

\*Reading this manual is recommended before use.

## HOW TO PUT ON THE WETSUIT?

Proper wearing of wetsuits increases the pleasure of diving. Neoprene suits should be pre-soaked with soap on the inside to make the putting on easier. Put the suit on the right side and put one leg after the other. After you put down part of the wetsuit on, you can put on upper part of the wetsuit, first both hands and then the head. Put on the wetsuit in the way that there is no overlap that squeezes you or open parts that can release water. When putting on the wetsuit, try not to use excessive force, in that way you will avoid damage to the neoprene.

## UNDRESSING THE WETSUIT

Undress the wetsuit in the appropriate place with enough space. The suit is easier to remove while it is still wet or treated with soap. Remove the suits downwards, i.e. the top of the suits and then the bottom.

## MAINTENANCE OF THE WETSUIT

- Neoprene clothing is recommended to rinse with fresh water after use.
- The Wetsuit should not be left exposed directly to the sun.
- Neoprene wetsuit can be washed in the washing machine only at a temperature of 30 degrees, without detergent and without the centrifuge.
- When the suit is to be stored for a longer period of time, it should be treated with a soot or powder on the inside.
- When the stiffness of the trunk is felt, it is time to replace the diving suits to avoid scratches.

## WARNING

- Neoprene suits under the influence of the depth lose their buoyancy.
- Neoprene suits should only be used for water activities.
- Neoprene suits on sensitive skin can cause an allergic reaction.

## SIZE CHART OF THE STANDARD SIZE WETSUIT

	1	2	3	4	5	6	7
HEAD CIRCUMFERENCE	54-55	55-56	56-57	57-58	58-59	59-60	61-62
DISTANCE FROM MID FOREHEAD TO NECK VERTEBRA	41-42	42-43	43-45	46-48	48-49	49-50	51-52
BACK WIDTH	37-39	39-40	40-43	44-45	45-46	46-52	50-54
NECK CIRCUMFERENCE	35-36	36-37	37-38	38-39	40-41	41-42	42-43
ARM LENGTH	50-52	52-54	54-56	56-58	58-60	60-62	62-64
BICEPS CIRCUMFERENCE	27-28	28-29	30-32	32-33	33-35	35-37	37-38
FOREARM CIRCUMFERENCE	25-26	26-27	27-28	28-29	29-30	30-31	31-32
WRIST CIRCUMFERENCE	15-16	16-17	16-17	17-18	18-19	18-19	19-20
CHEST CIRCUMFERENCE	96-100	98-102	100-104	102-106	107-112	110-115	112-116
DISTANCE FROM COLLARBONE TO GROIN	57-59	60-62	63-65	66-68	69-72	73-75	75-77
WAIST CIRCUMFERENCE	74-77	78-82	83-88	89-93	93-97	98-106	107-113
HIP CIRCUMFERENCE	86-92	89-95	92-98	95-101	98-104	104-107	108-114
DISTANCE FROM GROIN TO ANKLE	69-73	71-75	73-77	75-79	77-81	82-85	85-88
THIGH CIRCUMFERENCE	48-50	50-52	52-54	54-57	57-59	59-61	62-64
CALF CIRCUMFERENCE	30-32	32-34	34-36	36-38	38-40	40-42	42-44
ANKLE CIRCUMFERENCE	19-20	20-21	21-22	22-23	23-24	24-25	25-26
HEIGHT	164-168	168-172	172-178	178-185	185-192	192-198	198-205
WEIGHT	<55	55-65	65-75	75-85	85-95	95-105	105>