



SELAND

SELAND NEOPREN SL
C/ANTSONEKOA,2. POLIGONO IGELTZERA 4-5.
48610 URDULIZ (BIZKAIA) ESPAÑA
TEL. +34 94 676 48 75
www.seland.com/infoweb@seland.com

HOW TO FIT CORRECTLY A TRIATHLON WETSUIT

- 1-** Prepare the wetsuit with the back zip completely open and the shoulders area turned around in order to facilitate the later introduction of the upper part of the body.
- 2-** Use a plastic bag to insert both feet. In this way, you will be able to prevent from getting stuck in the narrowest areas of the wetsuit, especially at their ends.
- 3-** To avoid pinching the wetsuit, we recommend using gloves (many wetsuits have them in the carrying bag) or, failing that, try to stretch it only with the tips of your fingers, never with your nails (especially if you have them long).
- 4-** Put the other leg in the same way you have done and fit the height of the cut well at the height of the calf that you want.
- 5-** Afterwards, place the area of the thighs well and pull the neoprene between your legs so there is no gap and fit perfectly. Adjust the thighs first and then the hip area with stronger pulls by grasping the neoprene from its inner fold.
- 6-** Once the neoprene is fitted on the upper part, including the ass and the hip, you have to introduce an arm. If you don't have a protective glove, use the same plastic bag that was used to introduce your feet. Once you have your hand out of the neoprene, adjust the forearm and shoulder with subtle pulls to avoid folds and/or extra tension in the shoulder area.
- 7-** Finally, stretch your arm up, as if you were giving an arm stroke to adjust the neoprene and ensure that it does not pull more than necessary in any specific area. The area of the armpit should be completely tight, without folds in a resting position (arms down).
- 8-** Now, help you with both arms to pull the zipper. Be cautious and help with the other hand the progression of the zipper to avoid extra tensions in it. You will increase the use of it as well as inopportune 'blowouts' caused by nerves prior to a race. If you can't close it alone, ask a training partner to do it.
- 9-** Once you have the zipper closed, it only remains to stick the protective top flap of the zipper, as well as the end of the handle to the velcro closure. In this way, you will have the handle near your hand when you have to remove the wetsuit.
- 10-** In order to finish adjusting the correct position of the wetsuit, we recommend you to stretch both arms (with the position of extended hands and clutched together) to place the upper body correctly. As a final point, check all the wetsuit for possible folds, the position of the cut of the sleeves and the correct placement of the velcro closure of the neck to avoid chafing.