

GEAR UP & GO!

- 1 Check to be sure the bottom hook and loop is closed so that the Jetti Plate is secure inside the Pack.
- 2 Put on your Jetti Pack
- 3 Adjust shoulder straps
- 4 Fasten and adjust waist belt
- 5 Fasten and adjust chest strap



Your Jetti Pack should rest on your shoulders and fit securely against your torso but should not be so tight that you can't take a nice, deep breath.



3 IMPORTANT SAFETY WARNINGS

- 1 As with any exercise program, consult with your doctor before beginning your Jetti Journey.
- 2 Be certain the Hook And Loop beneath the weight is fully sealed before putting on your Jetti Pack.
- 3 Start slowly: Jett-Packing will challenge your body in new ways and will take some getting used to.



QUESTIONS?



The Jetti Support Squad
is standing by:
team@jettifit.com
www.JettiFit.com