

speedo 

Fastskin®

#FEELFAST

Fastskin suits are tight fitting due to compression and can take up to 20mins to put on.

Fold out the silicone grippers on the legs of the suit before you put it on to ensure it doesn't stick to your skin.

The hips are the biggest part of the body to get the suit over and should take the longest time.

Do not pull on the thinnest parts of the suit and try to use the seams where possible. The suit needs to fit like a second skin with no air pockets.

Once the suit is fitted correctly fold down the silicone grippers and you are ready to race.

View the full fitting video by scanning on the below QR links or type 'Speedo LZR Racer X fitting video' into any search engine.

Enjoy racing in your Fastskin Racing Suit.



MALE



FEMALE

To ensure your suit lasts as long as possible and performs at its very best we ask that you take note of the following care instructions...



When putting on your suit do not pull on areas on the thinner more flexible areas of the fabric (highlighted in red). Only pull on the strong seams or the double layered fabric.



Keep away from sharp objects and long nails



When putting the suit on try to use the pads of the fingers



Rinse immediately in clean cold water after use. Chlorine will damage the suit over time



30°C hand wash only with no detergent



Lay your suit out flat & reshape it after use



Avoid contact with direct heat. Keep away from the radiator and do not iron



Wearing the suit for racing only will prolong the lifespan of the suit