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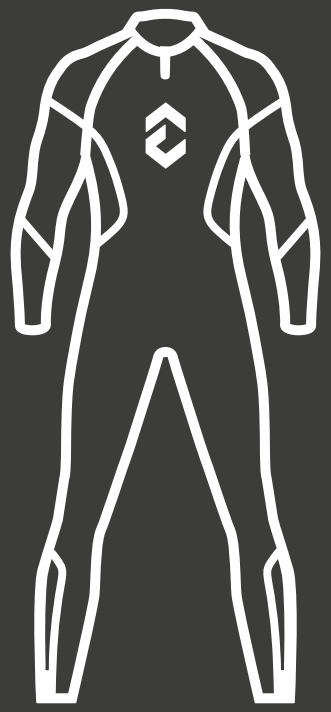
MANUAL WETSUITS SL-SERIES



available
for
all genders

Your Outdoor Companion

DYNAMICNORD.COM

The wetsuits described in this user manual were manufactured according to the specifications prescribed by **DYNAMIC**NORD. This user manual describes materials, construction, use, care, maintenance, repair and potential risks of using neoprene wetsuits for scuba diving.

Further information and the manual in other languages can be found on our website at **DYNAMIC**NORD.COM.

Register your product at **DYNAMIC**NORD.COM to receive all warranty services.

Contact Service

Mail
support@dynamicnord.com

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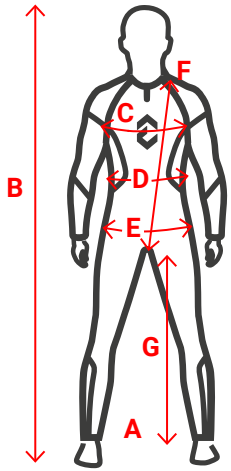
Size chart

It is very important that you choose your size carefully. The wetsuit should be skintight. The neoprene must always be in contact with the skin because air pockets reduce thermal performance.

These size charts apply to all **DYNAMIC**NORD wetsuits.



A. WEIGHT: As exact as possible

B. HEIGHT: From the crown to the floor

C. CHEST: The front surface between the neck and the stomach

D. WAIST: Circumference between ribs and hips

E. HIPS: Widest hip circumference

F. TORSO: Shoulder to crotch

G. LEG LENGTH: Inside leg, crotch to floor

WOMEN **in cm**/inch

height	**157-163** 5'2"-5'4"	**160-165** 5'3"-5'5"	**165-170** 5'5"-5'7"	**163-168** 5'4"-5'6"	**168-173** 5'7"-5'9"	**163-168** 5'4"-5'6"	**165-170** 5'5"-5'7"
chest	**76-81** 30-32	**81-86** 32-34	**81-86** 32-34	**86-91** 34-36	**86-91** 34-36	**94-99** 37-39	**91-97** 36-38
waist	**58-64** 23-25	**64-69** 25-27	**64-69** 25-27	**69-74** 27-29	**69-74** 27-29	**84-89** 33-35	**74-79** 29-31
hips	**84-89** 33-35	**89-94** 35-37	**89-94** 35-37	**94-99** 37-39	**94-99** 37-39	**109-114** 43-45	**99-104** 39-41
leg length	**75** 29 7/8	**77** 30 1/2	**81** 31 3/4	**79** 31 1/8	**84** 33	**79** 31 1/8	**81** 31 3/4
size	**XS**	**S**	**ST**	**M**	**MT**	**M+**	**L**

175-180 5'9"-5'11"	**165-170** 5'5"-5'7"	**168-173** 5'6"-5'8"	**168-173** 5'6"-5'8"	**170-175** 5'7"-5'9"	**170-175** 5'7"-5'9"	**173-178** 5'8"-5'10"
91-97 36-38	**99-104** 39-41	**97-102** 38-40	**104-109** 41-43	**102-107** 40-42	**109-114** 43-45	**107-112** 42-44
74-79 29-31	**89-94** 35-37	**79-84** 31-33	**84-99** 37-39	**84-89** 33-35	**99-104** 39-41	**89-94** 35-37
99-104 39-41	**114-119** 45-47	**104-109** 41-43	**119-125** 47-49	**109-114** 43-45	**125-130** 49-51	**114-119** 45-47
86 34	**81** 31 3/4	**82** 32 3/8	**82** 32 3/8	**84** 33	**84** 33	**85** 33 5/8
LT	**L+**	**XL**	**XL+**	**2XL**	**2XL+**	**3XL**

Size chart

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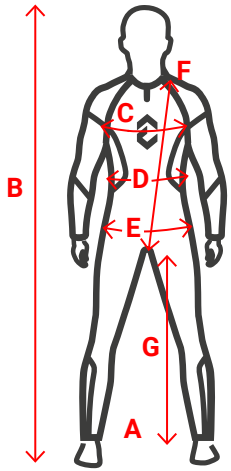

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D. WAIST: Circumference between ribs and hips

E. HIPS: Widest hip circumference

F. TORSO: Shoulder to crotch

G. LEG LENGTH: Inside leg, crotch to floor

MEN	**in cm**/inch																
height	**157-167** 5'2"-5'4"	**168-173** 5'6"-5'8"	**173-178** 5'8"-5'10"	**180-184** 5'11"-6'1"	**168-173** 5'6"-5'8"	**178-183** 5'10"-6'0"	**183-188** 6'0"-6'2"	**170-175** 5'7"-5'9"	**180-185** 5'11"-6'1"	**185-191** 6'1"-6'3"	**173-178** 5'8"-5'10"	**183-188** 6'0"-6'2"	**188-193** 6'2"-6'4"	**173-178** 5'8"-5'10"	**185-191** 6'1"-6'3"	**188-193** 6'2"-6'4"	**191-196** 6'3"-6'5"
chest	**84-89** 33-35	**89-94** 35-37	**94-99** 37-39	**94-99** 37-39	**99-104** 39-41	**99-104** 39-41	**99-104** 39-41	**104-109** 41-43	**104-109** 41-43	**104-109** 41-43	**109-114** 43-45	**109-114** 43-45	**109-114** 43-45	**114-119** 45-47	**114-119** 45-47	**119-124** 47-49	**124-129** 49-51
waist	**68-74** 27-29	**74-79** 29-31	**79-84** 31-33	**79-84** 31-33	**84-89** 33-35	**84-89** 33-35	**84-89** 33-35	**89-94** 35-37	**89-94** 35-37	**89-94** 35-37	**94-99** 37-39	**94-99** 37-39	**94-99** 37-39	**99-104** 39-41	**99-104** 39-41	**104-109** 41-43	**109-114** 43-45
hips	**86-91** 34-36	**89-94** 35-37	**94-99** 37-39	**94-99** 37-39	**99-104** 39-41	**99-104** 39-41	**99-104** 39-41	**104-109** 41-43	**104-109** 41-43	**104-109** 41-43	**109-114** 43-45	**109-114** 43-45	**109-114** 43-45	**114-119** 45-47	**114-119** 45-47	**119-124** 47-49	**124-129** 49-51
torso	**66** 25 7/8	**70** 27 3/8	**72** 28 3/8	**75** 29 5/8	**70** 27 5/8	**75** 29 3/8	**78** 30 5/8	**71** 28	**76** 30	**79** 31 1/4	**71** 28 1/8	**78** 30 5/8	**81** 31 7/8	**72** 28 1/2	**79** 31 1/4	**81** 31 7/8	**82** 32 3/8
leg length	**72** 28 1/2	**76** 30	**79** 31	**81** 32	**77** 30 1/4	**81** 32	**84** 33	**77** 30 1/2	**83** 32 1/2	**85** 33 1/2	**79** 31	**84** 33	**86** 34	**79** 31 1/4	**85** 33 1/2	**86** 34	**87** 34 1/2
weight kg lbs	**54-63** 120-140	**61-70** 135-155	**68-79** 150-175	**70-82** 150-180	**72-84** 160-185	**77-88** 170-195	**79-91** 175-200	**82-93** 180-205	**86-98** 190-215	**88-100** 195-220	**91-102** 200-225	**95-107** 210-235	**98-109** 215-240	**100-111** 220-245	**104-116** 230-255	**113-125** 250-275	**122-134** 270-295
size	**XS**	**S**	**M**	**MT**	**MLS**	**ML**	**MLT**	**LS**	**L**	**LT**	**XLS**	**XL**	**XLT**	**2XLS**	**2XL**	**3XL**	**4XL**

Standard indication

This user manual meets the requirements of the EN 14225-1:2018-03. The testing and certification body of the Department of Personal Protective Equipment (NB 0299) in 42781 Haan, Zwengenberger Straße 68 was commissioned with the testing and certification. According to the tests of the EN 14225-1:2018-03 standard, our wetsuits with the following designations have been granted the CE mark in connection with the test standard.

Legacy + SL-Series Women and Men 7 mm
Legacy + SL-Series Women and Men 5 mm
Legacy + SL-Series Women and Men 3 mm

This applies to model variants with an attached hood or without a hood.

Testing and certification body

Prüf-und Zertifizierungsstelle des Fachbereichs PSA
Zwengenbergerstr. 68
42781 Haan / Germany

Introduction and safety information

Thank you for choosing a high-quality **DYNAMIC**NORD wetsuit which will ensure comfort and safety on all your diving adventures.

If you would like more information or have any questions not answered in this manual, please contact a **DYNAMIC**NORD authorized dealer or **DYNAMIC**NORD directly.

NOTE: DYNAMICNORD RECOMMENDS THAT ALL DIVERS OBTAIN THE REQUIRED TRAINING AND LEARN TO USE THIS PRODUCT UNDER THE SUPERVISION OF A CERTIFIED INSTRUCTOR BEFORE USING IT UNDERWATER.

Weight amount

The amount of trim weight must be sufficient to achieve neutral buoyancy while carrying an empty tank; more weight is not required. With the correct amount of trim weight, you should have neutral buoyancy at a depth of 3 meters to perform a safety stop for five minutes with a tank pressure of 30 bar (500 psi) or less.

Specifications

This manual covers **DYNAMIC**NORD neoprene wetsuits, as well as protective clothing made from limestone neoprene, a special insulating material that reduces water circulation on the diver's skin and thus the loss of body heat. Our wetsuits are made from L-Foam neoprene. L-Foam is a formula that meets the most stringent testing requirements for polycyclic aromatic hydrocarbons (PAH). PAH is found in many elements, including petroleum-based products, and can be toxic in certain compounds. We are thrilled to offer this neoprene blend to better protect both our divers and our oceans. **DYNAMIC**NORD manufactures wetsuits in different thicknesses (0.5 - 7 mm) and designs to cover the different thermal conditions and areas of use. In general, a modern wetsuit is equipped with zippers that enable or facilitate donning and doffing it. Thermal insulation is classified according to the table below:

Thermal performance class	Water temperature ranges °C
A	7 to 12
B	10 to 18
C	16 to 24
D	> 22

Intended Use

The wetsuit is to be used as intended: This is the case when used to prevent hypothermia or hyperthermia during a dive or while in the water.

→ **ATTENTION**: DO NOT RELY ON A WETSUIT AS BUOYANCY CONTROL/SAFETY EQUIPMENT.

Zippers

DYNAMICNORD wetsuits are equipped with plastic zippers that may be positioned diagonally or vertically in the front or in the back or on top of the shoulders.
Some of the thicker 5mm or 7mm models have additional zippers at the wrists and ankles to make them easier to don and doff. Front and back zippers are closed from bottom to top, while shoulder zippers are closed from left to right. This direction was chosen because the majority of people are right-handed, making it easier for them to close the zipper without damaging it. If your suit is equipped with a shoulder zipper, please ask your dive buddy to place a finger in front of the zipper slider when closing it. This will smooth out the neoprene which could jam the zipper.
Without this precaution, material could get caught between the zipper teeth. Before closing it, make sure the inner flap lies flat under the zipper. All zippers are equipped with gussets or flaps that reduce water circulation through the zipper. Outer flaps are secured with Velcro fasteners. Open and close the vertical zippers while standing: This prevents creasing along the zipper. To minimize the risk of damage, all shoulder zippers on the back should be closed with arms stretched out in front of you.
Make sure the zipper is pulled all the way to the stopper on the right side. If the zipper is not fully closed, water may enter and the zipper could open up.

Zipper maintenance

Rinse the zipper with fresh water after each dive to prevent salt deposits which could jam the zipper.

Seams

The seams that join the panels of all 3mm or thicker wetsuits are blind-stitched and sealed with glue and other substances to prevent water from seeping through the seams.

Wetsuit fit

Wetsuits are designed to cling tightly to the diver's body. However, a wetsuit must not be too tight and restrict your movement or breathing. At the crotch, the wetsuit must neither be too tight nor too loose.

Ensuring the correct fit
Take a deep breath to ensure that the suit is not restricting chest movement. Check that you can put your hands over your head, touch your toes, and crouch and kneel without restriction. Use the measurements in the wetsuit size chart to determine the standard **DYNAMIC**NORD size that best suits you.

Donning the wetsuit with cuff and zipper
⟶ Lay the suit flat on the floor and visually inspect the suit to ensure it is in perfect condition.
⟶ Remove all jewelry – sharp edges can damage the glide-skin seals at the neck, wrists and ankles.
⟶ Open all zippers.
⟶ If possible, sit down and put just one foot in the suit.
⟶ Fold the ankle cuff neoprene (if any) away from the inner seals.
⟶ Take hold of the suit material in the calf area and carefully slip your foot through the lower opening. Pull the suit over your leg.
⟶ Do the same with the other leg.
⟶ Take hold of the suit at the torso and pull the suit up to the waist so the crotch fits properly.
⟶ Fold the wrist cuff neoprene (if any) away from the inner seals.

⟶ Put one arm all the way into the sleeve, being careful not to damage the glide-skin seal when you put your hand through the opening.
⟶ Do the same with the other arm.
Make sure the inner zipper flap lies flat, with no creases.
⟶ Make sure that the cuffs do not get caught in the zipper teeth or slider.
⟶ Using the wetsuit – All **DYNAMIC**NORD wetsuit models are made from premium materials in accordance with the highest manufacturing standards. However, they must be used within reasonable limits.

Doffing the wet suit
⟶ Open all zippers.
⟶ Fold down the wetsuit at the top and pull it down, reversing it as you do so. This is easier when the suit is still wet. When you're done, the suit will be inside out.
⟶ After doffing it, turn it back the right way to let it dry.

Do not

⟶ Exceed the maximum depth you are qualified for according to your diver certification.
⟶ Use the wetsuit in polluted or heavily contaminated environments or in toxic or hydrocarbon-enriched waters.
⟶ Use the wetsuit as safety/buoyancy control equipment.
⟶ Use the wetsuit with a weight belt or weight system that does not have a quick release buckle.

Checks before the dive

Before EACH dive, ensure that the wetsuit is in good condition by inspecting the seams and looking for any visible damage to the material or components such as tears and holes. Make sure the zipper is working properly and is not damaged or prone to jam.

Checks after the dive

After EACH dive, repeat the same pre-dive checks to find any new damage that may have occurred during the dive. If you find any damage, repair it as soon as possible or take your suit to an authorized **DYNAMIC**NORD dealer for repair.

Risk assessment

Diving with a wetsuit bears a certain number of risks, just like other scuba diving activities. These include:

Hypothermia – Hyperthermia
Wetsuits are often used in extreme temperature conditions where either low air temperatures meet cold water or high air temperatures meet cold water. Knowing your thermal comfort zone is important to avoid hyperthermia or hypothermia.
A wetsuit offers excellent thermal protection, but it has its limitations. Your safety and enjoyment will depend on the combined effects of water temperature, exertion and your own body type.
When the body loses too much heat and the body temperature reaches dangerous levels, a condition called hypothermia sets in. Hyperthermia sets in when the body temperature rises above the normal range. When wearing a wetsuit, hyperthermia can develop during surface intervals in warm climates or when diving in warm, shallow waters at high levels of exertion. It is strongly recommended to always wear gloves, booties and a hood with the wetsuit when water temperatures may put the diver at risk of hypothermia. It is important to know your own limits and comfort zone. This allows you to recognize an uncomfortable situation as a danger signal. Hypothermia and/or hyperthermia are both dangerous and potentially fatal conditions.

During all diving activities, you must continually monitor your efforts to prevent excess air consumption, fatigue, stress, overheating, or other risks. Please use the table below to determine which wetsuit model is best suited to your needs and typical water temperatures; see also the thermal protection class printed on the suit.

WETSUIT THERMAL PROTECTION CLASS

Thermal protection class of Wet suit material	Water temperature ranges (°C/°F)
A	7°C/45°F to 12°C/54°F
B	10°C/50°F to 18°C/64,5°F
C	16°C/60,8°F to 24°C/75,2°F
D	> 22°C/72°F

Change in buoyancy at depth
Neoprene, as used in diving products, is a closed-cell, foamed material with good insulating properties. With increasing depth, the increase in pressure causes the volume of these closed cells to decrease, resulting in reduced buoyancy at depth. NOTE: Compensating for the loss of buoyancy is one of the most important exercises that must be learned when using the wetsuit correctly.

Loss of thermal protection at depth
As the neoprene thins under pressure (see above), thermal protection is also reduced. Divers planning deeper dives should take this into account and accordingly wear additional, thicker or warmer suits.

Wetsuit ergonomics

It is extremely important that the wetsuit sits correctly on the diver's body. In a loose wetsuit, water will circulate inside the suit, flowing in and out. The exchange of water between the inside and the outside of the suit results in much greater loss of heat than would be the case during normal use of the wetsuit material. It is important to choose the correct wetsuit size to prevent the formation of folds or “pockets” caused by excess material. During the dive, these folds tend to pump water in and out of the suit. The neck, ankle, and wrist seals must reduce the flow of water without restricting blood flow to the hands, feet, or head. Restricting blood flow to the extremities can cause numbness, nitrogen build-up or lack of oxygen in the brain, with the risk of losing consciousness underwater.

Allergies

It is known that a small proportion of the population suffers from allergic reactions when coming into contact with neoprene, polyester and nylon. Make sure you are not allergic to any of these materials before purchasing or donning a wetsuit containing these materials. If an allergic reaction has already occured, take off the wetsuit immediately and consult a doctor to avoid any health implications.

Cleaning and disinfection

After EACH use of your wetsuit:
⟶ Rinse your suit inside and out with clean, fresh water.
⟶ Hang the suit so that the water can drain out of the suit.
⟶ Let the suit dry thoroughly inside and out in a shady place

Care instructions

Hand wash / Do not bleach / Dry on clothesline from dripping wet / Do not iron / Do not dry clean

clevercare.info

90% NEOPRENE
10% NYLON

Storage and transport

Wetsuits are best hung on a wide hanger. Store the wetsuit in a dry, cool place away from direct sunlight. Transport wetsuits in bags specially designed for scuba gear to prevent over-folding of the suit and over-compression of the neoprene. Before packing, remove any dirt and sand.

Useful life

If you follow the care instructions above, you will be able to enjoy your **DYNAMIC**NORD wetsuit for years to come. The average useful life can range from 200 to 500 dives. Please note that depending on the duration and degree of use, the material of your wetsuit will become thinner, which in turn will reduce its insulating effect and a replacement is recommended to maintain your personal comfort during your dives.

Disposal

When you need to dispose of the suit, please comply with local laws and regulations.

EU declaration of conformity

It is hereby confirmed that the wetsuits placed on the market and marked accordingly: Legacy + SL Series 3mm, 5mm 7mm for women and men, with and without hood, comply with the standard: EN 14225-1:2018-03. The address of the testing, monitoring and certification body is:

Prüf-und Zertifizierungsstelle des Fachbereichs PSA
Zwengenbergerstr. 68
42781 Haan / Germany

This is represented by the manufacturer: DYNAMICNORD GmbH by the managing director Martin Kusche, Pettenkoferstrasse 12, D-83052 Bruckmühl confirmed.

Model

Date of production

Date of purchase

Dealer stamp

Manufacturer

You can find the manufacturing date of your suit on the label attached to the inside back of the suit.

Manufacturer
DYNAMICNORD GmbH
Pettenkoferstraße 12
83052 Bruckmühl / Germany