



XPRESSOTM
FITTING GUIDE

The XPRESSO competition suit is designed to give you speed and compression, but with added flexibility and a wide range of motion to provide a more natural feel in the water. Engineered with Aqua Sphere's exclusive Exo-Core technology, the XPRESSO combines two superior fabrics to deliver a new and higher level of performance. Follow these tips to ensure that you get the most performance out of your garment.

PUTTING THE SUIT ON

- For best results, start with a dry suit and make sure that you are not wearing any lotions or oils on your skin.
- Take your time when putting the suit on, as it will be very tight.
- Turn over the silicone grippers on the legs so they do not stick as you pull the suit up. Once the suit is on and in the correct position, turn them back down to keep the suit in place and to avoid water entering the suit.
- Licking your fingertips will help you be able to grab small areas of fabric away from the body in order to inch it up. Gloves can also be helpful.
- If you have long nails, take care to avoid poking them through the fabric.
- Avoid grabbing large areas of fabric to forcefully pull the suit up, as this could cause you to tear it. This suit must be put on by carefully by slowly moving it up your body.
- As the hips are the widest part of the body, this is where fitting will be the hardest.
- When putting on a women's suit, it can be helpful to place the elbows through the arm holes before the hand due to the tight fitting nature of the fabric.
- To tighten the waist band on the men's suit, pull the straps across the body rather than away from it so as not to tear the seam.
- It is recommended to carefully stretch your body once the suit is on to ensure that it is in the correct position.

ENSURING A PRECISE FIT

- The suit should fit close to the body and have no air pockets or wrinkles showing.
- If you can grab large pieces of fabric in your fingers then you will likely need to choose a smaller size.
- The XPRESSO should be comfortable when bending or streamlining. If it is not or causes chafing, then you may need a larger size.
- On the women's suit, be sure that the top seam sits on the highest point of the shoulder for optimal neckline positioning.

CARING FOR YOUR SWIMSUIT

- Your XPRESSO competition suit should only be worn for racing.
- It is advised to take the suit off and change to a training suit for warm up and warm down in order to extend the life of the suit.
- Rinse your suit with fresh cold water and lay flat to dry naturally.