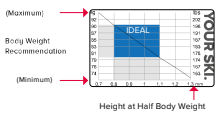
WEIGHT RECOMMENDATION NORDIC SKI

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:

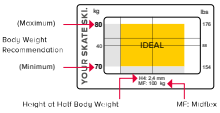
CLASSIC

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 (159–207 lbs), perfectly suitable for 80–90 kg (176–198 lbs). In addition, there's a special sticker for Skintec (color coding grey):



SKATE

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



REDSTER CLASSIC	KG	LBS	KG	LBS	KG	LBS	KG	LBS	KG	LBS	KG	LBS
REDSTER C9 CARBON SKINTEC	**187 CM**		**192 CM**		**197 CM**		**202 CM**		**207 CM**		–	
ABS00006 soft	50–60	110–132	50–60	110–132	60–70	132–154	65–75	143–165	75–85	165–187	–	–
ABS00004 med	60–70	132–154	60–70	132–154	70–80	154–176	75–85	165–187	85–95	187–209	–	–
ABS00000 hard	70–80	154–176	–	–	–	–	85–95	187–209	95–105	209–231	–	–
ABS00002 xtra	–	–	–	–	–	–	–	–	105–115	231–253	–	–
REDSTER C8 SKINTEC	**182 CM**		**187 CM**		**192 CM**		**197 CM**		**202 CM**		**207 CM**	
ABS00036 soft	45–55	99–121	50–60	110–132	50–60	110–132	55–65	121–143	65–75	143–165	70–80	154–176
ABS00034 med	55–65	121–143	60–70	132–154	60–70	132–154	65–75	143–165	75–85	165–187	80–90	176–198
ABS00032 hard	–	–	75–85	165–187	–	–	–	–	90–100	198–220	95–105	209–231
ABS00038 xtra	–	–	–	–	–	–	–	–	–	–	105–115	231–253
REDSTER C7 SKINTEC	**187 CM**		**192 CM**		**197 CM**		**202 CM**		**207 CM**		–	
ABS00026 med	50–60	110–132	60–70	132–154	65–80	143–176	75–85	165–187	85–95	187–209	–	–
ABS00024 hard	–	–	–	–	–	–	85–95	187–209	95–105	209–231	–	–
REDSTER C5 SKINTEC	**182 CM**		**187 CM**		**192 CM**		**197 CM**		**202 CM**		**207 CM**	
ABS00064 soft	45–55	99–121	50–60	110–132	50–60	110–132	55–65	121–143	65–75	143–165	70–80	154–176
ABS00062 med	55–65	121–143	60–70	132–154	60–70	132–154	65–75	143–165	75–85	165–187	80–90	176–198
ABS00060 hard	–	–	75–85	165–187	70–80	154–176	–	–	90–100	198–220	95–105	209–231
ABS00066 xtra	–	–	–	–	–	–	–	–	–	–	105–115	231–253
REDSTER C2 SKINTEC	**181 CM**		**186 CM**		**195 CM**		**202 CM**		**209 CM**		–	
ABS700246 soft	50–60	110–132	50–60	110–132	60–70	132–154	70–80	154–176	75–85	165–187	70–80	154–176
ABS700124 med	60–70	132–154	60–70	132–154	70–80	154–176	80–90	176–198	85–95+	187–209	80–90	176–198
ABS700122 hard	–	–	70–80	–	–	–	90–100	198–220	100–110+	220–242	95–105	209–231
REDSTER C9 CARBON	**187 CM**		**192 CM**		**197 CM**		**202 CM**		**207 CM**		–	
ABS00044 UN soft	–	–	45–55	99–121	45–55	99–121	55–65	121–143	65–75	143–165	–	–
ABS00042 UN med	45–55	99–121	50–65	121–143	55–65	121–143	60–75	132–165	75–85	165–187	–	–
ABS00040 UN hard	55–65	121–143	–	–	–	–	70–85	154–187	85–95	187–209	–	–
ABS00046 CULU soft	–	–	45–50	99–110	45–55	99–121	55–65	121–143	65–75	143–165	–	–
ABS00048 CULU med	–	–	–	–	55–65	121–143	65–75	143–165	75–85	165–187	–	–
ABS00094 PLUS soft	–	–	45–50	99–110	45–55	99–121	55–65	121–143	65–75	143–165	–	–
ABS00092 PLUS med	–	–	–	–	55–65	121–143	65–75	143–165	75–85	165–187	–	–
ABS00090 MULTI soft	–	–	45–50	99–110	45–55	99–121	60–75	132–165	65–75	143–165	–	–
ABS00118 MULTI med	–	–	–	–	55–65	121–143	–	–	75–85	165–187	–	–
REDSTER C9 UNI SI	**187 CM**		**192 CM**		**197 CM**		**202 CM**		**207 CM**		–	
ABS00058 UN soft	–	–	45–55	99–121	50–60	110–132	60–70	132–154	70–80	154–176	–	–
ABS00056 UN med	–	–	55–65	121–143	60–70	132–154	70–80	154–176	80–90	176–198	–	–
ABS00054 UN hard	–	–	–	–	–	–	80–90	176–198	90–100	198–220	–	–
REDSTER C8 SI	**187 CM**		**192 CM**		**197 CM**		**202 CM**		**207 CM**		–	
ABS00030 med	55–70	121–154	55–70	121–154	55–70	121–154	65–80	143–176	75–90	165–198	–	–
ABS00028 hard	–	–	–	–	65–80	143–176	75–90	165–198	85–100	187–220	–	–
REDSTER SKATE	KG	LBS	KG	LBS	KG	LBS	KG	LBS	KG	LBS	KG	LBS
REDSTER S9 GEN S	**183 CM**		–		–		–		–		–	
ABS00062 med	55–75	121–165	–	–	–	–	–	–	–	–	–	–
ABS00060 hard	75–95+	165–209+	–	–	–	–	–	–	–	–	–	–
REDSTER S9 CARBON	**173 CM**		**180 CM**		**186 CM**		**192 CM**		–		–	
ABS00010 UN soft	40–55	88–121	50–65	110–143	55–70	121–154	65–80	143–176	–	–	–	–
ABS00008 UN med	–	–	–	–	65–80	143–176	75–95+	165–209+	–	–	–	–
ABS00012 UN hard	–	–	–	–	–	–	90–110+	198–242+	–	–	–	–
ABS00102 PLUS med	–	–	50–65	110–143	60–80	132–176	70–95+	154–209+	–	–	–	–
ABS00104 PLUS hard	–	–	–	–	–	–	90–110+	198–242+	–	–	–	–
ABS00110 COLD med	–	–	50–65	110–143	65–80	143–176	75–95+	165–209+	–	–	–	–
REDSTER S9	**173 CM**		**180 CM**		**186 CM**		**192 CM**		–		–	
ABS00018 soft	40–55	88–121	50–65	110–143	55–70	121–154	65–80	143–176	–	–	–	–
ABS00014 med	–	–	–	–	65–80	143–176	75–95+	165–209+	–	–	–	–
ABS00016 hard	–	–	–	–	–	–	90–110+	198–242+	–	–	–	–
REDSTER S7	**173 CM**		**180 CM**		**186 CM**		**192 CM**		–		–	
ABS00020 / ABS02*678 med	45–65	99–143	50–65	110–143	60–80	132–176	70–85+	154–187+	–	–	–	–
ABS00022 / ABS02*680 hard	–	–	–	–	80–100	176–198	90–110+	198–242+	–	–	–	–
REDSTER S5	**167 CM**		**173 CM**		**180 CM**		**186 CM**		**192 CM**		–	
ABS00278 / ABS02*682	40–50	88–110	45–60	99–132	55–75	121–165	70–90	154–198	75–100+	165–220+	–	–

PRO CLASSIC	KG	LBS	KG	LBS	KG	LBS	KG	LBS	KG	LBS	KG	LBS
PRO C3 SKINTEC	**174 CM**		**181 CM**		**188 CM**		**195 CM**		**202 CM**		**209 CM**	
ABS00300 med	–	–	–	–	50–65	110–143	60–75	132–165	70–85	154–187	75–90	165–198
ABS700248 hard	45–60	99–132	55–70	121–154	65–80	143–176	75–90	165–198	85–100	187–220	90–110	198–242
PRO C2 SKINTEC	**174 CM**		**181 CM**		**188 CM**		**195 CM**		**202 CM**		**209 CM**	
ABS700142 / ABS021106 med	–	–	55–65	121–143	55–70	121–154	60–75	132–165	70–85	154–187	80–95+	176–209+
ABS700144 / ABS021108 hard	–	–	–	–	70–85	154–187	–	–	80–95	176–209	90–110+	198–242+
PRO C2 SKINTEC W	**174 CM**		**181 CM**		**188 CM**		**195 CM**		–		–	
ABS021110 / ABS700306 med	–	–	50–60	110–132	55–70	121–154	60–75	132–165	65–75	143–165	–	–
ABS021112 / ABS700308 hard	–	–			70–85	154–187	75–90	165–198			–	–
PRO C1 SKINTEC	**174 CM**		**181 CM**		**188 CM**		**195 CM**		**202 CM**		**209 CM**	
ABS021598 / ABS700300 med	–	–	55–65	121–143	55–70	121–154	60–75	132–165	70–85	154–187	75–100	165–220
ABS021100 hard	–	–	–	–	70–85	154–187	–	–	–	–	100–115	220–253
PRO SKATE	KG	LBS	KG	LBS	KG	LBS	KG	LBS	KG	LBS	KG	LBS
PRO S2	**167 CM**		**173 CM**		**180 CM**		**186 CM**		**192 CM**		–	
ABS700146 / ABS021492	40–50	88–110	45–60	99–132	55–75	121–165	70–90	154–198	75–100+	165–220+	–	–
PRO S1	**167 CM**		**173 CM**		**180 CM**		**186 CM**		**192 CM**		–	
ABS700150 / ABS021488	–	–	45–60	99–132	55–75	121–165	70–90	154–198	75–100+	165–220+	–	–
PRO C5	**167 CM**		**173 CM**		**180 CM**		**186 CM**		**192 CM**		–	
ABS700152 / ABS021486	–	–	45–60	99–132	55–75	121–165	70–90	154–198	75–100+	165–220+	–	–
SAVOR	KG	LBS	KG	LBS	KG	LBS	KG	LBS	KG	LBS	KG	LBS
SAVOR 48 SKINTEC	**174 CM**		**184 CM**		**194 CM**		**204 CM**		–		–	
ABS700186 med	50–65	110–143	55–70	121–154	70–85	154–187	80–95	176–209	–	–	–	–
ABS700184 hard	–	–	65–80	143–176	80–95	176–209	90–110+	198–242+	–	–	–	–
ABPM00324 med	50–65	110–143	55–70	121–154	70–85	154–187	80–95	176–209	–	–	–	–
ABPM00322 hard	–	–	65–80	143–176	80–95	176–209	90–110+	198–242+	–	–	–	–
SAVOR 52 GRIP	**177 CM**		**184 CM**		**191 CM**		**198 CM**		**205 CM**		–	
ABPM00318 / ABS02*592	55–65	121–143	55–70	121–154	60–75	132–165	70–95	154–209	75–100+	165–220+	–	–
SAVOR 46 SKINTEC	**174 CM**		**181 CM**		**188 CM**		**195 CM**		**202 CM**		**209 CM**	
ABS700280	45–55	99–121	55–65	121–143	55–70	121–154	60–75	132–165	70–85	154–209	75–100	165–220
ABPM00338	55–65	99–121	55–65	121–143	60–70	121–154	60–75	132–165	70–85	154–209	75–100	165–220
SAVOR 46 GRIP	**179 CM**		**186 CM**		**193 CM**		**200 CM**		**207 CM**		–	
ABPM00316	55–65	121–143	55–70	121–154	60–75	132–165	70–85	154–209	75–100+	165–220+	–	–
SAVOR XC	KG	LBS	KG	LBS	KG	LBS	KG	LBS	KG	LBS	KG	LBS
SAVOR XC SKINTEC	**165 CM**		**170 CM**		**175 CM**		**185 CM**		–		–	
ABS700180 soft	35–50	77–110	–	–	–	–	–	–	–	–	–	–
ABS700182 med	50–65	110–143	65–80	143–176	75–90	165–198	90–105+	198–231+	–	–	–	–
SAVOR XC POSIGRIP	**163 CM**		**173 CM**		**183 CM**		**193 CM**				–	
ABS700192 / ABS02*586 / ABPM00328	55–70	121–154	60–75	132–165	70–95	154–209	75–100+	165–220+	–	–	–	–
SAVOR XC GRIP	**163 CM**		**173 CM**		**183 CM**		**193 CM**				–	
ABPM00320 / ABPM00326	55–70	121–154	60–75	132–165	70–95	154–209	75–100+	165–220+	–	–	–	–
JUNIOR CLASSIC	KG	LBS	KG	LBS	KG	LBS	KG	LBS	KG	LBS	KG	LBS
REDSTER C9 CARBON JUNIOR	**157 CM**		**162 CM**		**167 CM**		**172 CM**		**177 CM**		**182 CM**	
ABS021372	25–35	55–77	28–38	62–84	30–40	66–88	32–42	71–93	35–45	77–99	40–50	88–110
	187 CM		–		–		–		–		–	
	45–55	99–121	–	–	–	–	–	–	–	–	–	–
REDSTER C9 JUNIOR	**152 CM**		**157 CM**		**162 CM**		**167 CM**		**172 CM**		**177 CM**	
ABS021704	20–30	44–66	25–35	55–77	30–40	66–88	35–45	77–99	40–50	88–110	45–55	99–121
	182 CM		**187 CM**		–		–		–		–	
	45–55	99–121	50–60	110–132	–	–	–	–	–	–	–	–
REDSTER C9 SKINTEC JUNIOR	**152 CM**		**157 CM**		**162 CM**		**167 CM**		**172 CM**		**177 CM**	
ABS021374	20–30	44–66	25–35	55–77	30–40	66–88	35–45	77–99	40–50	88–110	45–55	99–121
	182 CM		**187 CM**		–		–		–		–	
	45–55	99–121	50–60	110–132	–	–	–	–	–	–	–	–
REDSTER C7 SKINTEC JUNIOR	**138 CM**		**148 CM**		**158 CM**		**168 CM**		**175 CM**		–	
ABS021752	15–25	33–55	20–30	44–66	25–35	55–77	30–40	66–88	40–50	88–110	–	–
PRO C2 SKINTEC JUNIOR	**140 CM**		**150 CM**		**160 CM**		**170 CM**				–	
ABPM00298	30–40	66–88	35–45	77–99	40–50	88–110	45–55	99–121	–	–	–	–
PRO C1 SKINTEC JUNIOR	**90 CM**		**100 CM**		**110 CM**		**120 CM**		**130 CM**		–	
ABPM00294	0–15	0–33	5–20	0–44	15–25	33–55	20–30	44–66	25–35	55–77	–	–
PRO C1 GRIP JUNIOR	**90 CM**		**100 CM**		**110 CM**		**120 CM**		**130 CM**		**140 CM**	
ABPM00292	0–15	0–33	5–20	0–44	15–25	33–55	20–30	44–66	25–35	55–77	30–40	66–88
	150 CM		**160 CM**		**170 CM**		–		–		–	
	35–45	77–99	40–50	88–110	45–55	99–121	–	–	–	–	–	–
JUNIOR SKATE	KG	LBS	KG	LBS	KG	LBS	KG	LBS	KG	LBS	KG	LBS
REDSTER S9 CARBON JUNIOR	**155 CM**		**162 CM**		**169 CM**		**176 CM**		–		–	
ABS021528	30–45	66–99	35–50	77–110	40–55	88–121	45–60	99–132	–	–	–	–
REDSTER S9 JUNIOR	**141 CM**		**148 CM**		**155 CM**		**162 CM**		**169 CM**		**176 CM**	
ABS021530	20–30	44–66	25–35	55–77	30–40	66–88	35–45	77–99	40–50	88–110	45–55	99–121
REDSTER S7 JUNIOR	**126 CM**		**137 CM**		**144 CM**		**151 CM**		**158 CM**		**165 CM**	
ABS021376	20–30	44–66	20–30	44–66	30–40	66–88	35–45	77–99	40–50	88–110	45–55	99–121
	172 CM											
	50–60	110–132	–	–	–	–	–	–	–	–	–	–
REDSTER S5 JUNIOR	**126 CM**		**137 CM**		**144 CM**		**151 CM**		**158 CM**		**165 CM**	
ABS021378	20–30	44–66	20–30	44–66	30–40	66–88	35–45	77–99	40–50	88–110	45–55	99–121
	172 CM											
	50–60	110–132	–	–	–	–	–	–	–	–	–	–