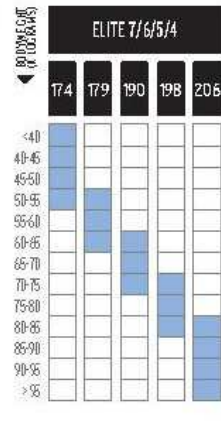
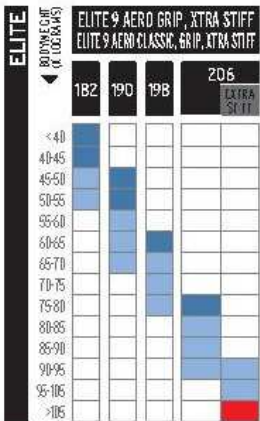
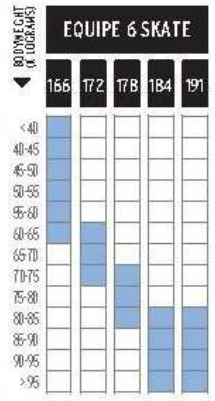
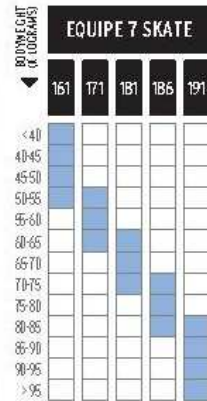
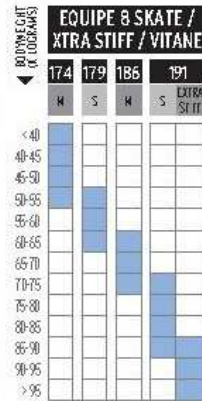
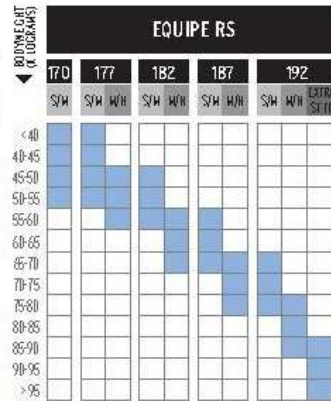
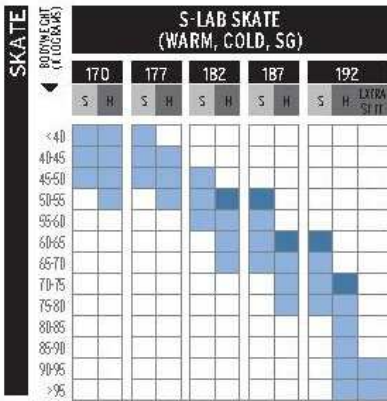
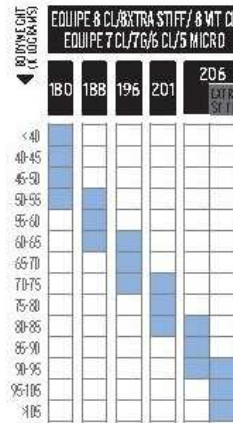
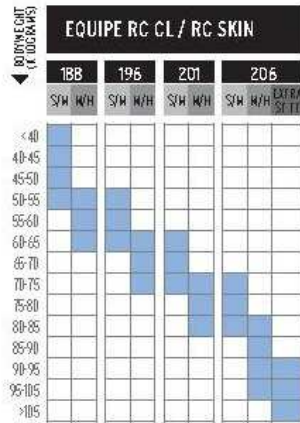


# NORDIC WEIGHT CHART

BODYWEIGHT (KILOGRAMS)

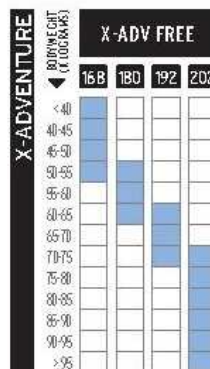
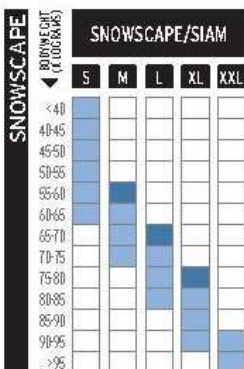
- S SOFT
- SM SOFT/MEDIUM
- M MEDIUM
- MH MEDIUM/HARD
- H HARD

FOR VERY GOOD SKIERS IN THEIR CATEGORY



**JUNIOR**

CLASSIC JUNIOR	SKATE JUNIOR
Ski length = Skier height +10 to 20 cm	Ski length = Skier height + 5 to 15 cm



**X-ADV 69 & 89**

Ski length = Skier height +/- 5 cm