



# VIGOR WEIGHT VEST - 30KG

SKU: AW-WVEST-30





PRODUCT  
DESCRIPTION

## Add Weighted Vests to Your Workout Now

Do you feel like your workout regime is stagnant and are thinking of taking things up a notch? Well if you haven't tried adding weighted vests to your routine, there is no better time than now!

Training with a weighted vest can be very superficial for power athletes or professional lifters in the gym when they practice their squat jumps or box jumps as weighted vests can help to build [strength](#) and explosive power. With that being said, it still does not mean that regular gym-goers or fitness junkies cannot pull off exercises with weighted vests. In fact, research has shown that walking with a weighted vest burns about 12% more calories than when walking without one.

However, if you are still unsure if you should add a weighted vest to your workout yet.

### How to Use a Weighted Vest

If you are looking to train your stamina with cardio-conditioning, start with vests that weigh 5% of your body weight and gradually increase the weight to 10% over time. Keep the vest on for the cardio portion of your workout and keep track of your stamina and speed. Remember to increase the rest time between sets or exercises as you will be recovering slower than usual.

While doing exercises with a weighted vest, make sure that you engage your core even when you walk or run. Also, lean into each stride to increase momentum to ensure ease of movement.

A good starter workout after purchasing your weighted vest is to complete a 1.6km run with the vest on, go about your workout and end it with another run with the vest. Once you feel comfortable with this routine, feel free to load up on the weighted vest and increase its weight.

Need we say more? Start your journey to better stamina and endurance with [HomeGym](#) today!

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#### Product Specifications:

- Add or remove weight blocks for a total weight of 30kg
- Adjustable to suit different body shapes

The Vigor 30kg Weight Vest is the perfect solution to taking your workout to the next level.

Solid construction and effective in design, the Vigor 30kg Weight Vest is made for everyday training use. Featuring heavy duty structural integrity, the Vigor 30kg Weight Vest is built to take a pounding and help you expand your range of exercises. And, with a "Class A" rating, the Vigor 30kg Weight Vest is built to last a lifetime. The Vigor 30kg Weight Vest is unmatched in its class and will give you solid and intense workouts for many years to come!

With the Vigor 30kg Weight Vest you will have intense workouts for a variety of different muscle groups while maximizing the effectiveness of your workouts with a combination of core and strength workouts. The Vigor 30kg Weight Vest provides some of the best, most effective strength training exercises. Use at the gym or at home to mix up your exercises and take your training to the next level!

The Vigor 30kg Weight Vest is worn just the same way you would wear a jacket. Adjustments allow the Vest to fit to effectively to your body shape. The weights have been positioned to provide an even distribution over your torso so the load is proximal to your core and minimizes stress on your



joints.

Weights can be removed or added to suit your particular exercise. The Vigor 30kg Weight Vest can be used in addition to many exercises such as Chin Ups, Push Ups, Squats, Lunges, Kettlebell workouts or almost anything you can think of. Wear the Vigor 30kg Weight Vest whilst active in training at the gym, active in sport, running or simply going for a walk and you'll not only improve your strength and conditioning gains but also tone up and lose fat whilst burning extra calories.

ADDITIONAL  
INFORMATION

### More Information

**Warranty**

1 Year