## **SKI SIZING CHART**



SKIER HEIGHT	SKI LENGTH INTERMEDIATE	SKI LENGTH
4'6" - 4'7"	125 - 135 CM	130 - 140 CM
4'8" - 4'9"	130 - 140 CM	135 - 145 CM
4'10" - 4'11"	135 - 145 CM	140 - 150 CM
5'2" - 5'3"	145 - 155 CM	155 - 165 CM
5'4" - 5'5"	150 - 160 CM	160 - 170 CM
5'6" - 5'7"	155 - 165 CM	165 - 175 CM
5'8" - 5'9"	160 - 170 CM	170 - 180 CM
5'10" - 5'11	165 - 175 CM	175 - 185 CM
6'0" - 6'1"	170 - 180 CM	180 - 190 CM
6'2" - 6'3"	175 - 185 CM	185 - 190 CM
6'4" - 6'5"	180 - 190 CM	190 - 200 CM
6.6.	185 - 195 CM	195 - 205 CM



# Ski Shape How To Get Fit For Skiing The Ultimate Illustrated Guide

S. Kramer MS

 ${\bf Ski\ Shape\ How\ To\ Get\ Fit\ For\ Skiing\ The\ Ultimate\ Illustrated\ Guide:}$ 

#### Ski Shape How To Get Fit For Skiing The Ultimate Illustrated Guide Book Review: Unveiling the Power of Words

In a global driven by information and connectivity, the ability of words has be more evident than ever. They have the capability to inspire, provoke, and ignite change. Such may be the essence of the book **Ski Shape How To Get Fit For Skiing The Ultimate Illustrated Guide**, a literary masterpiece that delves deep in to the significance of words and their impact on our lives. Published by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book is key themes, examine its writing style, and analyze its overall impact on readers.

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