

Tips for Getting on your Racing Suit

1. First and foremost, please have **patience**. If you take as much care in putting on your A3 Tech Suit as we did in creating it, you will have an awesome experience.
2. Turn out the base of the leg so the silicone gripper faces outward and doesn't stick to the skin. This will make it easier for the suit to slide up the legs and not get stuck.
3. Pull the base of the leg up higher than where you would normally wear when you're racing. This gives you a little more fabric to work with near the hip area. **Sometimes it helps to sit down first and then work on pulling the legs up
4. Always keep the straps up above the rest of the suit. Pull up the base of the suit as much as you can, then pull up the straps as much as you can. Repeat and alternative pulling the suit up from the base and then from the straps. Don't let the straps get caught or tangled in the rest of suit as you pull it up.
5. This tip is only pertinent to swimmers trying the suit on in a dressing room or at home, but if you're having a hard time with the hips, sometimes it helps to lay on the ground and work on the hips.
6. If you are putting on a Powerback suit, as weird as it may sound, you will have to tuck your butt cheeks into the suit to help pull it up past your butt. This back style is pretty compressive and the hole is smaller, so be careful and move slow.
7. If you are not confident pulling the straps up on your own, ASK FOR HELP! Have someone pull the arm hole out while you slip your arm in and dip your shoulder through.