

duvide

Functional Training Stuff

duvide Bodyload - Weight Vest

Pull the Bodyload over your head with the **3 parts in front of you**. Close and tighten the buckles on the sides and the single one in front of your chest.

The Bodyload empty is 0.83 kg (1.83 lb). In order to load it to **7.5 kg, 8.5 kg or 12.0 kg** fill it with following metals:



Steel chad 6.66 kg (14.68 lb)
Front **3 x 1110 g** (2.45 lb)
Back **4 x 830 g** (1.83 lb)
Total **7.5 kg** (16.5 lb)

Steel shot 7.61 kg (16.78 lb)
Front **3 x 1270 g** (2.8 lb)
Back **4 x 950 g** (2.1 lb)
Total **8.5 kg** (18.7 lb)

Lead shot 11.16 kg (24.6 lb)
Front **3 x 1850 g** (4.08 lb)
Back **4 x 1400 g** (3.08 lb)
Total **12.0 kg** (26.5 lb)

Filling the compartments with weight



1. You need: a medium size Philipps screwdriver, a funnel, scales and a cup for the weight.



2. Unscrew the **middle** screw at one side of the weight compartment.



3. Take out the screw completely.



4. Squeeze in the funnel as deep as possible into the blue PVC.



5. Fill in the stipulated weight for each compartment and if necessary use the screwdriver to push it in.



6. Screw the screw back in until it is flush with the nut. Check each screw for proper fit and if necessary adjust all of them.