

NORDIC SIZING CHART



Selecting a skate ski using the skier weight and the FA value. The FA Value represents the amount of force it takes to close the camber pocket of the ski and it is expressed in kilograms. Fischer recommends a range between 110 and 130 percent of body weight.

Example for a skier weighing 160 lbs.
 Convert weight to kilos: 160 divided by 2.2 = 73 Kilos
 Multiply 73 kilos by 1.1 = 80
 Multiply 73 kilos by 1.30 = 95
 The appropriate FA flex range is 80 - 95

Not all models are available in the specified lengths and hardnesses. See line-up for details.

| LENGTHS RECOMMENDATION RACE SKATING | Speedmax 3D Skate Plus, Carbonlite Skate Plus | | | | | Speedmax 3D Skate Cold | | | | | | Speedmax 3D Skate C-Special | | | Stiffness: So = soft Me = medium St = stiff |
|-------------------------------------|-----------------------------------------------|-----------|-----------|-----------|----------------|-------------------------|-----------|-----------|--------|--------|--------|-----------------------------|--------|--------|------------------------------------------------------|
| | Length (cm) / Stiffness | | | | | Length (cm) / Stiffness | | | | | | Length (cm) / Stiffness | | | |
| Body weight (lbs) | 171 Me | 176 Me St | 181 Me St | 186 Me St | 191 Me St X-St | 181 Me St | 186 Me St | 191 Me St | 181 St | 186 St | 191 St | 181 St | 186 St | 191 St | |
| < 110 | | | | | | | | | | | | | | | |
| 110-119 | | | | | | | | | | | | | | | |
| 120-130 | | | | | | | | | | | | | | | |
| 131-141 | | | | | | | | | | | | | | | |
| 142-152 | | | | | | | | | | | | | | | |
| 153-163 | | | | | | | | | | | | | | | |
| 164-174 | | | | | | | | | | | | | | | |
| 175-185 | | | | | | | | | | | | | | | |
| 186-198 | | | | | | | | | | | | | | | |
| > 198 | | | | | | | | | | | | | | | |
| 220-287 | | | | | | | | | | | | | | | |

| LENGTHS RECOMMENDATION RACE CLASSIC | RCS Skate Plus / RCR Skate | | | | | SCS / CRS / SC Skate | | | | Speedmax 3D Classic Plus 812 / Plus 902 / Zero+, RCS Classic Plus | | | | | Speedmax 3D Double Poling / Sprint | | | Speedmax 3D Twin Skin, Twin Skin Carbon | | | | | Stiffness: So = soft Me = medium St = stiff | | | |
|-------------------------------------|----------------------------|-----------|-----------|-----------|-----------|-------------------------|-----|-----|-----|-------------------------------------------------------------------|-----------|-----------|--------------|--------------|------------------------------------|-----|-----|-----------------------------------------|-----------|-----------|--------------|--------------|------------------------------------------------------|--|--|--|
| | Length (cm) / Stiffness | | | | | Length (cm) / Stiffness | | | | Length (cm) / Stiffness | | | | | Length (cm) | | | Length (cm) / Stiffness | | | | | | | | |
| Body weight (lbs) | 171 Me | 176 Me St | 181 Me St | 186 Me St | 191 Me St | 171 | 176 | 181 | 186 | 191 | 187 So Me | 192 So Me | 197 So Me St | 202 So Me St | 207 So Me St | 197 | 202 | 207 | 187 So Me | 192 So Me | 197 So Me St | 202 So Me St | 207 So Me St | | | |
| < 110 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 110-119 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 120-130 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 131-141 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 142-152 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 153-163 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 164-174 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 175-185 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 186-198 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| > 198 | | | | | | | | | | | | | | | | | | | | | | | | | | |

| LENGTHS RECOMMENDATION RACE CLASSIC | Twin Skin Race | | | | | SC Classic | | | | | SC Combi | | | | | Stiffness: So = soft Me = medium St = stiff |
|-------------------------------------|-------------------------|-----------|-----------|-----------|-----------|-------------|-----|-----|-----|-----|-------------|-----|-----|-----|-----|------------------------------------------------------|
| | Length (cm) / Stiffness | | | | | Length (cm) | | | | | Length (cm) | | | | | |
| Body weight (lbs) | 187 Me | 192 Me St | 197 Me St | 202 Me St | 207 Me St | 187 | 192 | 197 | 202 | 207 | 182 | 187 | 192 | 197 | 202 | |
| < 110 | | | | | | | | | | | | | | | | |
| 110-119 | | | | | | | | | | | | | | | | |
| 120-130 | | | | | | | | | | | | | | | | |
| 131-141 | | | | | | | | | | | | | | | | |
| 142-152 | | | | | | | | | | | | | | | | |
| 153-163 | | | | | | | | | | | | | | | | |
| 164-174 | | | | | | | | | | | | | | | | |
| 175-185 | | | | | | | | | | | | | | | | |
| 186-198 | | | | | | | | | | | | | | | | |
| > 198 | | | | | | | | | | | | | | | | |

| LENGTHS RECOMMENDATION RACE CLASSIC | Twin Skin Pro | | | | | Stiffness: So = soft Me = medium St = stiff |
|-------------------------------------|-------------------------|-----------|-----------|-----------|-----------|------------------------------------------------------|
| | Length (cm) / Stiffness | | | | | |
| Body weight (kg) | 182 Me | 187 Me St | 192 Me St | 197 Me St | 202 Me St | 207 Me St |
| < 110 | | | | | | |
| 110-119 | | | | | | |
| 120-130 | | | | | | |
| 131-141 | | | | | | |
| 142-152 | | | | | | |
| 153-163 | | | | | | |
| 164-174 | | | | | | |
| 175-185 | | | | | | |
| 186-198 | | | | | | |
| 199-207 | | | | | | |
| 208-218 | | | | | | |
| 219-229 | | | | | | |
| 230-240 | | | | | | |
| > 241 | | | | | | |

Selecting a classic ski using the skier weight and the FA value. The FA value represents the amount of force it takes to close the camber pocket of the ski and it is expressed in kilograms. Fischer recommends a range between 50 and 60 percent of body weight. For TwinSkin models Fischer recommends a range between 58 and 68 percent of weight.

Example for a skier weighing 160 lbs.
 Convert weight to kilos: 160 divided by 2.2 = 73 Kilos
 Multiply 73 kilos by 0.5 = 36.5
 Multiply 73 kilos by 0.6 = 44
 The appropriate FA flex range is 36-44

NORDIC SIZING CHART



Not all models are available in the specified lengths and hardnesses. See line-up for details.

FITNESS / SPORT

Twin Skin Superlite, Superlite Crown, Ultralite Crown,
Twin Skin Power, Fibre Crown, Summit Crown

| Body weight (lbs) | Length (cm) / Stiffness | | | | | | |
|-------------------|-------------------------|-----|-----|-----|-----|-----|----------|
| | 179 | 184 | 189 | 194 | 199 | 204 | 204 X-St |
| < 110 | ■ | | | | | | |
| 110-119 | ■ | | | | | | |
| 120-130 | ■ | ■ | | | | | |
| 131-141 | | ■ | ■ | | | | |
| 142-152 | | ■ | ■ | ■ | | | |
| 153-163 | | | ■ | ■ | ■ | | |
| 164-174 | | | | ■ | ■ | ■ | |
| 175-185 | | | | | ■ | ■ | ■ |
| 186-198 | | | | | | ■ | ■ |
| > 198 | | | | | | | ■ |
| 220-287 | | | | | | | ■ |

Twin Skin Superlite Stiff

| Body weight (lbs) | Length (cm) / Stiffness | | | | | |
|-------------------|-------------------------|--------|--------|--------|--------|--------|
| | 179 St | 184 St | 189 St | 194 St | 199 St | 204 St |
| 120-130 | ■ | | | | | |
| 131-141 | ■ | | | | | |
| 142-152 | ■ | ■ | | | | |
| 153-163 | | ■ | ■ | | | |
| 164-174 | | | ■ | ■ | | |
| 175-185 | | | | ■ | ■ | |
| 186-196 | | | | | ■ | ■ |
| 197-207 | | | | | | ■ |
| 208-218 | | | | | | ■ |
| 220-229 | | | | | | ■ |
| 230-240 | | | | | | ■ |
| 241-251 | | | | | | ■ |

Stiffness: X-St = Xtra Stiff

FITNESS / CRUISING

Orbiter EF, Twin Skin Cruiser EF, Cruiser EF, & Voyager EF

| Body Weight (lbs) | Length (cm) | | | |
|-------------------|-------------|-----|-----|-----|
| | 164 | 174 | 184 | 189 |
| < 120 | ■ | | | |
| 120-174 | ■ | ■ | | |
| 175-208 | | | ■ | |
| > 208 | | | | ■ |

FITNESS / CRUISING MY STYLE

Inspire & Mystique EF, Affinity EF

| Body Weight (lbs) | Length (cm) | | |
|-------------------|-------------|-----|-----|
| | 164 | 169 | 174 |
| < 120 | ■ | | |
| 120-153 | ■ | ■ | |
| > 153 | | | ■ |

ADVENTURE / BACKCOUNTRY

| Body weight (lbs) | Ridge Crown, Country Crown, E99 Crown | | | | | | | | E109 | | | | |
|-------------------|---------------------------------------|-----|-----|-----|-----|-----|-----|-----|-------------|-----|-----|-----|-----|
| | Length (cm) | | | | | | | | Length (cm) | | | | |
| | 170 | 180 | 185 | 190 | 195 | 200 | 205 | 210 | 170 | 180 | 190 | 200 | 205 |
| < 109 | ■ | ■ | | | | | | | ■ | | | | |
| 110-119 | ■ | ■ | ■ | | | | | | ■ | | | | |
| 120-130 | | ■ | ■ | ■ | | | | | ■ | | | | |
| 131-141 | | | ■ | ■ | ■ | | | | ■ | | | | |
| 142-152 | | | | ■ | ■ | ■ | | | ■ | | | | |
| 153-163 | | | | | ■ | ■ | ■ | | ■ | | | | |
| 164-174 | | | | | | ■ | ■ | ■ | ■ | | | | |
| 175-185 | | | | | | | ■ | ■ | ■ | ■ | | | |
| 186-198 | | | | | | | | ■ | ■ | ■ | ■ | | |
| > 198 | | | | | | | | | | ■ | ■ | | |

ADVENTURE / OFFTRACK

| Body Weight (lbs) | Length (cm) | | | |
|-------------------|-------------|-----|-----|-----|
| | 169 | 179 | 189 | 199 |
| < 143 | ■ | | | |
| 143-196 | ■ | ■ | | |
| 175-231 | | | ■ | |
| > 220 | | | | ■ |

Vista 56 Crown, Adventure 62,
Spider 62, Outback 68,
Traverse 78, Excursion 88

ADVENTURE / S-BOUND

| Body Weight (lbs) | Length (cm) | | | |
|-------------------|-------------|-----|-----|-----|
| | 159 | 169 | 179 | 189 |
| < 120 | ■ | | | |
| 120-153 | ■ | ■ | | |
| 145-189 | | | ■ | |
| > 185 | | | | ■ |

S-Bound 98 Crown
S-Bound 112 Crown

LENGTHS RECOMMENDATION JUNIOR

Not all models are available in the specified lengths and hardnesses. See line-up for details.

| Body weight (lbs) | Speedmax, Carbonlite, RCS Skate Jr | | | | | | | RCR Skate Jr | | | | | SCS Skate Jr | | | | | |
|-------------------|------------------------------------|-----|-----|-----|-----|-----|-----|--------------|-----|-----|-----|-----|--------------|-----|-----|-----|-----|-----|
| | Length (cm) | | | | | | | Length (cm) | | | | | Length (cm) | | | | | |
| | 146 | 151 | 156 | 161 | 166 | 171 | 176 | 121 | 131 | 141 | 151 | 161 | 171 | 121 | 131 | 141 | 151 | 161 |
| < 53 | | | | | | | | ■ | ■ | | | | | ■ | ■ | | | |
| 54-64 | | ■ | | | | | | ■ | ■ | ■ | | | | ■ | ■ | ■ | | |
| 65-75 | | ■ | ■ | | | | | | ■ | ■ | ■ | | | | ■ | ■ | ■ | |
| 76-86 | | | ■ | ■ | | | | | | ■ | ■ | ■ | | | | ■ | ■ | ■ |
| 87-97 | | | | ■ | ■ | | | | | | ■ | ■ | ■ | | | | ■ | ■ |
| 98-108 | | | | | ■ | ■ | | | | | | ■ | ■ | ■ | | | | ■ |
| 109-119 | | | | | | ■ | ■ | | | | | | ■ | ■ | ■ | | | |
| > 120 | | | | | | | ■ | | | | | | | | | | | ■ |

| Body weight (lbs) | Speedmax Classic, Carbonlite Classic, Twin Skin Carbon Jr | | | | | | | | RCR Universal Jr | | | | | | | | Twin Skin Race Jr | | | | | | | |
|-------------------|-----------------------------------------------------------|-----|-----|-----|-----|-----|-----|-----|------------------|-----|-----|-----|-----|-----|-----|-----|-------------------|-----|-----|-----|-----|-----|-----|-----|
| | Length (cm) | | | | | | | | Length (cm) | | | | | | | | Length (cm) | | | | | | | |
| | 152 | 157 | 162 | 167 | 172 | 177 | 182 | 187 | 127 | 137 | 147 | 152 | 157 | 162 | 167 | 172 | 177 | 182 | 127 | 137 | 147 | 157 | 167 | 177 |
| < 53 | ■ | | | | | | | | ■ | ■ | | | | | | | | | ■ | ■ | | | | |
| 54-64 | ■ | ■ | | | | | | | ■ | ■ | ■ | | | | | | | | ■ | ■ | ■ | | | |
| 65-75 | | ■ | ■ | | | | | | | ■ | ■ | ■ | | | | | | | | ■ | ■ | ■ | | |
| 76-86 | | | ■ | ■ | | | | | | | ■ | ■ | ■ | | | | | | | | ■ | ■ | ■ | |
| 87-97 | | | | ■ | ■ | | | | | | | ■ | ■ | ■ | | | | | | | | ■ | ■ | ■ |
| 98-108 | | | | | ■ | ■ | | | | | | | ■ | ■ | ■ | | | | | | | | ■ | ■ |
| 109-119 | | | | | | ■ | ■ | | | | | | | ■ | ■ | ■ | | | | | | | | ■ |
| > 120 | | | | | | | ■ | | | | | | | | | | | | | | | | | ■ |

| Body weight (lbs) | Twin Skin Pro Jr | | | | | | Sprint, Sprint Crown, Twin Skin Sprint | | | | | | | | |
|-------------------|------------------|-----|-----|-----|-----|-----|----------------------------------------|-----|-----|-----|-----|-----|-----|-----|-----|
| | Length (cm) | | | | | | Length (cm) | | | | | | | | |
| | 117 | 127 | 137 | 147 | 157 | 167 | 90 | 100 | 110 | 120 | 130 | 140 | 150 | 160 | 170 |
| < 53 | ■ | ■ | | | | | ■ | ■ | | | | | | | |
| 54-64 | ■ | ■ | ■ | | | | ■ | ■ | ■ | | | | | | |
| 65-75 | | ■ | ■ | ■ | | | | ■ | ■ | ■ | | | | | |
| 76-86 | | | ■ | ■ | ■ | | | | ■ | ■ | ■ | | | | |
| 87-97 | | | | ■ | ■ | ■ | | | | ■ | ■ | ■ | | | |
| 98-108 | | | | | ■ | ■ | | | | | ■ | ■ | ■ | | |
| 109-119 | | | | | | ■ | | | | | | ■ | ■ | ■ | |