

HYDROX™ | MALE MEASUREMENT GUIDE - SIZING INSTRUCTIONS

HOW TO MEASURE

1. Using a soft measuring tape, take body measurements on skin (most accurate), wearing a training suit, or tight-fitting apparel-avoid bulky clothing.
2. Refer to illustrations on page 2 for proper measurement locations.
3. Fill in the blank spaces on page 2 with your information and measurements (in centimeters).

HOW TO DETERMINE YOUR SIZE

1. On the Size Chart, circle the dimensions that your body measurements fall within.
2. **The thigh measurement is the most important factor** when selecting the correct tech suit size.
3. If your thigh measurement falls between two or three sizes (e.g. 48–52cm, 50–54cm, 52–56cm):
 - **Swimmers with tech suit experience** should choose the smaller size for a more compressive fit.
 - **Swimmers with less tech suit experience** may prefer the larger size for comfort and ease of putting on.
4. If your waist size is larger than your thigh size, opt for the smaller waist size within your measurement range.

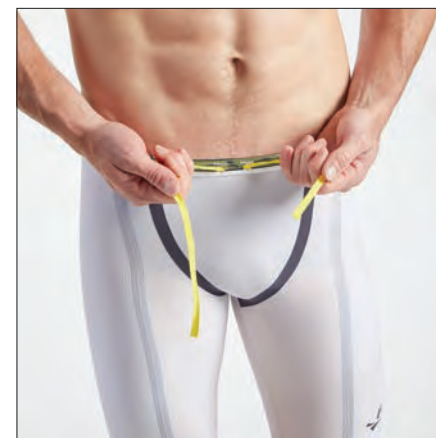
TRYING ON THE SUIT

1. **WARNING: Do not put the suit on with long nails!** Make sure your nails are trimmed and filed. Sharp edges will snag and tear the suit fabric (not covered under the manufacturer warranty).
2. Make sure both you and the suit are completely dry before trying it on.
3. Flip the silicone grip on legs up and flip the waist down to make it easier to slide the suit up your legs.
4. Use the pads of your fingers to pull the suit up; fingernails can tear the fabric.
5. Always pull on or near seams where fabric is strongest.
6. **Most important:** Pull the suit fully up the legs and snug into the crotch before going over the hips. This prevents air or water pockets and ensures the best fit through the rest of the body.
7. With the waist still flipped down, make sure strings aren't crossed. Pull strings outward, tie a bow, and flip the waist back up.
8. **The suit should feel like a second skin**, with little to no give when pulling the fabric away from the skin.

EXAMPLE

| | | | | |
|-------|------------------------|--------|------------|----|
| NAME | <u>Joe Swimmer</u> | WAIST | <u>70</u> | cm |
| AGE | <u>18</u> | HIPS | <u>95</u> | cm |
| EMAIL | <u>joe@swimmer.com</u> | THIGH | <u>54</u> | cm |
| PHONE | <u>925-555-1234</u> | HEIGHT | <u>178</u> | cm |
| | | WEIGHT | <u>60</u> | kg |

| GREEN LABEL | - | 18 | 20 | 22 | 24 | 26 | 28 |
|-------------|-------|-------|-------|-------|--------|--------|---------|
| PINK LABEL | 18 | 20 | 22 | 24 | 26 | 28 | - |
| WAIST (CM) | 64~68 | 66~70 | 68~72 | 70~74 | 72~76 | 74~78 | 76~80 |
| HIP (CM) | 88~92 | 90~94 | 92~96 | 94~98 | 96~100 | 98~102 | 100~104 |
| THIGH (CM) | 48~52 | 50~54 | 52~56 | 54~58 | 56~60 | 58~62 | 60~64 |



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NAME _____

AGE _____

EMAIL _____

PHONE _____

WAIST _____ cm

HIPS _____ cm

THIGH _____ cm

HEIGHT _____ cm

WEIGHT _____ kg

| | | | | | | | |
|-------------|-------|-------|-------|-------|--------|--------|---------|
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Note: Pink Label HydroX suits fit smaller than the Green Label version.

SELECTED SIZE _____

LABEL COLOR? CIRCLE ONE. ☐ Pink ☐ Green

