

## ZONE3 NEOPRENE PANTS BUOYANCY SHORTS ORIGINALS 5/3



PANTALONI IN NEOPRENE ZONE3 BUOYANCY SHORTS ORIGINALS 5-3 FRONT.jpg



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Rating: Not Rated Yet

**Price:**

85,50 €

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Manufacturer: [ZONE3](#)

Description

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Neoprene buoyancy shorts

Size options: XS, S, M, L, XL, XXL

These unique floated shorts are the only ones available on the market. Designed to give an alternative to the pull buoy and give a more natural floating sensation.

They are made of high-quality Yamamoto smooth neoprene and are stitched and glued just like a triathlon wetsuit. Designed using 3mm neoprene in the center and 5mm neoprene along the sides. These shorts offer core body flotation and boost to promote hip rotation through the stroke.

Pants serve three main purposes:

- For novice or intermediate swimmers the main factor preventing them from swimming faster is a lack of core stability and leg kick. Arm strength and technique are good, but because they are not horizontal on top of the water, they create a lot of drag and "dead weight" that makes it much more difficult to swim efficiently.

With floatation shorts, the swimmer can be more accustomed to swimming in the correct horizontal and streamlined position, so they begin to build a "neural model" of how they should feel in the water. This also allows the swimmer to focus on a more effective leg kick and better forward glide with each stroke without that "sinking leg" feeling.

The results showed that over time a swimmer's body position, speed and endurance can be significantly increased. Shorts are best used during only a few sets of swims rather than the entire session.

- For any level of triathlete who wants to train open water swimming technique in the pool. Swimming in a wetsuit during a triathlon is very different from swimming without a wetsuit during a swim meet. Most of your power should come from your upper body, with your legs and core providing essential control. These shorts help develop swimming technique in open water whereas in the pool where wearing a full wetsuit would be too hot or prohibited by lifeguards.

- For use in training or open water racing as an alternative to swimming in a full wetsuit (when the weather is warm enough!).

The available sizes are XS, S, M and L.

Each set of shorts has a drawstring so they can be cinched to any waist size, but we recommend size X-Small for sizes 26 - 28, Small for 30 - 32, Medium for 32 - 34, Large for 34 - 36 and XL 36-38

### NEOPRENE BUOYANCY SHORTS SIZE CHART

	WAIST (CM)	WAIST (IN)
X Small	66 - 71	26 - 28
Small	71 - 79	28 - 31
Medium	79 - 84	31 - 33
Large	86 - 94	34 - 37
X Large	96 - 102	38 - 40