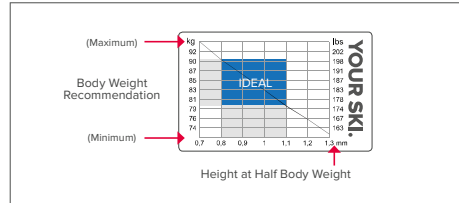


# WEIGHT RECOMMENDATION NORDIC SKIS

On our Pro and Redster ski range you'll find a sticker on each ski that shows the individual characteristics of that ski. This includes its ideal weight range, based on the ski's specific length and flex. There are two different stickers, one for Classic and one for Skate:

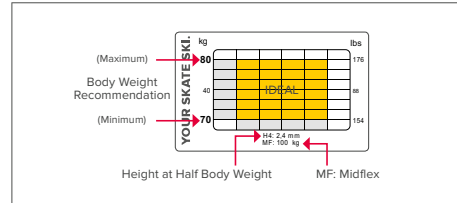
## CLASSIC

This sticker includes a color coding for different conditions: cold (blue ■), universal (yellow ■) or warm (red ■). The sticker shown below is for a cold ski which is recommended for skiers between 72 – 94 kg, perfectly suitable for 80 – 90 kg. In addition, there's a special sticker for Skintec (colour coding grey ■).



## SKATE

The sticker shown below is for a ski which is recommended for skiers between 70 – 80 kg, or 154 – 176 lbs.



RACE CLASSIC	kg	lbs	kg	lbs	kg	lbs	kg	lbs	kg	lbs	kg	lbs		
<b>REDSTER C9 CARBON SKINTEC</b>	187 cm		192 cm		197 cm		202 cm		207 cm		-	-		
AB0021198 soft	50-60	110-132	50-60	110-132	60-70	132-154	65-75	143-165	75-85	165-187	-	-		
AB0021192 med	60-70	132-154	60-70	132-154	70-80	154-176	75-85	165-187	85-95	187-209	-	-		
AB0021200 hard	70-80	154-176	-	-	-	-	85-95	187-209	95-105	209-231	-	-		
AB0021202 xhard	-	-	-	-	-	-	105-115	231-253	231-253	-	-	-		
<b>REDSTER C9 SKINTEC</b>	187 cm		192 cm		197 cm		202 cm		207 cm		-	-		
AB0021144 soft	50-60	110-132	50-60	110-132	60-70	132-154	65-75	143-165	75-85	165-187	-	-		
AB0021142 med	60-70	132-154	60-70	132-154	70-80	154-176	75-85	165-187	85-95	187-209	-	-		
AB0021140 hard	70-80	154-176	-	-	-	-	85-95	187-209	95-105	209-231	-	-		
AB0021138 xhard	-	-	-	-	-	-	105-115	231-253	231-253	-	-	-		
<b>REDSTER C7 SKINTEC</b>	187 cm		192 cm		197 cm		202 cm		207 cm		-	-		
AB0021452 soft	50-60	110-132	50-60	110-132	60-70	132-154	65-75	143-165	75-85	165-187	-	-		
AB0021454 med	60-70	132-154	60-70	132-154	70-80	154-176	75-85	165-187	85-95	187-209	-	-		
AB0021456 hard	70-80	154-176	-	-	-	-	85-95	187-209	95-105	209-231	-	-		
AB0021458 xhard	-	-	-	-	-	-	105-115	231-253	231-253	-	-	-		
<b>REDSTER C9 CARBON</b>	187 cm		192 cm		197 cm		202 cm		207 cm		-	-		
AB0021090 UNI soft	-	-	45-55	99-121	50-60	110-132	60-70	132-154	70-80	154-176	-	-		
AB0021088 UNI med	45-55	99-121	55-65	121-143	60-70	132-154	70-80	154-176	80-90	176-198	-	-		
AB0021092 UNI hard	55-65	121-143	-	-	-	-	80-90	176-198	90-100	198-220	-	-		
AB0021094 COLD	-	-	-	-	45-55	99-121	55-65	121-143	65-75	143-165	-	-		
AB0021096 PLUS	45-55	99-121	-	-	50-60	110-132	60-70	132-154	70-80	154-176	-	-		
<b>REDSTER C9 UNI</b>	187 cm		192 cm		197 cm		202 cm		207 cm		-	-		
AB0021148 UNI soft	-	-	45-55	99-121	50-60	110-132	60-70	132-154	70-80	154-176	-	-		
AB0021146 UNI med	-	-	55-65	121-143	60-70	132-154	70-80	154-176	80-90	176-198	-	-		
AB0021150 UNI hard	-	-	-	-	-	-	80-90	176-198	90-100	198-220	-	-		
<b>REDSTER C7</b>	176 cm		184 cm		192 cm		200 cm		208 cm		-	-		
AB0021496 med	55-70	121-154	55-70	121-154	55-70	121-154	65-80	143-176	75-90	165-198	-	-		
AB0021494 hard	-	-	-	-	65-80	143-176	75-90	165-198	85-100	187-220	-	-		
<b>RACE SKATE</b>														
<b>REDSTER S9 CARBON</b>	173 cm			180 cm			186 cm			192 cm			-	-
AB0021160 UNI soft	40-55	88-121	50-65	110-143	55-70	121-154	65-80	143-176	-	-	-	-		
AB0021162 UNI med	-	-	-	-	65-80	143-176	75-95+	165-209+	-	-	-	-		
AB0021164- UNI hard	-	-	-	-	-	-	90-110+	198-242+	-	-	-	-		
AB0021166 PLUS med	-	-	50-65	110-143	60-80	132-176	70-95+	154-209+	-	-	-	-		
AB0021168 PLUS hard	-	-	-	-	-	-	90-110+	198-242+	-	-	-	-		
<b>REDSTER S9</b>	173 cm			180 cm			186 cm			192 cm			-	-
AB0021170 soft	40-55	88-121	50-65	110-143	55-70	121-154	65-80	143-176	-	-	-	-		
AB0021172 med	-	-	-	-	65-80	143-176	75-95+	165-209+	-	-	-	-		
AB0021174 hard	-	-	-	-	-	-	90-110+	198-242+	-	-	-	-		
<b>REDSTER S7</b>	173 cm			180 cm			186 cm			192 cm			-	-
AB0021176 med	40-55	88-121	50-65	110-143	60-75	132-165	70-85+	154-187+	-	-	-	-		
AB0021178 hard	-	-	-	-	75-95+	165-209+	90-110+	198-242+	-	-	-	-		
<b>REDSTER S5</b>	172 cm			178 cm			184 cm			190 cm			-	-
AB0021484	40-55	88-121	40-55	88-121	50-65	110-143	60-80	132-176	75-100+	165-220+	-	-		

SPORT CLASSIC	kg	lbs	kg	lbs	kg	lbs	kg	lbs	kg	lbs	kg	lbs
<b>PRO C3 SKINTEC</b>	176 cm		184 cm		192 cm		200 cm		208 cm		-	-
AB0021130 soft	50-60	110-132	50-60	110-132	60-70	132-154	65-75	143-165	75-85	165-187	-	-
AB0021124 med	-	-	60-70	132-154	70-80	154-176	75-85	165-187	85-95	187-209	-	-
AB0021128 hard	-	-	70-80	154-176	80-90	176-198	85-95	187-209	95-105	209-231	-	-
AB0021126 xhard	-	-	-	-	-	-	105-115	231-253	231-253	-	-	-
<b>PRO C2 SKINTEC</b>	181 cm		188 cm		195 cm		202 cm		209 cm		-	-
AB0021106 med	55-65	121-143	55-70	121-154	60-75	132-165	70-85	154-187	80-95+	176-209+	-	-
AB0021108 hard	-	-	70-85	154-187	-	-	80-95	176-209	90-110+	198-242+	-	-
<b>PRO C2 SKINTEC L</b>	181 cm		188 cm		195 cm		202 cm		209 cm		-	-
AB0021110 med	50-60	110-132	55-70	121-154	60-75	132-165	65-75	143-165	-	-	-	-
AB0021112 hard	-	-	70-85	154-187	75-90	165-198	-	-	-	-	-	-
<b>PRO C1 SKINTEC</b>	181 cm		188 cm		195 cm		202 cm		209 cm		-	-
AB0021098 med	55-65	121-143	55-70	121-154	60-75	132-165	70-95	154-209	75-100	165-220	-	-
AB0021100 hard	-	-	70-85	154-187	-	-	-	-	100-115	220-253	-	-
<b>PRO C1 SKINTEC L</b>	181 cm		188 cm		195 cm		202 cm		209 cm		-	-
AB0021102 med	50-60	110-132	55-70	121-154	60-75	132-165	65-75	143-165	-	-	-	-
AB0021104 hard	-	-	70-85	154-187	75-90	165-198	-	-	-	-	-	-
<b>PRO C2</b>	181 cm		188 cm		195 cm		202 cm		209 cm		-	-
AB0021114	55-65	121-143	55-70	121-154	60-75	132-165	70-95	154-209	75-100+	165-220+	-	-
<b>SPORT SKATE</b>												
<b>PRO S2</b>	166 cm		172 cm		178 cm		184 cm		194 cm		-	-
AB0021492	-	-	40-55	88-121	50-65	110-143	60-80	132-176	75-100+	165-220+	-	-
<b>PRO S2 W</b>	166 cm		172 cm		178 cm		184 cm		194 cm		-	-
AB0021490	40-55	88-121	40-55	88-121	50-65	110-143	60-80	132-176	-	-	-	-
<b>PRO S1</b>	166 cm		172 cm		178 cm		184 cm		194 cm		-	-
AB0021488	-	-	40-55	88-121	50-65	110-143	60-80	132-176	75-100+	165-220+	-	-
<b>PRO C51</b>	166 cm		172 cm		178 cm		184 cm		194 cm		-	-
AB0021486	-	-	40-55	88-121	50-65	110-143	60-80	132-176	75-100+	165-220+	-	-
<b>TOURING MID SIZE</b>												
<b>MOVER SKINTEC</b>	174 cm		184 cm		194 cm		204 cm		-	-	-	-
AB0020970 med	50-65	110-143	55-70	121-154	70-85	154-187	80-95	176-209	-	-	-	-
AB0020972 hard	-	-	-	-	80-95	176-209	90-110+	198-242+	-	-	-	-
<b>MOVER SKINTEC L</b>	174 cm		184 cm		194 cm		204 cm		-	-	-	-
AB0020966 med	50-65	110-143	55-70	121-154	70-85	154-187	-	-	-	-	-	-
AB0020968 hard	-	-	65-80	143-176	80-95	176-209	-	-	-	-	-	-
<b>MOVER S2 GRIP</b>	177 cm		184 cm		191 cm		198 cm		205 cm		-	-
AB0020974	55-65	121-143	55-70	121-154	60-75	132-165	70-95	154-209	75-100+	165-220+	-	-
<b>MOVER S2 WAX</b>	177 cm		184 cm		191 cm		198 cm		205 cm		-	-
AB0020976	55-65	121-143	55-70	121-154	60-75	132-165	70-95	154-209	75-100+	165-220+	-	-
<b>MOVER 46 GRIP</b>	179 cm		186 cm		193 cm		200 cm		207 cm		-	-
AB0020964	55-65	121-143	55-70	121-154	60-75	132-165	70-95	154-209	75-100+	165-220+	-	-
<b>TOURING SHORT SIZE</b>												
<b>MOVER XCRUISE SKINTEC</b>	165 cm		170 cm		175 cm		183 cm		193 cm		-	-
AB0021002 med	35-50	77-110	65-80	143-176	75-90	165-198	-	-	-	-	-	-
AB0021004 hard	50-65	110-143	-	-	90-105	198-231	-	-	-	-	-	-
<b>MOVER XCRUISE POSIGRIP</b>	163 cm		173 cm		183 cm		193 cm		-	-	-	-
AB0020982 med	55-65	121-143	55-70	121-154	60-75	132-165	70-95	154-209	-	-	-	-
AB0020984 hard	-	-	-	-	80-95	176-209	90-100(+)	198-220(+)	-	-	-	-
<b>MOVER XCRUISE GRIP</b>	163 cm		173 cm		183 cm		193 cm		-	-	-	-
AB0020978	55-70	121-154	60-75	132-165	70-95	154-209	75-100+	165-220+	-	-	-	-
<b>MOVER X</b>												