

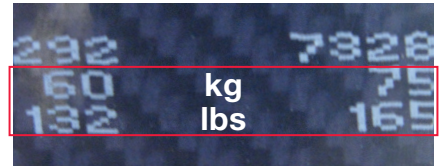
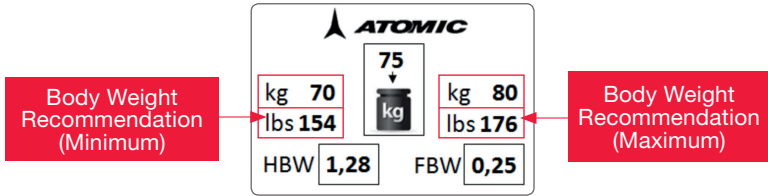
## WEIGHT RECOMMENDATION NORDIC SKIS 2013/14

THE ATOMIC STICKER SHOWS THE MOST IMPORTANT TECHNICAL INFORMATION.

### BODY WEIGHT RECOMMENDATION:

Every ski of a specific length and flex is usable for a particular weight range. The sticker shown below is on a ski which is recommended for 70-80 kg, or 154-176 lbs.

**NOTE: THE BODY WEIGHT RECOMMENDATION IS ALSO PRINTED ON EVERY SINGLE SKI, JUST ABOVE THE BINDING.**



Additional printing on the ski.

## WEIGHT RECOMMENDATION NORDIC SKIS 2013/14

	kg	lbs	kg	lbs	kg	lbs	kg	lbs	kg	lbs	kg	lbs
<b>RACE CLASSIC</b>												
<b>WORLD CUP CLASSIC SDS</b>	192 cm		197 cm		202 cm		207 cm		-	-	-	-
soft/warm	45-55	99-121	50-60	110-132	60-70	132-154	65-75	143-165	-	-	-	-
soft/cold	45-55	99-121	50-60	110-132	60-70	132-154	65-75	143-165	-	-	-	-
medium/warm	50-60	110-132	55-65	121-143	70-80	154-176	75-90	165-198	-	-	-	-
hard/warm	55-65	121-143	60-70	132-154	80-90	176-198	90-100	198-220	-	-	-	-
medium/cold	50-60	110-132	55-65	121-143	70-80	154-176	75-90	165-198	-	-	-	-
hard/cold	55-65	121-143	60-70	132-154	80-90	176-198	90-100	198-220	-	-	-	-
<b>ATOMIC SKINTEC</b>	177 cm		184 cm		191 cm		198 cm		205 cm		-	-
hard	-	-	50-65	110-143	55-70	121-154	70-90	154-198	80-95	176-209	-	-
med	35-50	77-110	40-55	88-121	45-60	99-132	60-75	132-165	70-85	154-187	-	-
<b>AINA RACE CLASSIC</b>	191 cm		196 cm		201 cm		-	-	-	-	-	-
-	50-60	110-132	55-65	121-143	60-75	132-165	-	-	-	-	-	-
<b>VASA RACE CLASSIC</b>	191 cm		196 cm		201 cm		206 cm		-	-	-	-
med	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>RACE CLASSIC</b>	191 cm		196 cm		201 cm		206 cm		-	-	-	-
med	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>RACE CLASSIC POSIGRIP</b>	191 cm		196 cm		201 cm		206 cm		-	-	-	-
-	50-65	110-143	55-70	121-154	70-90	154-198	80-95	176-209	-	-	-	-
<b>RACE SKATE</b>												
<b>WC SKATE FL HARD TRACK</b>	173 cm		179 cm		185 cm		191 cm		-	-	-	-
soft	40-50	88-110	45-55	99-121	55-66	121-145	65-79	143-174	-	-	-	-
hard	45-55	99-121	55-66	121-145	67-79	147-174	80-92	176-202	-	-	-	-
<b>WC SKATE FL SOFT TRACK</b>	172 cm		178 cm		184 cm		190 cm		-	-	-	-
soft	40-50	88-110	45-55	99-121	55-66	121-145	65-79	143-174	-	-	-	-
hard	45-55	99-121	55-66	121-145	67-79	147-174	80-92	176-202	-	-	-	-
<b>VASA RACE SKATE</b>	172 cm		178 cm		184 cm		190 cm		-	-	-	-
soft	40-50	88-110	45-55	99-121	55-68	121-150	65-80	143-176	-	-	-	-
hard	45-55	99-121	55-65	121-143	65-78	143-172	77-92	169-202	-	-	-	-
<b>RACE SKATE</b>	172 cm		178 cm		184 cm		190 cm		-	-	-	-
soft	40-50	88-110	45-55	99-121	55-68	121-150	65-80	143-176	-	-	-	-
hard	45-55	99-121	55-65	121-143	65-78	143-172	77-92	169-202	-	-	-	-
<b>JUNIOR CLASSIC</b>												
<b>WORLD CUP CLASSIC JR</b>	145 cm		155 cm		165 cm		175 cm		185 cm		-	-
soft	20-30	44-66	30-40	66-88	35-45	77-99	40-50	88-110	45-55	99-121	-	-
medium	-	-	-	-	-	-	45-55	99-121	50-60	110-132	-	-
<b>RACE CLASSIC JR</b>	138 cm		148 cm		158 cm		168 cm		175 cm		182 cm	
-	20-30	44-66	20-30	44-66	30-40	66-88	35-45	77-99	40-50	88-110	45-55	99-121
<b>JUNIOR SKATE</b>												
<b>WORLD CUP SKATE JR</b>	137 cm		144 cm		151 cm		158 cm		165 cm		172 cm	
-	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>RACE SKATE JR</b>	128 cm		138 cm		148 cm		158 cm		163 cm		168 cm	
-	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>RACE COMBI JR</b>	128 cm		138 cm		148 cm		158 cm		163 cm		168 cm	
-	20-30	44-66	30-40	66-88	35-45	77-99	40-50	88-110	45-55	99-121	50-60	110-132



**WEIGHT RECOMMENDATION NORDIC SKIS 2013/14**

	kg	lbs	kg	lbs	kg	lbs	kg	lbs	kg	lbs	kg	lbs
<b>SPORT CLASSIC</b>												
SPORT PRO CLASSIC	191 cm		196 cm		201 cm		206 cm		-	-	-	-
med	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	-	-	-	-
PRO CLASSIC	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	-	-
PRO CLASSIC POSIGRIP	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	-	-
AINA CLASSIC	181 cm		188 cm		195 cm		-		-		-	-
-	50-60	110-132	55-65	121-143	60-75	132-165	-	-	-	-	-	-
SPORT CLASSIC	186 cm		193 cm		200 cm		207 cm		-		-	-
-	55-70	121-154	60-75	132-165	70-95	154-209	75-100	165-220	-	-	-	-
SPORT CLASSIC GRIP	186 cm		193 cm		200 cm		207 cm		-		-	-
-	55-70	121-154	60-75	132-165	70-95	154-209	75-100	165-220	-	-	-	-
<b>SPORT SKATE</b>												
SPORT PRO SKATE	172 cm		178 cm		184 cm		190 cm		-		-	-
-	40-55	88-121	45-65	99-143	55-78	121-172	65-92	143-202	-	-	-	-
AINA SKATE	165 cm		172 cm		178 cm		184 cm		-		-	-
-	40-55	88-121	45-60	99-132	55-65	121-143	60-75	132-165	-	-	-	-
PRO SKATE	172 cm		178 cm		184 cm		190 cm		-		-	-
-	40-55	88-121	45-65	99-143	55-78	121-172	65-92	143-202	-	-	-	-
PRO COMBI	172 cm		178 cm		184 cm		190 cm		-		-	-
-	40-55	88-121	45-65	99-143	55-78	121-172	65-92	143-202	-	-	-	-
SPORT SKATE	160 cm		170 cm		180 cm		190 cm		-		-	-
-	40-55	88-121	45-65	99-143	55-78	121-172	65-92	143-202	-	-	-	-
<b>TOURING MID SIZE</b>												
MOVER 48 POSIGRIP	174 cm		184 cm		194 cm		204 cm		-		-	-
-	55-70	121-154	60-75	132-165	70-95	154-209	75-100	165-220	-	-	-	-
MOVER 52 POSIGRIP	174 cm		184 cm		194 cm		204 cm		-		-	-
-	55-70	121-154	60-75	132-165	70-95	154-209	75-100	165-220	-	-	-	-
MOTION 59 GRIP	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	-	-
MOTION 46 WAX	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	-	-
MOTION 46 GRIP	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	-	-
MOTION 52 WAX	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	-	-
MOTION 52 GRIP	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	-	-
ASHERA 52 GRIP	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 MID SIZE JUNIOR</b>												
SKI TIGER WAX	90 cm		100 cm		110 cm		120 cm		130 cm		140 cm	
-	15-30	33-66	18-33	40-73	22-37	48-81	24-39	53-86	30-45	66-99	32-47	70-103
-	150 cm		160 cm		170 cm		-		-		-	
-	34-49	75-108	36-51	79-112	38-53	84-117	-	-	-	-	-	-
SKI TIGER GRIP	90 cm		100 cm		110 cm		120 cm		130 cm		140 cm	
-	15-30	33-66	18-33	40-73	22-37	48-81	24-39	53-86	30-45	66-99	32-47	70-103
-	150 cm		160 cm		170 cm		-		-		-	
-	34-49	75-108	36-51	79-112	38-53	84-117	-	-	-	-	-	-
<b>TOURING SHORT SIZE</b>												
XCRUISE 59 POSIGRIP	163 cm		173 cm		183 cm		193 cm		-		-	-
-	50-65	110-143	60-75	132-165	70-85	154-187	80-95	176-209	-	-	-	-
XCRUISE W 53 POSIGRIP	163 cm		173 cm		183 cm		-		-		-	
-	40-55	88-121	50-65	110-143	60-75	132-165	-	-	-	-	-	-
XCRUISE 53 POSIGRIP X-STIFF	183 cm		193 cm		-		-		-		-	
-	80-95	176-209	90-100	198-220	-	-	-	-	-	-	-	-
XCRUISE 55 GRIP	163 cm		173 cm		183 cm		193 cm		-		-	-
-	55-70	121-154	60-75	132-165	70-95	154-209	75-100	165-220	-	-	-	-
XCRUISE 53 POSIGRIP	163 cm		173 cm		183 cm		193 cm		-		-	-
-	55-65	121-143	55-70	121-154	60-75	132-165	70-95	154-209	-	-	-	-
XCRUISE W 55 GRIP	163 cm		173 cm		183 cm		-		-		-	
-	40-55	88-121	50-65	110-143	60-75	132-165	-	-	-	-	-	-
<b>TOURING BACKCOUNTRY</b>												
SIERRA 59 WAX	184 cm		191 cm		198 cm		205 cm		210 cm		-	
-	50-65	110-143	55-70	121-154	60-75	132-165	70-95	154-209	75-100	165-220	-	-
SIERRA 59 GRIP	184 cm		191 cm		198 cm		205 cm		-		-	
-	50-65	110-143	55-70	121-154	60-75	132-165	70-95	154-209	-	-	-	-
SIERRA 87 POSIGRIP	168 cm		180 cm		192 cm		-		-		-	
-	55-70	121-154	65-80	143-176	75-90	165-198	-	-	-	-	-	-