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Iron Wetsuit and Shorts Instructions

Things to Remember

After each use, rinse the suit with fresh water and hang it up to dry. Do not leave the suit or shorts in the sun for extended periods of time. Prolonged sun exposure will cause fading.

Depending on how fitted you ordered your suit it may be difficult to put on initially and will feel stiff and tight. After wearing the suit a few times, the glue will break in, and the suit should be easier and more comfortable to wear.

Wetsuits / Shorts that have had the tags removed &/or have been worn in the water cannot be returned or exchanged.

Sizing for recreational barefooting. The suit should fit tight, especially the first time. However, you should be able to get the suit on, up and zipped without going into the water. You may need someone to help you to pull the sides to get the zipper closed but nothing should be too uncomfortable. It is important that the suit is fitted enough that there are NO gaps or loose material that can catch water!

Once in the water the suit will become more pliable and conform to your body. When wet the suit will loosen slightly but more so just conforms to your body, and however your body is stretching the suit. ** If you are going to be using barefoot shorts make sure you have enough room to fit the shorts under your suit.

If you have concerns about how your suit fits, or you think the suit is the wrong size, **DO NOT wear it in the water or remove the tags. Suits/Shorts cannot be returned once the tags are removed and/or they have been worn in the water.**

Sizing For competition Barefooters Those using the suit for barefoot competitions will want a very tight fit. Before zipping up, the zipper may be open about 3 finger widths wide.

The first time putting the suit on is the most difficult. Pull the suit up over your legs and hips. Then slide one arm at a time through each sleeve. If you think the suit is too tight, STOP. You will not be able to return or exchange the suit if it is worn in the water.

You may need to get into the water to zip the suit up. Once in, pull both sides of the zipper towards each other. The water helps the suit stretch, so do this until you can get both sides of the zipper to touch. This may take 10 - 15 minutes. If its still not closed, get out of the water, and have someone pull the sides of the suit together as another person zips the suit up. After the first use of the suit, you will be able to zip it closed on your own.

PUTTING THE IRON SHORTS ON

Barefoot shorts will not fit like regular shorts. They are designed to be worn under the wetsuit for extra padding and protection for tricks or falls. Because of this they are made of a thick padding that will not stretch or shape to your body and there will be a gap at the back of your waist. When your wetsuit is on it will keep the shorts fitted against you.

