

## New Snow +3°...+1°C

### GLIDE WAXING

**Alternative I**    Base:            SWLF-fluorinated service wax  
                         Glider:            FHF2-functional high fluor glider  
                         Finishing:        FHF-5 powder

**Alternative II**    Base:            AllTemp LF fluorinated glider  
                         Glider:            HF2-high fluor glider  
                         Finishing:        SFR40 fluor powder ironed, top FHF11 fluor block and FHF3 –fluor liquid corked with roto

Base structuring: For Skating Start "bruce" 30. For Classic diagonal structure 300 and on the top "bruce" 30.

**Start hint:**        If distance more than 10 km, we recommend as base glider MF8 fluorinated glider. For Juniors SFR99 fluor block with SFR300-liquid corked together with roto

### KICK WAXING

**Alternative I**    Base:            Base klister thinly applied  
                         Kick:             Special klister thin layer  
                         Finishing:        FHF10-fluor klister

**Alternative II**    Base:            Base klister thinly applied  
                         Kick:             Red klister and Universal Plus klister mixed 60:40 together

## New snow +1°... 0°C

### GLIDE WAXING

**Alternative I**    Base:            SWLF-fluorinated service wax  
                         Glider:            FHF2-functional high fluor glider  
                         Finishing:        FHF-5 powder, top FHF11 fluor block and FHF3 –fluor liquid corked with roto

Sleet snowing

**Alternative II**    Base:            AllTemp LF- fluorinated glider  
                         Glider:            HF2-high fluor glider  
                         Finishing:        SFR40 fluor powder ironed, top with SFR99 fluor block and cork with roto

Base structuring: For Skating Start "bruce" 10. For Classic diagonal structure 300 and on the top "bruce" 10.

**Start hint:**        Juniors can use SFR99 vblock as finishing wax.

### KICK WAXING

**Alternative I**    Base:            Base klister thinly applied  
                         Kick:              Special klister thin layer  
                         Finishing:        FHF30-fluor klister, on the top thin layer of FHF50-universal klister

**Alternative II**    Base:            Base klister thinly applied  
                         Kick:              Special klister and Universal Wide klister mixed 50:50



## New snow 0°C

### GLIDE WAXING

Humidity >85%

**Alternative I** Base: BWLF fluorinated base glider  
Glider: FHF4-fluor glider  
Finishing: FHF5-fluor powder, on the top FHF11 –fluor block and FHF3 fluor liquid together corked with roto

Rain

**Alternative II** Base: AllTemp LF fluorinated glider  
Glider: HF2 funktional high fluor glider  
Finishing: SFR40 fluor powder

Base structuring: Start "bruce" 10, on the tail gliding zone 100 and 300 diagonal structures on the top

**Start hint:** For junior and sprint races SFR99-fluor block and SFR300 sprint liquid can be used corked with roto together.

### KICK WAXING

**Alternative I** Base: Base wax thinly, ironed  
Kick: FHF20 yellow fluor kick wax 3-4 layer  
Finishing: FHF40 purple fluor kick wax thinly to cooled base

**Alternative II** Base: Base wax thinly, ironed  
Kick: FHF50 Universal klister mixed with FHF40 purple kick wax

**Start hint:** If track is getting glancy, apply thin layer of FHF50 Universal klister on the top!

## New snow 0°... -1°C

### GLIDE WAXING

Humidity >85%

**Alternative I**    Base:            All Temp LF-fluor glider  
                         Glider:            FHF4-funktionla fluor glider  
                         Finishing:        FHF5-fluor powder ironed, on the top FHF11 fluor block and FHF3 fluor liquid corked with roto together

Snowing

**Alternative II**    Base:            BWLF-fluorinated base glider  
                         Glider:            HF40 high fluorinated glider  
                         Finishing:        SFR40 fluor powder ironed, on the top SFR99 fluor block corked with roto

Base structuring: If track surface very tight, use Start "bruce" 10 for classic skiing.

**Start hint:**        Instead of powder, juniors can use SFR99 fluor block as finishing.

### KICK WAXING

**Alternative I**    Base:            Base wax thinly ironed  
                         Kick:             FHF40-purple fluor kick wax 3-4 layer, cork carefully and clean the central groove

**Alternative II**    Base:            Base wax thinly applied and ironed  
                         Kick:             RF purple (+2...-2°C) 3-5 layers. Cork carefully

## New snow -1°... -3°C

### GLIDE WAXING

humidity >85%

**Alternative I** Base: BWLF-fluorinated base glider  
Glider: FHF4 funktional fluor glider  
Finishing: SFR40 fluor powder ironed, on the top FHF11- fluor block and FHF3 fluor liquid corked with roto

**Alternative II** Base: BWLF-fluorinated base glider  
Glider: FHF4 funktional fluor glider  
Finishing: SF30 fluor powder ironed

Base structuring: Start "bruce" 10 for classic skiing or "bruce" 20 for skating just for tail glide zone.

**Start hint:** Instead of powder, juniors can use SFR99 fluor block as finishing.

### KICK WAXING

**Alternative I** Base: Base glider thinly, ironed  
Glider: FHF60 red funktional fluor kick wax 3-4 layers

Snowing

**Alternative II** Base: Base wax thinly applied and ironed  
Kick: RF purple (+2°...-2°C) 2-3 layers. Cork carefully  
Finishing: Tar Red (0°...-3°C) kick wax thin layer to cooled waxing outside

**Start hint:** If grip is not good enough, mix Tar 0 (+½°C...-½°C) kick wax to top layer.

### New snow -2°... -6°C

#### GLIDE WAXING

**Alternative I**    Base:            BWLF-fluorinated base glider  
                         Glider:            FHF6 funktional fluor glider  
                         Finishing:        FHF7 funktional fluor powder hot ironed

Base structuring: Start "bruce" 5

**Alternative II**    Base:            All Temp LF fluorinated base glider  
                         Glider:            HF6 high fluor glider  
                         Finishing:        SF30 fluor powder ironed

**Start hint:**        Instead of powder, juniors can use SFR99 fluor block as finishing.

#### KICK WAXING

**Alternative I**    Base:            Base wax thinly applied and ironed  
                         Kick:             FHF60 red fluor kick wax 3-4 layers. Cork carefully  
                         Finishing:       FHF80 blue fluor kick wax thin layer to cooled waxing outside

**Alternative II**    Base:            Base wax thinly applied and ironed  
                         Kick:             RF red fluor kick wax 3-4 layers. Cork carefully  
                         Finishing:       Synthetic blue (-2°...-6°C) kick wax thin layer to cooled waxing outside

**Start hint:**        If snow is moistured, apply for last layer synthetic blue and RF blue kick wax.

## New snow -6°... -12°C

### GLIDE WAXING

humidity >85%

**Alternative I**    Base:            BWLF-fluorinated base glider  
                         Glider:            FHF6 funktional fluor glider  
                         Finishing:        FHF7 funktional fluor powder hot ironed

Base structuring: Start "Bruce" 5

**Alternative II**    Base:            MF8-fluorinated base glider  
                         Glider:            HF7 high fluor glider  
                         Finishing:        SF30 fluor powder hot ironed

Base structuring: Start "Bruce" nr.5

**Start hint:**        Instead of powder, juniors can use SFR92 fluor block as finishing.

### KICK WAXING

**Alternative I**    Base:            Base wax and synthetic blue (-2°...-6°C) kick wax thinly applied and ironed together  
                         Kick:            FHF80 blue fluor kick wax 3-4 layers. Cork carefully  
                         Finishing:        FHF80 blue fluor kick wax thin layer to cooled waxing outside

**Start hint:**        If more grip needed, mix FHF60 kick wax with FHF80 and cork together.

### New snow -12°... -15°C

#### GLIDE WAXING

humidity >85%

**Alternative I**    Base:            LF or MF8-fluorinated base glider  
                         Glider:            HF8 high fluor glider  
                         Finishing:        FHF9-, or SFR75 fluor powder hot ironed

**Start hint:**        If snow is very dry, the glide surface is broken with brass brush by brushing one way from tip to tail.

#### KICK WAXING

**Alternative I**    Base:            Base wax and synthetic blue (-2°...-6°C) kick wax thinly applied and ironed together  
                         Kick:            FHF80 blue fluor kick wax 3-4 layers. Cork carefully  
                         Finishing:      FHF80 blue fluor kick wax thin layer to cooled waxing outside, if snowing use Tar Blue kick wax instead of FHF80



## New snow -15°... -25°C

### GLIDE WAXING

Humidity more than 85%

<b>Alternative I</b>	Base:	LF10 fluorinated base glider
	Glider:	HF10 high fluor glider
	Finishing:	SFR75 fluor powder hot ironed, then some drops of HF10 glider on the powder, iron together

**Start hint:** Instead of SFR75 powder you can use SFR92-fluor block. If snow is very dry, the glide surface is broken with brass brush by brushing one way from tip to tail.

### KICK WAXING

<b>Alternative I</b>	Base:	Base wax and synthetic blue (-2°...-6°C) kick wax thinly applied and ironed together
	Kick:	Synthetic green (-5°...-10°C) kick wax 3-4 layers. Cork carefully
	Finishing:	Tar green (-7°...-12°C) kick wax thin layer to cooled waxing outside

### Old snow +10°... +3°C

#### GLIDE WAXING

**Alternative I**    Base:            BM6 molybden fluor glider  
                         Glider:            FHF20 functional fluor glider  
                         Finishing:        BM1-molybdenfluor powder, on the top 2 drops of FHF1-liquid. Spread and brush well

**Alternative II**    Base:            LF10 fluorinated glider  
                         Glider:            BM2- molybden fluor glider  
                         Finishing:        SFR40-fluor powder, on the top BMR9 fluor liquid

Base structuring: Start roll 300 and "bruce"30 on the top.

**Start hint**        Instead of powder you can use SFR99-fluor block and BMR9 fluor liquide corked together with roto.

#### KICK WAXING

**Alternative I**    Base:            Base klister thinly hot applied  
                         Kick:             Thin layer of Special klister  
                         Finishing:        FHF10 –fluor klister

**Alternative II**    Base:            Base klister thinly hot applied  
                         Kick:             Universal Plus klister mixed with Red klister

## Old snow +3°... +1°C

### GLIDE WAXING

**Alternative I**    Base:            BM6-molybdenum fluor glider  
                         Glider:            FHF2 functional fluor glider  
                         Finishing:        FHF1 –fluor liquide, 4 drops per ski, pread and polsih well. Iron BM1-molybden fluor powder with high temperature

Base structuring: Start "Spruce" 30

Raining

**Alternative II**    Base:            MF8 fluor glider  
                         Glider:            BM4 molybdenum fluor glider  
                         Finishing:        SFR49 fluor powder, on the top 2 drops of FHF1 fluor liquid. Spread carefully and polish well!

Base structuring: Start roll 300 and "bruce" 30 roll on the top.

**Start hint**            Instead of powder you can use SFR99 fluor block and SFR300-fluor liquid corked together with roto.

### KICK WAXING

**Alternative I**    Base:            Base Klister thinly, ironed  
                         Kick:            Thin layer of Special Klister  
                         Finishing:        FHF10-fluor klister

**Start hint:**            If track is very dirty, add thin layer of FHF50-universal klister on the top.

**Alternative II**    Base:            Base klister thin layer, ironed  
                         Kick:            Thin layer of Special klister and on the top Universal Plus klister

## Old snow 0°C

### GLIDE WAXING

- Alternative I** Base: BM6 molybdenum fluor glider  
Glider: FHF4-functional fluor glider  
Finishing: BM1-molybdenum fluor powder, on the top FHF11 fluor block and FHF3-fluor liquide together corked with roto
- Alternative II** Base: BWLF-fluorinated base glider  
Glider: BM4-molybdenum fluor glider  
Finishing: SFR40-fluor powder, on the top SFR99 and BMR9 fluor liquid together corked with roto
- Base structuring: For classic skiing Start "bruce" 30 and on the top "bruce" 10. For skating just "bruce" 10 or 20.
- Start hint** For short distances and juniors use SFR99-fluor block and BMR9 fluor liquide corked with roto.

### KICK WAXING

- Alternative I** Base: Base wax Extra thinly ironed  
Kick: Thin layer of BM-fluor kick wax  
Finishing: FHF40-fluor kick wax, mix little FHF50 universal klister to the waxing
- Hard Track  
**Alternative II** Base: Base wax Extra thinly, ironed  
Kick: Thin layer of klister Special  
Kick: RF Yellow (+3°...+1°C) kick wax 3-5 layers. Even well.  
Finishing: Thin layer of Universal Wide klister to cooled waxing.
- Start hint:** If the track is glancy, do not add hard kick wax on the klister. If kick not enough, add 3- 5 drops of Universal Plus klister on the waxing both sides of the central groove.

## Old snow 0°... -1°C

### GLIDE WAXING

<b>Alternative I</b>	Base:	BM6 molybden fluor glider
	Glider:	FHF4 –functional fluor glider
	Finishing:	BM1 molybdenum fluor powder, on the top F11.fluor block and FHF3 fluor liquide corked together with roto
<b>Alternative II</b>	Base:	MF8 fluorinated glider
	Glider:	BM4 molybden fluor glider
	Finishing:	SF10 fluor powder, on the top BMR9 molybden fluor liquid
	Base structuring:	Start "bruce!" 10 or 20
<b>Start hint:</b>		For Sprint and short distances on the top of glider can be used BMR9 molybden fluor liquid or SFR99 fluor block.

### KICK WAXING

<b>Alternative I</b>	Base:	Base wax Extra ironed
	Kick:	FHF40-fluor kick wax 2-3 layers, mix some drops of FHF50 Universal klister to the waxing
<b>Start hint:</b>		If the track is hard, you can use FHF50 Universal fluor klister and top this with FHF40 fluor kick wax.

## Old snow -1... -3°C

### GLIDE WAXING

**Alternative I** Base: BM6 molybdenum fluor klister  
Glider: FHF4 –functional fluor glider  
Finishing: BM1-fluorpowder ironed, on the top FHF11-fluor block and FHF3- fluor liquid together corked with roto

**Alternative II** Base: MF8 fluorinated glider  
Glider: BM4 molybdenum fluor glider  
Finishing: SFR40-fluor powder, on the top BMR5-molybdenum fluor block and BMR9 molybdenum fluor liquid together corked with roto

Base structuring: For classic skiing Start "bruce" 10 or 20.

**Start hint** For Sprint or shorter distances FHF11 fluor block and BMR9 fluor liquid corked together can be used instead of powder

### KICK WAXING

**Alternative I** Base: Base wax thinly, ironed  
Kick: FHF40-fluor kick wax 2-4 layers

Soft track

**Alternative II** Base: Base wax ironed  
Kick: RF Purple (+2°...-2°C) fluor kick wax ggod layer, mix BM –molybden fluor kick wax to waxing. Iron together. Let cool down and clean the central groove

**Start hint** In tricky conditions iron FHF20 yellow functional kick wax and BM fluor kick wax together. Let cool down.

## Old snow -3°... -6°C

### GLIDE WAXING

**Alternative I**    Base:            MF8 fluorinated glider  
                          Glider:            FHF6-functional fluor glider  
                          Finishing:        BM3-molybden fluor powder

**Alternative II**    Base:            MF8 fluorinated glider  
                          Glider:            BM6-molybdenum fluor glider  
                          Finishing:        FHF7-functional fluor powder

Base structuring: For classic skiing Start "bruce" 10 or 20.

**Start hint:**        If humidity is high, finish waxing by mixing FHF11 fluor block and BMR9 –molybdenum fluor liquid and corking them together with roto.

### KICK WAXING

**Alternative I**    Base                Base wax thinly ironed  
                          Kick                FHF60 -fluor kick wax 3-4 layer  
                          Top                 FHF60-fluor kick wax thin layer to cooled waxing outside

Soft Track

**Alternative II**    Base:                Base wax thinly ironed  
                          Kick:                BM-fluor kick wax thin layer, add RF-Red fluor kick wax and iron together. Let cool down and clean the central groove. Do not cork!

**Start hint:**        You can try Start Synthetic Purple kick wax (+1°...-3°C) 3-5 layers alone.

### Old snow -6... -10°C

#### GLIDE WAXING

**Alternative I**    Base:            HFG graphite fluor glider  
                         Glider:            FHF6- functional fluor glider  
                         Finishing:        FHF9-fluor powder

**Alternative II**    Base:            MF8 fluorinated glider  
                         Glider:            BM6-molybden fluor glider  
                         Finishing:        SFR75-fluor powder

Base structuring: Start "bruce" 5

**Start hint:**        For sprint and short distances you can use SFR92 fluor block instead of powder

#### KICK WAXING

**Alternative I**    Base:            Base wax ironed  
                         Kick:             FHF80-fluor kick wax 3-4 layer  
                         Finishing:        To cooled kick wax thin layer of BM-kick wax

**Start hint:**        You can try also to mix Synthetic Blue (-2°...-6°C) kick wax and BM-kick wax 50:50 and iron together.



## Old snow -10°... -15°C

### GLIDE WAXING

**Alternative I**    Glider:        HF10 high fluor glider  
                         Finishing:      SFR75 fluor powder

**Alternative II**    Base:            HFG fluor graphite  
                         Glider:        HF10 high fluor glider  
                         Finishing:      FHF9 functional fluor powder

**Start hint:**        In sprint and shorter distances can be used SFR92 fluor block instead of powder.

### KICK WAXING

**Alternative I**    Base:            Base wax ironed  
                         Kick:            FHF80 fluor kick wax 2-5 layers  
                         Finishing:      Apply thin layer of cooled BM- kick wax on the top of cooled  
                                            FHF80 kick wax

**Start hint:**        You can also try 3-5 layers of Synthetic Blue (-2°...-6°C) kick wax alone!

### Old snow -15... -25°C

#### GLIDE WAXING

**Alternative I**    Base:            LF8 –fluorinated glider  
                         Glider:            HF8 fluorglider  
                         Finishing:        FHF11-functional fluor powder or SFR75 fluor powder

**Start hint:**        Mix some glider to the top of ironed powder and iron again.

#### KICK WAXING

**Alternative I**    Base:            Base wax thinly ironed  
                         Kick:              Synthetic Green (-5...-10C) kick

**Start hint:**        If snow is very dry and cold you can use thin layer of Synthetic black (-10...-30°C) as top layer applied outside. As kick try synthetic blue (-2°...-6°C) 3-5 layers.

## Coarse snow +10°... +1°C

### GLIDE WAXING

**Alternative I**    Base:            BM6 molybdenumfluor glider  
                         Glider:            FHF2 functional fluor glider  
                         Finishing:        FHF5 functionalfluorpowder and FHF11 fluorliquide

Dirty snow

**Alternative II**    Base:            SG10 Glider  
                         Glider:            BM2 molybdenfluor glider  
                         Finishing:        BM1 molybdenfluor powder

Base structuring: Start roll 300 and "bruce 30" oin the top

**Start hint:**        In sprint and shote distances you can use BMR9 liquid instead of powder

### KICK WAXING

**Alternative I**    Base:            Base klister ironed  
                         Kick:             FHF10 red klister and FHF50 Universal klister mixed 50/50

Dirty snow

**Alternative II**    Base:            Base klister ironed  
                         Kick:             Universal Plus klister  
                         Finishing:        Add some drops of BM klister both side of the groove and mix with  
                                            Universal klister

**Start hint:**        If kick is not enough add Universal Plus klister to kick.

## Coarse snow +1°... 0°C

### GLIDE WAXING

**Alternative I** Base: BM6 molybdenumfluor glider  
Glider: FHF4 functional fluor glider  
Finishing: FHF1 functionalfluor liquid 2 drops under BM1 powder, iron hot together

Dirty snow

**Alternative II** Base: MF10 Glider  
Glider: BM4 molybdenfluor glider  
Finishing: SFR40 fluor powder, on the top FHF11 block and BMR9 liquide corked with roto together

Base structuring: Start roll 300 and "bruce 30" oin the top

**Start hint:** In sprint and short distances you can use BMR9 liquid instead of powder

### KICK WAXING

**Alternative I** Base: Base klister ironed  
Kick: FHF30 and FHF5+ Universal klister mixed 50/50

Dirt snow

**Alternative II** Base: Base klister ironed  
Kick: Special klister (+2°...-2°C) and Universal klister mixed 50/50  
Finishing: Add some drops of BM klister both side of the groove

**Start hint:** If kick not enough add special klister share

## Coarse snow 0°... -1°C

### GLIDE WAXING

**Alternative I**    Base:            BM6 molybden fluor glider  
                         Glider:            FHF4- functional fluor glider  
                         Finishing:        FHF3-fluor liquid, on the top BM1 powder hot ironed

Dirty snow

**Alternative II**    Base:            MF8 fluor glider  
                         Glider:            BM4 molybden fluor glider  
                         Finishing:        BM3 molybden fluor powder hot ironed. If humidity high FHF11-block and FHF3-liquid corked with roto.

Base structuring: Start roll 300 and on the top "bruce" 10 or 20.

**Start hint:**        In sprint and short distances you can use BMR9 liquid or BMR5 block instead of powder.

### KICK WAXING

**Alternative I**    Base:            Base klister ironed  
                         Kick:             Special klister (+2°...-2°C) thin layer  
                         Finishing:        FHF10 and FHF50-fluorklister mixed 50:50

Dirty snow

**Alternative II**    Base:            Base klister ironed  
                         Kick:             BM-klister and Universal klister mixed 50/50

**Start hint:**        If kick not enough add FHF10-fluorklister to the waxing

## Coarse snow -1°... -4°C

### GLIDE WAXING

**Alternative I** Base: BM6 molybden fluor glider  
Glider: FHF4- functional fluor glider  
Finishing: BM1 powder hot ironed

**Alternative II** Base: MF8 fluor glider  
Glider: BM4 molybden fluor glider and HF4 fluor glider mixed 50/50  
Finishing: SFR30 or SFR40 fluor powder hot ironed. On the top FHF11-block and FHF3-liquid corked with roto.

Base structuring: Start roll "bruce" 10 or 20.

**Start hint:** In sprint and short distances you can use BMR9 liquid or BMR5 block instead of powder

### KICK WAXING

**Alternative I** Base: Base wax Extra thinly, ironed  
Kick: BM Fluor kick wax thin layer  
Finishing: FHF40 and FHF60 fluor kick wax 3-4 layer mixed with cork

Dirty snow

**Alternative II** Base: Base wax Extra thinly, ironed  
Kick: BM Fluor kick wax and FHF40 fluor kick wax mixed together with iron.  
Let cool and clean central groove.

**Start hint:** If kick not enough add FHF50 -fluorklister to the waxing

## Coarse snow -4°... -10°C

### GLIDE WAXING

<b>Alternative I</b>	Base:	MF8 fluor glider
	Glider:	FHF6- functional fluor glider
	Finishing:	BM3 molybden fluor powder hot ironed
<b>Alternative II</b>	Base:	MF8 fluor glider
	Glider:	BM6 molybden fluor glider
	Finishing:	FHF7 functional fluor powder or SF30 universal powder hot ironed
	Base structuring:	Start roll "bruce"5

**Start hint:** In sprint and short distances you can use BMR5 block on the top of the powder.

### KICK WAXING

<b>Alternative I</b>	Base:	Base wax Extra thinly and Base klister, ironed together
	Kick:	BM Fluor kick wax thin layer
	Finishing:	FHF80 fluor kick wax 3-4 layers. If more kick needed add FHF60 kick wax
	Finishing:	Apply thin layer of cool BM-kick wax to the cooled waxing

## Coarse snow -10°... -25°C

### GLIDE WAXING

<b>Alternative I</b>	Base	MF10 fluor glider
	Glider	HF10 high fluor glider
	Top	SFR75 fluor powder
<b>Alternative II</b>	Base	LF10 fluor glider
	Glider	BM6 molybden fluor glider
	Top	FHF9 functional fluor powder

Base structuring: For Classic skiing Start roll "bruce" 5

**Start hint:** In sprint and short distances you can use SFR92-fluor block instead of powder. For longer distances mix little HF10 glider on the ironed powder and iron again together. This can increase the durability of the waxing.

### KICK WAXING

<b>Alternative I</b>	Base:	Base wax Extra thinly, ironed
	Kick:	BM Fluor kick wax thin layer
	Finishing:	FHF80 fluor kick wax and Synthetic Blue (-2°...-6°C) kick wax 3-4 layers. On the top BM-kick wax thinly to cooled waxing
<b>Alternative II</b>	Base:	Base wax Extra thinly, ironed
	Kick:	Synthetic Blue kick wax 3-4 layers. On the cooled waxing Synthetic Green kick wax thinly.



## Icy snow 0°... -2°C

### GLIDE WAXING

**Alternative I**    Base:            MF10 fluor glider  
                          Glider:            FHF6 functional fluor glider and BM4 molybden fluor glider mixed 50/50  
                          Finishing:        FHF3- fluor liquid, on the top BM1 molybden fluor powder hot ironed

Dirt snow

**Alternative II**    Base:            MF10 fluor glider  
                          Glider:            BM4 molybden fluor glider  
                          Finishing:        BM3 molybden fluor powder hot ironed. On the top FHF11 fluor block and BMR9 molybden fluor liquide corked with roto together.

Base structuring: Start roll "bruce" 10 or 20

**Start hint:**        In sprint and short distances you can use BMR5 block together with BMR9 fluor liquid corked together with roto.

### KICK WAXING

**Alternative I**    Base:            Base klister thinly, ironed  
                          Kick:             Special klister and BM –molybden fluor klister mixed 50/50  
                          Finishing:        BM-fluor kick wax thinly from cooled can to cooled waxing.

Dirt track

**Alternative II**    Base:            Base klister thinly, ironed  
                          Kick:             Special klister and FHF50-Universal fluor klister mixed 50/50.  
                          Finishing:        BM-fluor kick wax thinly from cooled can to cooled waxing.

**Start hint**        On very icy track you can try base Wax Extra mixed with BM molybden fluor klister as kick layer.

### Icy snow -2°... -8°C

#### GLIDE WAXING

**Alternative I**    Base:            MF10 fluor glider  
                         Glider:            BM6 molybden fluor glider  
                         Finishing:        FHF7 functional fluor powder hot ironed.

**Alternative II**    Base:            HFG fluor glider  
                         Glider:            HF10 high fluor glider  
                         Finishing:        BM3 molybden fluor powder hot ironed

**Start hint:**        In sprint and short distances you can use BMR5 block together with BMR9 fluor liquid corked together with roto.

#### KICK WAXING

**Alternative I**    Base:            Base Wax Extra thinly, ironed  
                         Kick:              Blue Klister (-4°...-14°C), mix few drops of BM-klister

**Start hint:**        If you find kick too aggressive, apply thin layer of BM kick wax on the waxing.