

SKI WEIGHT RECOMMENDATION

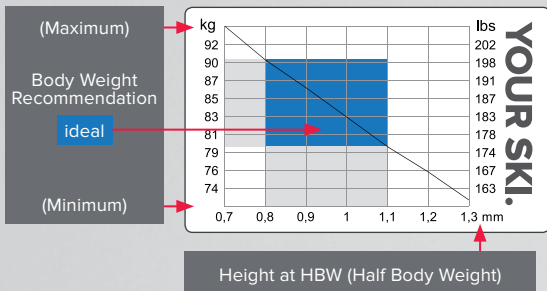
SKI WEIGHT RECOMMENDATION

WEIGHT RECOMMENDATION NORDIC SKIS

On every Worldcup ski we make there is a sticker that shows the important technical information about 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:

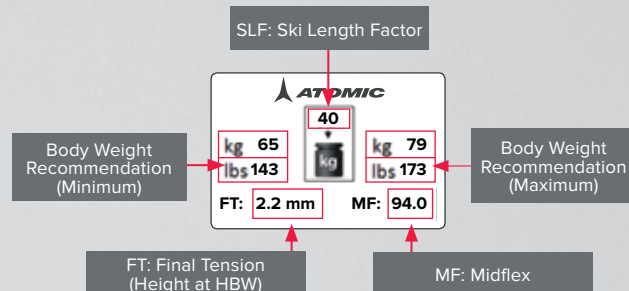
CLASSIC

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.



SKATE

The sticker shown below is for a ski which is recommended for skiers between 65-79 kg, or 143-173 lbs.



|                                  | kg     | lbs     | kg     | lbs     | kg     | lbs     | kg        | lbs        | kg        | lbs        | kg | lbs |
|----------------------------------|--------|---------|--------|---------|--------|---------|-----------|------------|-----------|------------|----|-----|
| <b>RACE CLASSIC</b>              |        |         |        |         |        |         |           |            |           |            |    |     |
| <b>REDSTER CARBON CLASSIC</b>    | 192 cm |         | 197 cm |         | 202 cm |         | 207 cm    |            | -         | -          | -  | -   |
| cold med                         | -      | -       | -      | -       | 70-80  | 154-176 | 80-90     | 176-198    | -         | -          | -  | -   |
| cold soft                        | 45-60  | 99-132  | 50-60  | 110-132 | 60-70  | 132-154 | 70-80     | 154-176    | -         | -          | -  | -   |
| universal hard                   | -      | -       | -      | -       | -      | -       | 90-105(+) | 198-231(+) | -         | -          | -  | -   |
| universal med                    | 55-65  | 121-143 | 60-70  | 132-154 | 70-80  | 154-176 | 80-90     | 176-198    | -         | -          | -  | -   |
| universal soft                   | 45-60  | 99-132  | 50-60  | 110-132 | 60-70  | 132-154 | 70-80     | 154-176    | -         | -          | -  | -   |
| plus med                         | 50-65  | 110-143 | 65-80  | 143-176 | 75-90  | 165-198 | -         | -          | -         | -          | -  | -   |
| plus CB med                      | -      | -       | 50-65  | 110-143 | 65-80  | 143-176 | 75-90     | 165-198    | -         | -          | -  | -   |
| <b>REDSTER WORLDCUP CLASSIC</b>  | 192 cm |         | 197 cm |         | 202 cm |         | 207 cm    |            | -         | -          | -  | -   |
| cold soft                        | 45-60  | 99-132  | 50-65  | 110-143 | 60-70  | 132-154 | 70-80     | 154-176    | -         | -          | -  | -   |
| cold med                         | -      | -       | -      | -       | 70-80  | 154-176 | 80-90     | 176-198    | -         | -          | -  | -   |
| universal med                    | 55-65  | 121-143 | 60-70  | 132-154 | 70-80  | 154-176 | 80-90     | 176-198    | -         | -          | -  | -   |
| universal hard                   | -      | -       | -      | -       | 80-90  | 176-198 | 90-105(+) | 198-231(+) | -         | -          | -  | -   |
| <b>REDSTER MARATHON CLASSIC</b>  | 192 cm |         | 197 cm |         | 202 cm |         | 207 cm    |            | -         | -          | -  | -   |
| med                              | 50-60  | 110-132 | 55-65  | 121-143 | 70-80  | 154-176 | 75-90     | 165-198    | -         | -          | -  | -   |
| hard                             | 55-65  | 121-143 | 60-70  | 132-154 | 80-90  | 176-198 | 90-100(+) | 198-220(+) | -         | -          | -  | -   |
| <b>REDSTER SKINTEC</b>           | 177 cm |         | 184 cm |         | 191 cm |         | 198 cm    |            | 205 cm    |            | -  | -   |
| med                              | 35-50  | 77-110  | 40-55  | 88-121  | 45-60  | 99-132  | 60-75     | 132-165    | 70-85     | 154-187    | -  | -   |
| hard                             | -      | -       | 50-65  | 110-143 | 55-70  | 121-154 | 70-90     | 154-198    | 80-95(+)  | 176-209(+) | -  | -   |
| <b>REDSTER CLASSIC</b>           | 181 cm |         | 188 cm |         | 195 cm |         | 202 cm    |            | 209 cm    |            | -  | -   |
| -                                | 55-65  | 121-143 | 55-70  | 121-154 | 60-75  | 132-165 | 70-95     | 154-209    | 75-100(+) | 165-220(+) | -  | -   |
| <b>RACE SKATE</b>                |        |         |        |         |        |         |           |            |           |            |    |     |
| <b>REDSTER WORLDCUP SKATE A1</b> | 173 cm |         | 179 cm |         | 185 cm |         | 191 cm    |            | -         | -          | -  | -   |
| compact hard                     | -      | -       | -      | -       | 67-79  | 147-174 | 80-92     | 176-202    | -         | -          | -  | -   |
| compact soft                     | 40-50  | 88-110  | 45-55  | 99-121  | 55-66  | 121-145 | 65-79     | 143-174    | -         | -          | -  | -   |
| <b>REDSTER WORLDCUP SKATE A2</b> | 172 cm |         | 178 cm |         | 184 cm |         | 190 cm    |            | -         | -          | -  | -   |
| uni soft                         | 40-50  | 88-110  | 45-55  | 99-121  | 55-66  | 121-145 | 65-79     | 143-174    | -         | -          | -  | -   |
| uni hard                         | -      | -       | -      | -       | 67-79  | 147-174 | 80-92     | 176-202    | -         | -          | -  | -   |
| uni hard xstiff                  | -      | -       | -      | -       | -      | -       | 90-120    | 198-264    | -         | -          | -  | -   |
| plus CB soft                     | 40-50  | 88-110  | 45-55  | 99-121  | 55-66  | 121-145 | 65-79     | 143-174    | -         | -          | -  | -   |
| plus CB hard                     | -      | -       | -      | -       | 67-79  | 147-174 | 80-92     | 176-202    | -         | -          | -  | -   |
| <b>REDSTER MARATHON SKATE</b>    | 172 cm |         | 178 cm |         | 184 cm |         | 190 cm    |            | -         | -          | -  | -   |
| soft                             | 40-55  | 88-121  | 50-65  | 110-143 | 55-70  | 121-154 | 65-80     | 143-176    | -         | -          | -  | -   |
| hard                             | -      | -       | -      | -       | 65-80  | 143-176 | 75-95(+)  | 165-209(+) | -         | -          | -  | -   |
| <b>REDSTER SKATE</b>             | 172 cm |         | 178 cm |         | 184 cm |         | 190 cm    |            | -         | -          | -  | -   |
| -                                | 40-55  | 88-121  | 50-65  | 110-143 | 60-80  | 132-176 | 75-100(+) | 165-220(+) | -         | -          | -  | -   |

|                                    | kg     | lbs     | kg     | lbs     | kg     | lbs     | kg        | lbs        | kg        | lbs        | kg        | lbs        |
|------------------------------------|--------|---------|--------|---------|--------|---------|-----------|------------|-----------|------------|-----------|------------|
| <b>SPORT CLASSIC</b>               |        |         |        |         |        |         |           |            |           |            |           |            |
| <b>SPORT PRO SKINTEC</b>           | 176 cm |         | 184 cm |         | 192 cm |         | 200 cm    |            | 208 cm    |            | -         | -          |
| xstiff                             | 55-65  | 121-143 | 55-70  | 121-154 | 60-75  | 132-165 | 70-95     | 154-209    | 75-100(+) | 165-220(+) | 90-120(+) | 198-264(+) |
| <b>SPORT PRO SKINTEC L</b>         | 176 cm |         | 184 cm |         | 192 cm |         | 200 cm    |            | 208 cm    |            | -         | -          |
| -                                  | 50-60  | 110-132 | 55-65  | 121-143 | 60-70  | 132-154 | 65-75     | 143-165    | -         | -          | -         | -          |
| <b>PRO SKINTEC</b>                 | 181 cm |         | 188 cm |         | 195 cm |         | 202 cm    |            | 209       |            | -         | -          |
| xstiff                             | 55-65  | 121-143 | 55-70  | 121-154 | 60-75  | 132-165 | 70-95     | 154-209    | 75-100(+) | 165-220(+) | 90-120(+) | 198-264(+) |
| <b>SPORT CLASSIC</b>               | 186    |         | 193    |         | 200    |         | 207       |            | -         | -          | -         | -          |
| -                                  | 55-70  | 121-154 | 60-75  | 132-165 | 70-95  | 154-209 | 75-100(+) | 165-220(+) | -         | -          | -         | -          |
| <b>PRO CLASSIC</b>                 | 181    |         | 188    |         | 195    |         | 202       |            | 209       |            | -         | -          |
| -                                  | 55-65  | 121-143 | 55-70  | 121-154 | 60-75  | 132-165 | 70-95     | 154-209    | 75-100(+) | 165-220(+) | -         | -          |
| <b>PRO CLASSIC L</b>               | 181    |         | 188    |         | 195    |         | -         | -          | -         | -          | -         | -          |
| -                                  | 50-60  | 110-132 | 55-65  | 121-143 | 60-70  | 132-154 | -         | -          | -         | -          | -         | -          |
| <b>SPORT SKATE</b>                 |        |         |        |         |        |         |           |            |           |            |           |            |
| <b>SPORT SKATE</b>                 | 172 cm |         | 178 cm |         | 184 cm |         | 190 cm    |            | -         | -          | -         | -          |
| -                                  | 40-55  | 88-121  | 50-65  | 110-143 | 60-80  | 132-176 | 75-100(+) | 165-220(+) | -         | -          | -         | -          |
| <b>PRO SKATE</b>                   | 172 cm |         | 178 cm |         | 184 cm |         | 190 cm    |            | -         | -          | -         | -          |
| -                                  | 40-55  | 88-121  | 50-65  | 110-143 | 60-80  | 132-176 | 75-100(+) | 165-220(+) | -         | -          | -         | -          |
| <b>PRO COMBI</b>                   | 172 cm |         | 178 cm |         | 184 cm |         | 190 cm    |            | -         | -          | -         | -          |
| -                                  | 40-55  | 88-121  | 50-65  | 110-143 | 60-80  | 132-176 | 75-100(+) | 165-220(+) | -         | -          | -         | -          |
| <b>PRO SKATE L</b>                 | 166 cm |         | 172 cm |         | 178 cm |         | 184 cm    |            | -         | -          | -         | -          |
| -                                  | 40-55  | 88-121  | 45-60  | 99-132  | 55-65  | 121-143 | 60-75     | 132-165    | -         | -          | -         | -          |
| <b>TOURING MID SIZE</b>            |        |         |        |         |        |         |           |            |           |            |           |            |
| <b>MOTION SKINTEC</b>              | 174 cm |         | 184 cm |         | 194 cm |         | 204 cm    |            | -         | -          | -         | -          |
| xstiff                             | 50-65  | 110-143 | 55-70  | 121-154 | 70-85  | 154-187 | 80-95     | 176-209    | 95-110(+) | 209-242(+) | -         | -          |
| <b>MOTION SKINTEC W</b>            | 174    |         | 184    |         | 194    |         | -         | -          | -         | -          | -         | -          |
| -                                  | 50-65  | 110-143 | 55-70  | 121-154 | 70-85  | 154-187 | -         | -          | -         | -          | -         | -          |
| <b>MOTION 46 WAX</b>               | 179 cm |         | 186 cm |         | 193 cm |         | 200 cm    |            | 207 cm    |            | -         | -          |
| -                                  | 55-65  | 121-143 | 55-70  | 121-154 | 60-75  | 132-165 | 70-95     | 154-209    | 75-100(+) | 165-220(+) | -         | -          |
| <b>MOTION 46 GRIP</b>              | 179 cm |         | 186 cm |         | 193 cm |         | 200 cm    |            | 207 cm    |            | -         | -          |
| -                                  | 55-65  | 121-143 | 55-70  | 121-154 | 60-75  | 132-165 | 70-95     | 154-209    | 75-100(+) | 165-220(+) | -         | -          |
| <b>MOTION 52 WAX</b>               | 177 cm |         | 184 cm |         | 191 cm |         | 198 cm    |            | 205 cm    |            | -         | -          |
| -                                  | 55-65  | 121-143 | 55-70  | 121-154 | 60-75  | 132-165 | 70-95     | 154-209    | 75-100(+) | 165-220(+) | -         | -          |
| <b>MOTION 52 GRIP</b>              | 177 cm |         | 184 cm |         | 191 cm |         | 198 cm    |            | 205 cm    |            | -         | -          |
| -                                  | 55-65  | 121-143 | 55-70  | 121-154 | 60-75  | 132-165 | 70-95     | 154-209    | 75-100(+) | 165-220(+) | -         | -          |
| <b>MOTION 52 GRIP W</b>            | 177 cm |         | 184 cm |         | 191 cm |         | 198 cm    |            | -         | -          | -         | -          |
| -                                  | 55-65  | 121-143 | 55-70  | 121-154 | 60-75  | 132-165 | 70-95     | 154-209    | -         | -          | -         | -          |
| <b>TOURING SHORT SIZE</b>          |        |         |        |         |        |         |           |            |           |            |           |            |
| <b>MOTION XCRUISE 53 POSIGRIP</b>  | 163 cm |         | 173 cm |         | 183 cm |         | 193 cm    |            | -         | -          | -         | -          |
| xstiff                             | 55-65  | 121-143 | 55-70  | 121-154 | 60-75  | 132-165 | 70-95     | 154-209    | 90-100(+) | 198-220(+) | -         | -          |
| <b>MOTION XCRUISE 55 GRIP</b>      | 163 cm |         | 173 cm |         | 183 cm |         | 193 cm    |            | -         | -          | -         | -          |
| -                                  | 55-70  | 121-154 | 60-75  | 132-165 | 70-95  | 154-209 | 75-100(+) | 165-220(+) | -         | -          | -         | -          |
| <b>MOTION XCRUISE 55 GRIP W</b>    | 163 cm |         | 173 cm |         | 183 cm |         | -         | -          | -         | -          | -         | -          |
| -                                  | 40-55  | 88-121  | 50-65  | 110-143 | 60-75  | 132-165 | -         | -          | -         | -          | -         | -          |
| <b>JUNIOR CLASSIC</b>              |        |         |        |         |        |         |           |            |           |            |           |            |
| <b>REDSTER WORLDCUP CLASSIC JR</b> | 145    |         | 155    |         | 165    |         | 175       |            | 185       |            | -         | -          |
| soft                               | 20-30  | 44-66   | 25-35  | 55-77   | 30-40  | 66-88   | 35-45     | 77-99      | 40-50     | 88-110     | -         | -          |
| med                                | -      | -       | -      | -       | -      | -       | 45-55     | 99-121     | 50-60     | 110-132    | -         | -          |
| <b>REDSTER SKINTEC JUNIOR</b>      | 148    |         | 158    |         | 168    |         | 175       |            | -         | -          | -         | -          |
| -                                  | 20-30  | 44-66   | 25-35  | 55-77   | 30-40  | 66-88   | 40-50     | 88-110     | -         | -          | -         | -          |
| <b>SPORT GRIP JR</b>               | 90     |         | 100    |         | 110    |         | 120       |            | 130       |            | 140       |            |
| -                                  | 15-30  | 33-66   | 18-33  | 40-73   | 22-37  | 48-81   | 24-39     | 53-86      | 30-45     | 66-99      | 32-47     | 70-103     |
| <b>SPORT GRIP JR</b>               | 150    |         | 160    |         | 170    |         | -         | -          | -         | -          | -         | -          |
| -                                  | 34-49  | 75-108  | 36-51  | 79-112  | 38-53  | 84-117  | -         | -          | -         | -          | -         | -          |
| <b>JUNIOR SKATE</b>                |        |         |        |         |        |         |           |            |           |            |           |            |
| <b>REDSTER WORLDCUP SKATE JR</b>   | 137    |         | 144    |         | 151    |         | 158       |            | 165       |            | 172       |            |
| -                                  | 20-30  | 44-66   | 30-40  | 66-88   | 35-45  | 77-99   | 40-50     | 88-110     | 45-55     | 99-121     | 50-60     | 110-132    |
| <b>REDSTER SKATE JR</b>            | 138    |         | 148    |         | 158    |         | 163       |            | 168       |            | -         | -          |
| -                                  | 20-30  | 44-66   | 30-40  | 66-88   | 40-50  | 88-110  | 45-55     | 99-121     | 50-60     | 110-132    | -         | -          |
| <b>REDSTER COMBI JR</b>            | 138    |         | 148    |         | 158    |         | 163       |            | 168       |            | -         | -          |
| -                                  | 20-30  | 44-66   | 30-40  | 66-88   | 40-50  | 88-110  | 45-55     | 99-121     | 50-60     | 110-132    | -         | -          |