



BSTWV20

Body-Solid Tools - 20 LB WEIGHT VEST



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Tricking your body into working out with at a heavier weight than it is accustomed to will lead to better conditioning and increased strength, speed and explosiveness. Add resistance to your workout with a Body-Solid 20lb. Weighted Vest. These vests are adjustable allowing you to increase or decrease the amount of resistance between 1-20lbs using 1 lb. weight rods. Features fully adjustable velcro straps which allows customizing the fit to your body and torso and proper placement of the weights, resulting in optimal center of gravity without restricting any type of range of motion.

Special Features

- Adjustable from 1-20 lbs.
- D-Ring for cable & gym exercises
- Durable and long lasting construction
- Velcro straps ensure a perfect fit