

wetsuit fit chart



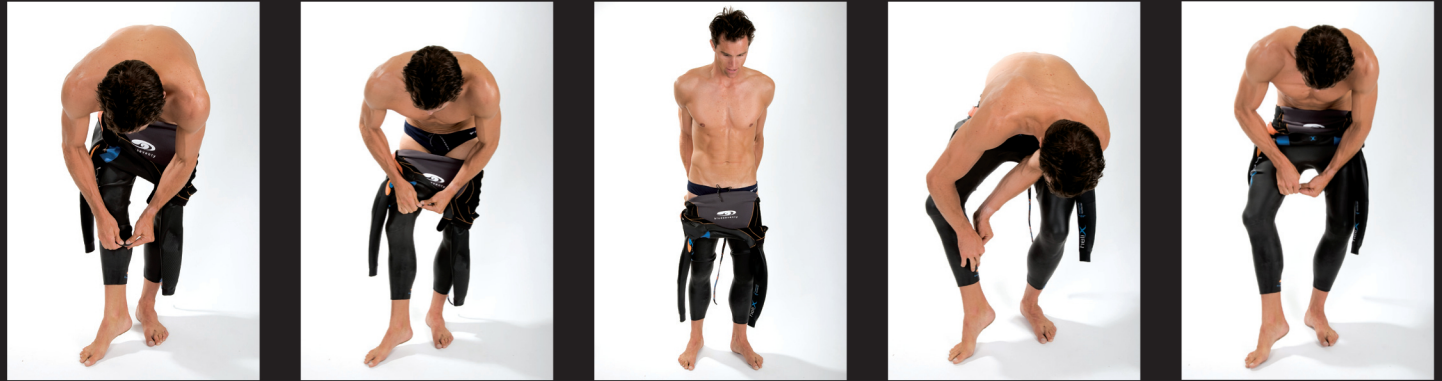
1. LEGS

Pull legs over feet and ankles.
Work up the legs in sections.



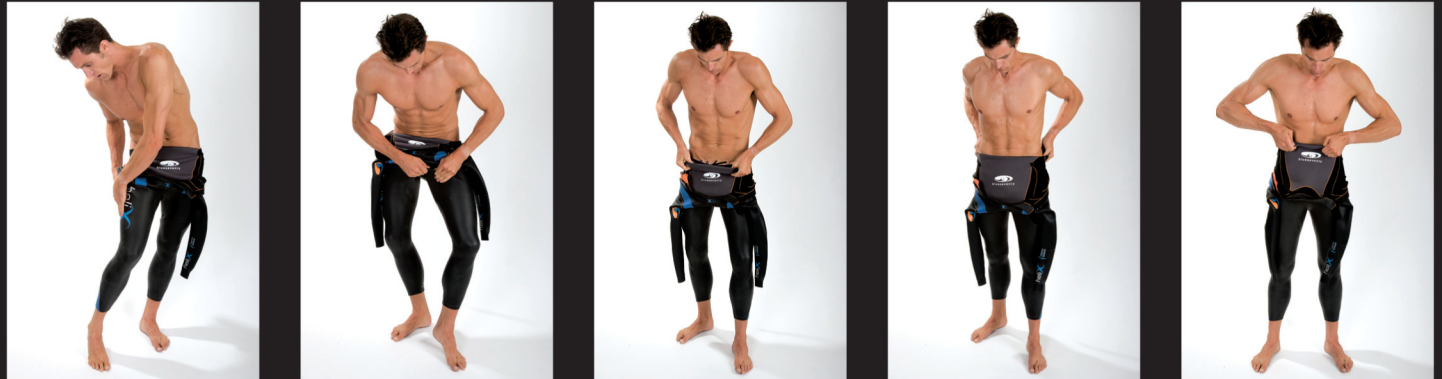
2. ADJUSTING LEGS

Starting below knees, work suit upwards in sections, front and back.



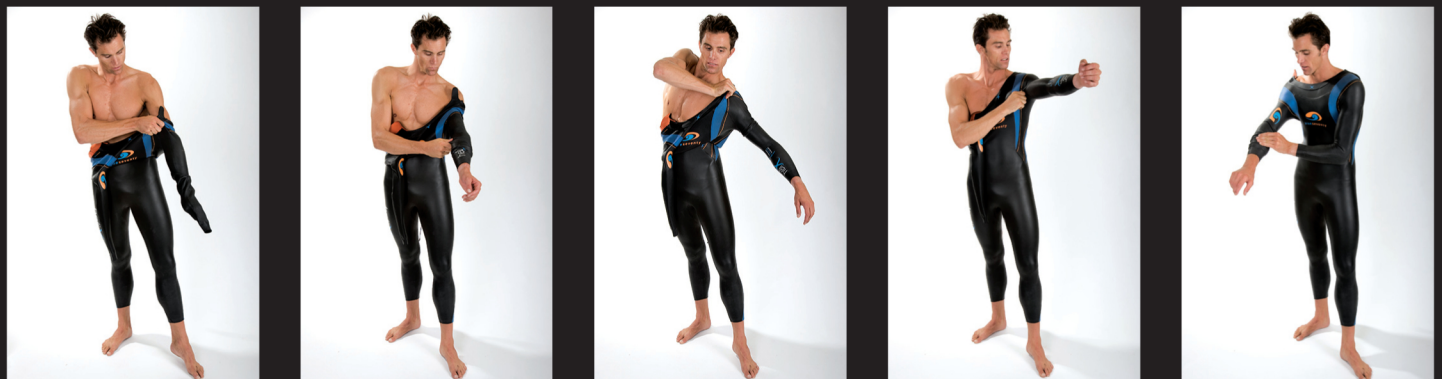
3. OVER HIPS

When suit is high in crotch, pull over hips, front and back.



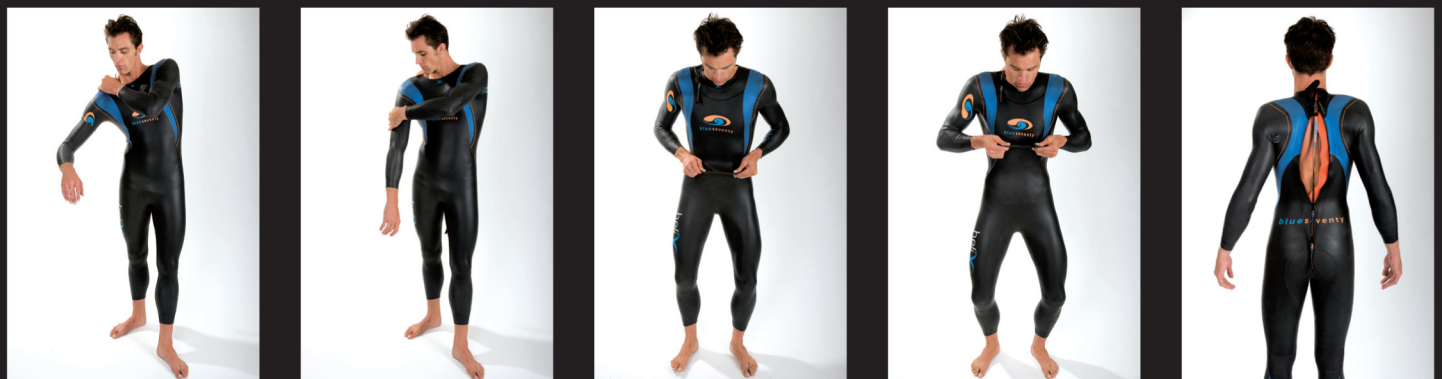
4. ARMS & BODY

Pull up body.
Take time to work each sleeve upwards in sections.



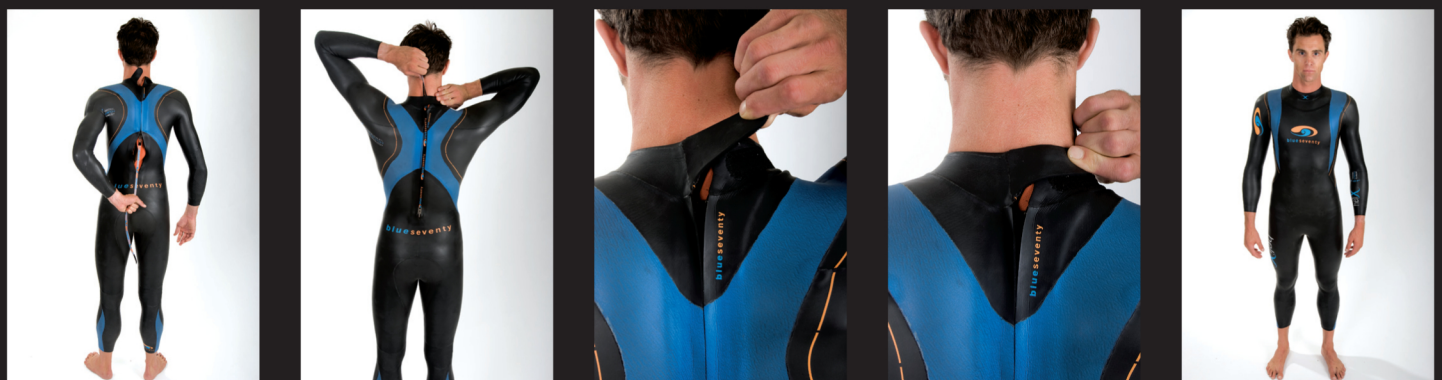
5. ADJUSTING

Work arms upwards until they bunch on shoulders.
Work body upwards.
Close collar and join zip.



6. COLLAR & ZIP

Close zip.*
Internal collar flap must be flat on neck.
Ensure Velcro tab cannot rub neck.



*helix model zip from top to bottom. synergie, reaction and sprint zip bottom to top.

IMPORTANT: Pull up using your fingers and finger tips. NEVER USE YOUR FINGER NAILS. Do not apply excessive force. If you have trouble getting your feet through the ankles, place plastic bags over your feet so they slide through easily. If you have trouble pulling up the zipper, have someone else zip you up.