



CROSS COUNTRY SKIING





Attach tip or tail of the ski to the glide tape package and pull out the glide tape over the glide area of ski. (WITH THE LETTERS UP)



Heat the iron up to 150-160 C°. You do not need a special waxing iron. Glide the iron slowly on the glide tape so that the wax will warm and attach in the ski glide surface.



After ironing pull the glide tape away and brush the ski. The ski is ready for a ride.