



# F2 Snowboard Bindings Instruction Manual

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## F2 Snowboard Bindings Instruction Manual



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## Snowboard warnings

Snowboarding is a dangerous sport and can lead to serious injuries to all parts of the rider's body. The edges of a snowboard are made of steel, these are sharp-edged and can lead to extreme cuts. The binding, as well as all other parts that belong to snowboarding, are used at the rider's own risk. In addition, the snowboard should always be in a good, rideable condition and the ski service should be carried out regularly.

Please always observe the warnings of the respective slope.

Underage users must always be supervised by an adult.

A leash should be worn when using the snowboard. If this is not included in the scope of delivery, it is necessary to purchase one from a specialist dealer.

A protective suit and helmet protector must be worn when snowboarding.

Before each use, check that all screw connections and fastenings are tight.

If a binding from another manufacturer is fitted to the board, please check compatibility with your specialist dealer!

We recommend that the user is instructed by a snowboard instructor before using a binding and a snowboard.

## Size chart adults

Größe/ Gewicht	bis 50 kg	50-60 kg	60-70 kg	70-80 kg	80-90 kg	ab 90 kg
bis 155 cm	149-153	150-154	151-155	152-156	153-157	154-158
155-165 cm	150-154	151-155	152-156	153-157	154-158	155-159
165-175 cm	151-155	152-156	153-157	154-158	155-159	156-160
175-185 cm	152-156	153-157	154-158	155-159	156-160	157-161
185-195 cm	153-157	154-158	155-159	156-160	157-161	158-162
ab 195 cm	154-158	155-159	156-160	157-161	158-163	ab 159

This table shows very general guide values. These are only intended as a rough guide.

## Size chart kids

Körpergröße	Snowboardlänge
80-95 cm	75 cm
95-115 cm	90 cm
115-130 cm	105 cm
130-145 cm	120 cm
154-160 cm	135 cm
160-165 cm	145 cm

This table shows very general guide values. These are only intended as a rough guide

## Binding warnings

Before each use, check that all screw connections of the binding are tight.

The snowboard bindings are only suitable for users with a body weight of at least 45kg and a maximum body weight of 110kg.

If you are unsure about the installation, please contact a specialist dealer who will carry out the installation for you

Size chart adults

Bindung	Mondopoint	EU-Größe
Woman Size M	23.0 – 27.0	36 – 42
Man Size M	24.0 – 28.0	38 – 43
Man Size L	28.0 – 31.5	43 – 48
Woman Fastec Size S	22.0 – 24.0	34 – 38
Woman Fastec Size M	24.0 – 26.0	38 – 41
Fastec Size S	24.0 – 26.0	38 – 41
Fastec Size M	26.0 – 28.0	41 – 43
Fastec Size L	28.0 – 30.0	43 – 45
Fastec Size XL	30.0 – 31.5	45 – 48

**These tables show rough guide values. These are only intended as a rough guide.**

**Note:** Please read carefully before use.

### Step-by-step guide for assembling your snowboard bindings:

1. Start by placing your snowboard with the nose pointing forward on a flat surface.
2. Properly position the bindings on the snowboard.
3. Remove the covers from the baseplates to adjust the bindings.
4. Now you can set the desired angles:

The choice of the right settings depends on your riding style, whether it's on the slopes, in the park, or in deep snow. The position, angle, and distance of the bindings all come into play to define your snowboard stance.

### What angle is optimal for you?

#### Neutral-Stance

- Front foot: +12° to +15°
- Back foot: 0°



The neutral stance is best suited for beginners to practice forward riding and controlled turns.

#### Forward-Stance

- Front foot: +12° to +21°

- Back foot: +3° to +6°



The forward stance is suitable for advanced riders who enjoy carving and riding at high speeds.

### Duck-Stance

- Front foot: +9° to +15°
- Back foot: -6° to -12°



In the duck stance, both bindings are mounted with an outward angle, making it easier to ride switch and absorb landings.

**Tip:** Most bindings come with discs that indicate angle degrees, typically ranging from -20 to +20 degrees. Find the 0° angle first and then adjust the bindings accordingly

Choose the appropriate inserts and position your bindings:

The optimal distance between your snowboard bindings is measured from the center of the disc and depends on your riding style and the length of your board. A larger distance provides more control and stability, while a smaller distance makes it easier to build rotational speed, which can be advantageous for tight turns and tricks on the kicker. As a starting point for your suitable stance, you can use the following formula:

**Your height x 0.33 = distance between the bindings.**

However, it's important to note that every rider has individual preferences. If you feel uncomfortable with the chosen distance, adjust it accordingly.

### The correct positioning of your bindings:

The position of your bindings determines the distance to the nose (front end) and tail (rear end) of your snowboard. Each snowboard is designed for a specific riding style, and this influences the placement of the bindings.

#### All-Mountain Snowboards:

For beginners and all-mountain snowboards, the bindings are typically slightly set back. This position is perfect for riding in various terrain types and learning the basics of turning.

#### Freeride Snowboards:

Freeride snowboards have inserts placed farther back. This automatically lengthens the nose, providing more float in powder with less effort. This placement is also referred to as a „setback“ since the inserts are set back towards the tail.



**Freestyle Snowboards:**

On the other hand, for freestyle snowboards, the bindings are centered to provide an equal feel both in the forward and backward (switch) positions.

**Important:** Avoid mounting the bindings in a forward position for freestyle riding.

Secure your bindings firmly to the inserts and reattach the baseplate covers.

Place your boots into the bindings and ensure that all straps are centered:

Before your first ride, you should check your setup in a dry, controlled environment. Step into the bindings with your boots on to test your settings. Everything should be stable and securely connected.

**Align the snowboard bindings to your boots**

For your equipment to work optimally, precise tuning is necessary. Let's take a look at the basics of binding adjustment.

**Straps:**

The straps of your bindings should run centered over your boots. If necessary, you can adjust the length of the straps.

**Toe-Ramp:**

Adjust the toe ramp, the front part of the baseplate, to match the length of your boots. This ensures that your toes do not extend beyond the bindings.

**Highback:**

Align the highback so that it is parallel to the rear edge of the snowboard. This provides better power transfer.

**Forward Lean:**

You can also adjust the forward lean angle of your highbacks. The further forward you set this part of the binding, the more responsive your snowboard will be. However, especially as a beginner, be aware that too steep of an angle can be strenuous as it requires you to bend your knees more.



Make sure that your boots do not overhang either at the heel or the toe ramp (at the toes).

Check that the bindings are securely fastened and your settings feel comfortable.

**PDF ONLINE**



Documents / Resources

	<p><a href="#">F2 Snowboard Bindings</a> [pdf] Instruction Manual Snowboard Bindings, Bindings</p>
	<p><a href="#">F2 Snowboard Bindings</a> [pdf] Instruction Manual Snowboard Bindings, Bindings</p>

References

- [F2 Fun & Function](#)
- [F2 Fun & Function](#)
- [User Manual](#)

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