



We will construct your bindings using the most appropriate spring length and weight based on your boot length and the type of skiing that you like to do. That is why we ask several questions about your skiing when you order bindings. It is quite easy to change or adjust the retention springs in your bindings if you wish to modify how they feel.

Light springs give you less resistance when you flex down into a tele turn and allow you to go down deeper. Sometimes, though, they allow the binding to feel 'tippy toed' depending on the stiffness of the boot sole.

Heavy springs create a lot of resistance when flexing forward and can make the ski feel squirrely with too much pressure on the shovel of the ski. Strong skiers often like the responsiveness of heavier springs.

Medium springs, with plenty of length, tend to work the best.

Here's a [link to more details on spring assembly](#).

cheers

Louis