



**SIZE & WEIGHT
RECOMMENDATION**

**NORDIC SKI
RANGE 2010 / 2011**





MOTION SKATE

SPORT



SIZE	KG	POUND
160	45 – 57	99 – 125
170	50 – 65	110 – 143
180	60 – 72	132 – 158
190	70 – 85	154 – 187





PRO SKATE

SPORT



SIZE	KG	POUND
172	45 – 65	99 – 143
178	50 – 75	110 – 165
184	60 – 80	132 – 176
190	70 – 100	154 – 220





TEAM SKATE

SPORT



SIZE	KG	POUND
172	45 – 65	99 – 143
178	50 – 75	110 – 165
184	60 – 80	132 – 176
190	70 – 100	154 – 220





AINA SKATE

WOMEN



SIZE	KG	POUND
165	35 – 55	77 – 121
172	40 – 60	88 – 132
178	45 – 60	99 – 132
184	50 – 70	110 – 154





RACE SKATE

RACE



SIZE	STIFFNESS	KG	POUND
172	M	45 – 57	99 – 125
172	H	53 – 65	117 – 143
178	M	50 – 65	110 – 143
178	H	60 – 75	132 – 165
184	M	60 – 72	132 – 158
184	H	68 – 80	150 – 176
190	M	70 – 85	154 – 187
190	H	82 – 100	180 – 220





VASA RACE SKATE

RACE



SIZE	STIFFNESS	KG	POUND
172	M	45 – 57	99 – 125
172	H	53 – 65	117 – 143
178	M	50 – 65	110 – 143
178	H	60 – 75	132 – 165
184	M	60 – 72	132 – 158
184	H	68 – 80	150 – 176
190	M	70 – 85	154 – 187
190	H	82 – 100	180 – 220





WORLD CUP SKATE

RACE



SIZE	STIFFNESS	KG	POUND
172	M	45 – 57	99 – 125
172	H	53 – 65	117 – 143
178	M	50 – 65	110 – 143
178	H	60 – 75	132 – 165
184	M	60 – 72	132 – 158
184	H	68 – 80	150 – 176
190	M	70 – 85	154 – 187
190	H	82 – 100	180 – 220







PRO CLASSIC

SPORT



SIZE	KG	POUND
182	55 – 70	121 – 154
189	55 – 70	121 – 154
196	60 – 75	132 – 165
203	70 – 95	154 – 209
210	75 – 100	165 – 220





AINA PRO CLASSIC

WOMEN



SIZE	KG	POUND
182	55 – 70	121 – 154
189	55 – 70	121 – 154
196	60 – 75	132 – 165





TEAM CLASSIC

SPORT



SIZE	STIFFNESS	KG	POUND
191	M	50 – 70	110 – 154
191	H	55 – 75	121 – 165
196	M	60 – 75	132 – 165
196	H	65 – 80	143 – 176
201	M	65 – 90	143 – 198
201	H	70 – 95	154 – 209
206	M	65 – 90	143 – 198
206	H	70 – 95	154 – 209





AINA CLASSIC

WOMEN



SIZE	STIFFNESS	KG	POUND
185	S	45 – 55	99 – 121
	M	50 – 60	110 – 132
191	S	50 – 60	110 – 132
	M	55 – 65	121 – 143
196	S	55 – 65	121 – 143
	M	67 – 75	147 – 165
201	S	67 – 75	147 – 165
	M	77 – 90	169 – 198





RACE CLASSIC

RACE



SIZE	STIFFNESS	KG	POUND
191	M	50 – 70	110 – 154
191	H	55 – 75	121 – 165
196	M	60 – 75	132 – 165
196	H	65 – 80	143 – 176
201	M	65 – 90	143 – 198
201	H	70 – 95	154 – 209
206	M	65 – 90	143 – 198
206	H	70 – 95	154 – 209





VASA RACE CLASSIC

RACE



SIZE	STIFFNESS	KG	POUND
191	M	50 – 70	110 – 154
191	H	55 – 75	121 – 165
196	M	60 – 75	132 – 165
196	H	65 – 80	143 – 176
201	M	65 – 90	143 – 198
201	H	70 – 95	154 – 209
206	M	65 – 90	143 – 198
206	H	70 – 95	154 – 209





WORLDCUP CLASSIC

RACE



SIZE	STIFFNESS	KG	POUND
191	S	35 – 45	77 – 99
	M	45 – 55	99 – 121
	H	55 – 65	121 – 143
196	S	45 – 55	99 – 121
	M	55 – 65	121 – 143
	H	65 – 75	143 – 165
201	S	55 – 65	121 – 143
	M	65 – 75	143 – 165
	H	75 – 85	165 – 187
206	S	65 – 75	143 – 165
	M	75 – 85	165 – 187
	H	85 – 100	187 – 220







MOTION 59

TOURING



SIZE	KG	POUND
177	45 – 60	99 – 132
184	50 – 65	110 – 143
191	60 – 70	132 – 154
198	65 – 75	143 – 165
205	70 – 90	154 – 198





MOTION 52

TOURING



SIZE	KG	POUND
177	50 – 65	110 – 143
184	60 – 70	132 – 154
191	65 – 75	143 – 165
198	70 – 90	154 – 198
205	70 – 100	154 – 220





ASHERA 52

WOMEN



SIZE	KG	POUND
177	45 – 55	99 – 121
184	50 – 60	110 – 132
191	55 – 65	121 – 143
198	60 – 75	132 – 165





MOTION 46

TOURING



SIZE	KG	POUND
179	50 – 65	110 – 143
186	55 – 65	121 – 143
193	60 – 75	132 – 165
200	65 – 80	143 – 187
207	70 – 100	154 – 220





MOVER 52

TOURING



SIZE	KG	POUND
174	52 – 60	114 – 132
184	60 – 65	132 – 143
194	67 – 75	147 – 165
204	85 – 100	187 – 220





MOVER 48

TOURING



SIZE	KG	POUND
174	52 – 60	114 – 132
184	60 – 65	132 – 143
194	67 – 75	147 – 165
204	85 – 100	187 – 220





XCRUISE 55

XCRUISE



SIZE	KG	POUND
163	50 – 65	110 – 143
173	60 – 75	132 – 165
183	70 – 85	154 – 187
193	80 – 95	176 – 209





ALEA 55

WOMEN



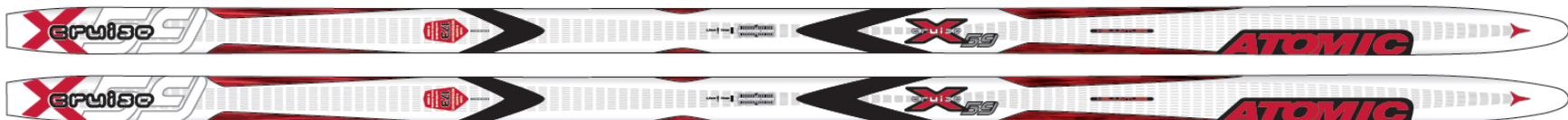
SIZE	KG	POUND
163	45 – 60	99 – 132
173	55 – 70	121 – 154
183	65 – 80	143 – 176





XCRUISE 59

XCRUISE



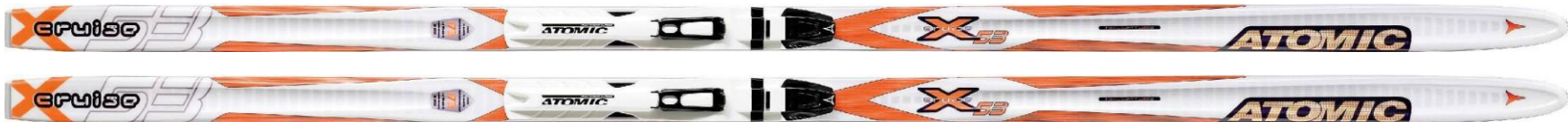
SIZE	KG	POUND
163	50 – 65	110 – 143
173	60 – 75	132 – 165
183	70 – 85	154 – 187
193	80 – 95	176 – 209





XCRUISE 53

XCRUISE



SIZE	KG	POUND
163	50 – 65	110 – 143
173	60 – 75	132 – 165
183	70 – 85	154 – 187
193	80 – 95	176 – 209





ALEA 53

WOMEN



SIZE	KG	POUND
163	45 – 60	99 – 132
173	55 – 70	121 – 154
183	65 – 80	143 – 176





XCRUISE 50

XCRUISE



SIZE	STIFFNESS	KG	POUND
163	M	50 – 65	110 – 143
173	M	60 – 75	132 – 165
183	M	70 – 85	154 – 187
193	M	80 – 95	176 – 209
	H	90 – 115	198 – 253





BC LIGHT

BACK COUNTRY



SIZE	KG	POUND
168	45 – 55	99 – 121
175	45 – 60	99 – 132
182	50 – 70	110 – 154
189	55 – 70	121 – 154
196	60 – 75	132 – 165
203	70 – 95	154 – 209





MOUNTAIN BC

BACK COUNTRY



SIZE	KG	POUND
184	50 – 65	110 – 143
191	55 – 70	121 – 154
198	60 – 75	132 – 165
205	65 – 90	143 – 198
210	70 – 100	154 – 220





SIERRA

BACK COUNTRY



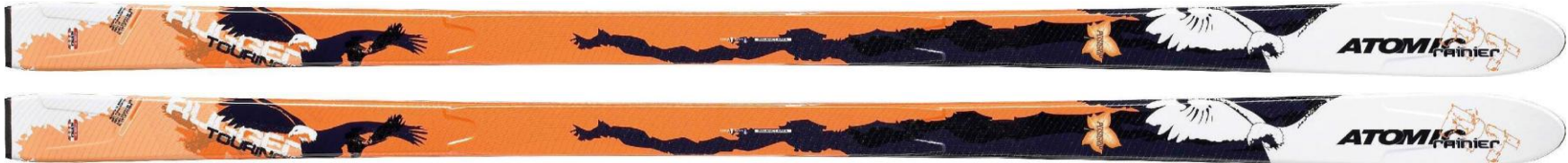
SIZE	KG	POUND
168	45 – 60	99 – 132
180	55 – 70	121 – 154
192	65 – 100	143 – 220





RAINIER

BACK COUNTRY



SIZE	KG	POUND
168	45 – 60	99 – 132
180	55 – 70	121 – 154
192	65 – 100	143 – 220







SKI TIGER

JUNIOR



SIZE	KG	POUND
90	5 – 15	11 – 33
100	5 – 15	11 – 33
110	5 – 15	11 – 33
120	15 – 25	33 – 55
130	15 – 25	33 – 55
140	20 – 30	44 – 66
150	30 – 40	66 – 88
160	35 – 45	77 – 99
170	45 – 55	99 – 121





PRO CLASSIC JUNIOR

JUNIOR



SIZE	KG	POUND
138	15 – 25	33 – 55
148	20 – 30	44 – 66
158	30 – 40	66 – 88
168	35 – 45	77 – 99
175	45 – 60	99 – 132
182	55 – 65	121 – 143





PRO SKATE JUNIOR

JUNIOR



SIZE	KG	POUND
128	15 – 20	33 – 44
138	20 – 30	44 – 66
148	30 – 40	66 – 88
158	35 – 45	77 – 99
163	40 – 55	88 – 121
168	40 – 60	88 – 132





WORLD CUP SKATE JR

JUNIOR



SIZE	KG	POUND
137	20 – 30	44 – 66
144	30 – 40	66 – 88
151	35 – 45	77 – 99
158	45 – 50	99 – 110
165	50 – 55	110 – 121
172	50 – 60	110 – 132





WORLDCUP CLASSIC JR

JUNIOR



SIZE		KG	POUND
145	S	20 – 30	44 – 66
155	S	30 – 40	66 – 88
165	S	35 – 45	77 – 99
175	S	50 – 55	110 – 121
	M	55 – 60	121 – 132
185	S	55 – 60	121 – 132
	M	60 – 65	132 – 143

