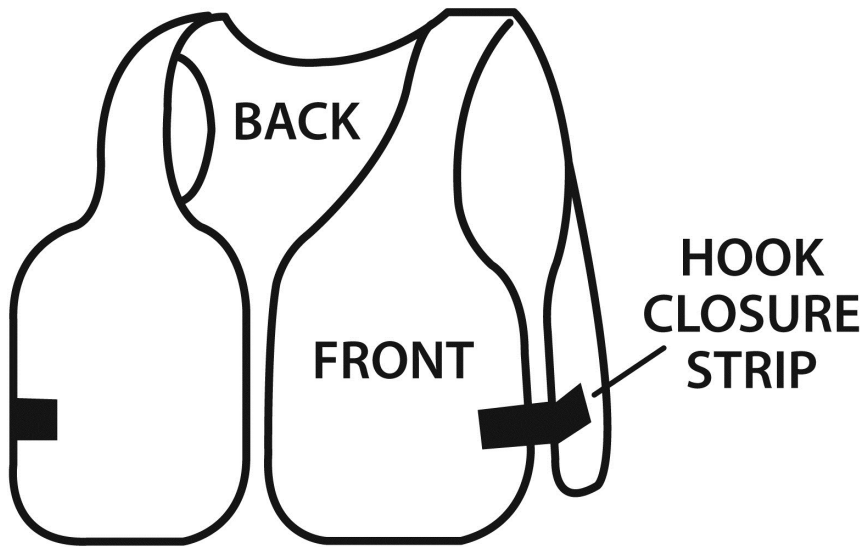
## CAUTION

- ◆ Hoodie is never to be used outside, around any kind of water, and always with constant supervision.
  - ◆ The hoodie is not designed to be used as a brace or correctional device for poor posture.
  - ◆ The hoodie should never be used during strenuous physical activity such as running, jumping, turning upside down, or any activity involving sudden movements, except in carefully monitored instances.
  - ◆ Weight must be equally distributed. If weight is not distributed equally it may cause stress to an already fragile nervous system.
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- ◆ **SAFETY PRECAUTIONS** - The safety of your clients is dependent on the appropriate choice of activity to match, yet challenge them physically. Use appropriate spotting / safety techniques. In addition, the layout of your activity area, proper installation, and maintenance of your equipment is critical. Southpaw equipment is not intended for recreational or outdoor use. Under no condition should this equipment be used without professional supervision.
  - ◆ **This sheet is for example only.** It is not meant to, in any way, replace local, county, state or Federal standards. Be aware - it is your responsibility to find all pertinent safety information that pertains to your facility.

If you have any questions or comments, please call or write:

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## Hoodie weights diagram for optional attachment with hook closure strips



1-15-19 AB

**Make sure the weights are first inserted properly into the Hoodie before securing sides of weights to each other.**