

Category Selection Guide



Step 1 – Determine your impact level

Low

Hobby-Oriented Athlete

- Biking
- Bowling
- Camping
- Dancing
- Fishing
- Gardening
- Golfing
- Surfing
- Walking

Moderate

Recreational Athlete

- Boxing
- Hiking
- Jogging
- Martial Arts
- Skating
- Skateboarding
- Skiing
- Tennis
- Volleyball

High

Extreme Athlete

- Baseball
- Competitive Sports
- Football
- Power Lifting
- Running
- Snowboarding
- Soccer
- Wakeboarding

Step 2 – Identify the appropriate carbon fiber foot stiffness by matching impact level with body weight

		Weight (lbs)	100-115	116-130	131-150	151-170	171-195	196-220	221-255	256-285	286-325	326-365
Impact Level	Low		1	1	2	3	4	5	6	7	8	9
	Moderate		1	2	3	4	5	6	7	8	9	
	High		2	3	4	5	6	7	8	9		
		Weight (kg)	44-52	53-59	60-68	69-77	78-88	89-100	101-116	117-130	131-147	148-166

See separate category selection chart for Promenade®, Senator®, Defender™, Nitro™ and Slalom™ foot products. 888.818.6777 www.freedom-innovations.com

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