

TRIATHLON WETSUIT FITTING GUIDE

Using these techniques when putting on your wetsuit can significantly improve your swimming performance and comfort.

1

LEGS TO HIPS

Pull the legs over your feet & ankles. Then work up the legs in sections and pull over the hips.



2

ADJUST LEGS

Starting below each knee, take time to pull up each leg, working it upwards in sections (front & back) until the suit is as high as possible into the crotch.



3

BODY & SLEEVES

Pull up the body then take time to pull up each sleeve section by section until they bunch on top of the shoulders.



4

COLLAR & ZIPPER

The internal flap must be flat to your back. Close the collar then pull up the zipper with your shoulders back. Ensure the collar flap is flat and the velcro tab cannot rub your neck.



5

ADJUST BODY

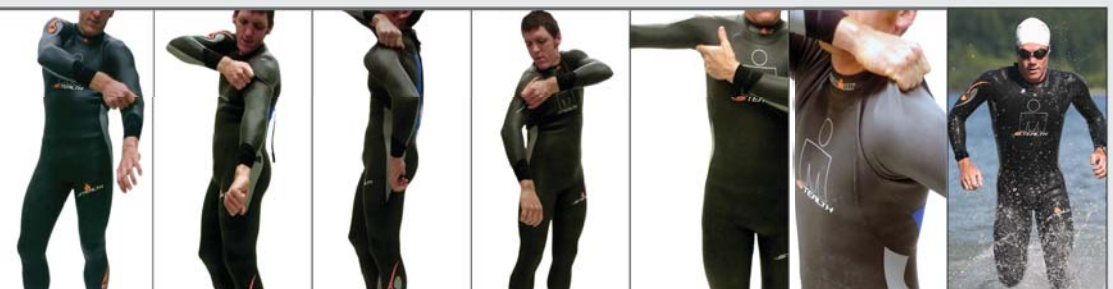
Pull up the suit as much as possible by pulling sections/folds of rubber, starting from the top of the legs, then up the stomach and chest.



6

ADJUST SLEEVES

Work the sleeves up each arm, from the forearms up to the shoulders until you have a bunch of rubber sitting on top of the shoulders.



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 then place plastic bags over your feet so they will slide through easily. If you have trouble pulling up the zipper then have someone else zip you up.