

## Weight Vest Recommendations

### Weight Vest we like:

1. [Hyper Vest](#) (We like this because is not bulky and its clean looking )
2. Hyper Vest has a special model specifically for women [here](#).
3. [5-11 Tactical](#)
4. Apexup has an **open chest version**

### Other options:

- [Here is a Top 10 List](#). But you can surely do an Amazon search and see what price and look you like.

### Pro-tip:

- Typically when you buy a vest it doesn't come with weights. Make sure it is included or you buy additional weights in your purchase.

### How much weight do I need?

- Beg = 5lbs - 10lbs
- Int = 10lbs - 20lbs
- Adv = 20lbs - 30lbs

### Troubleshooting...

- If your feet/low back get more than workout sore. Lower the weight on your back and go with ankle or wrist weights. More info [HERE](#).