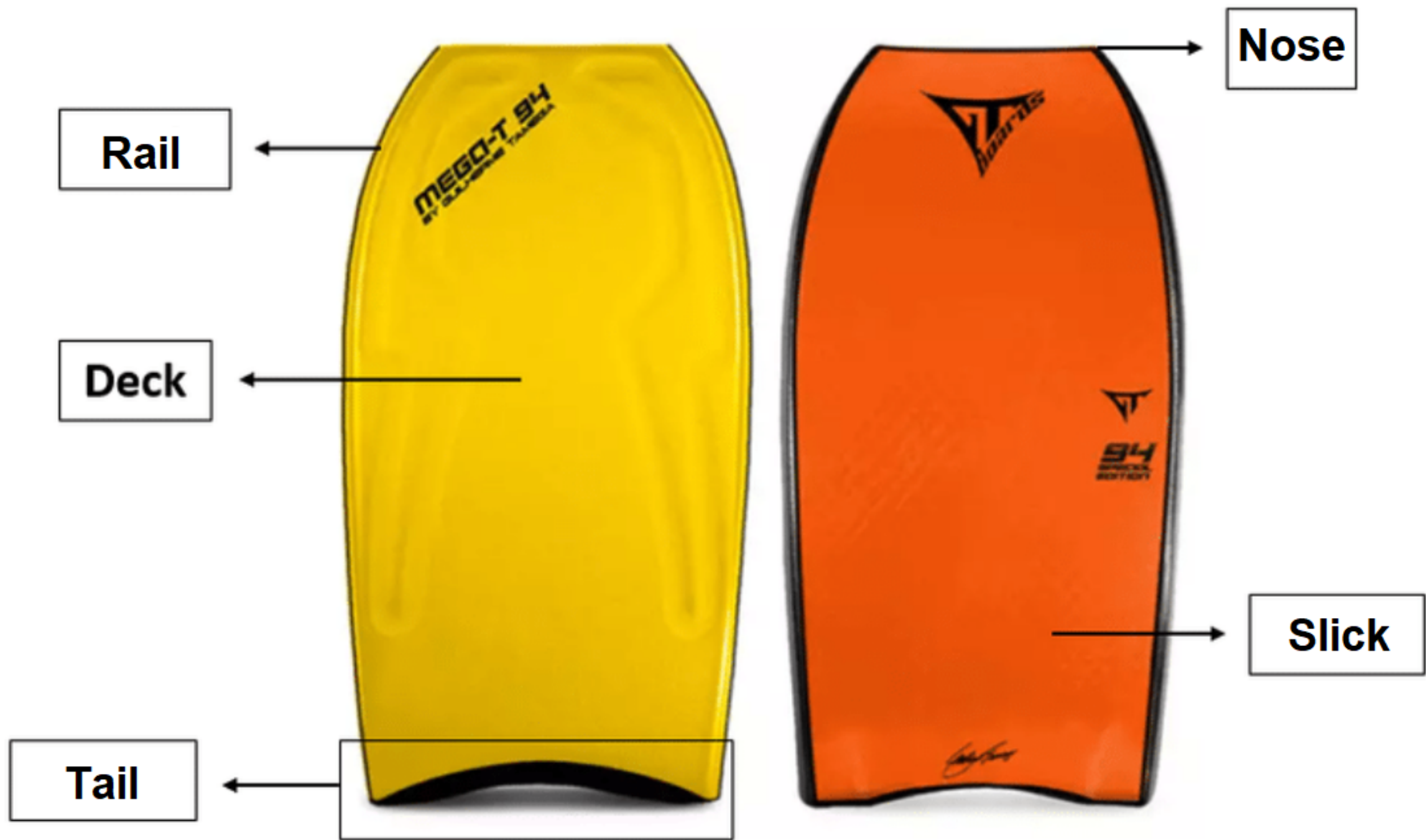


BODYBOARDS

BODYBOARD PERFORMANCE





Core → Internal part of the board, the main structure; It's the foam the board is made of



DECK AND RAIL

In general, they are coated with IXL and NXL skins.

- **IXL:** It is also known as spanlite or wave deck. It is a smoother skin that has its pores tightly closed and is normally waterproof. It has great finishing. The boards are harder, have less memory and usually have better durability.
- **NXL:** It is also known as wave cushion or sealed air. This skin makes the board more flexible and have a better memory, but usually it has less durability. Most professional boards today have this more porous skin on their boards.



CORE

The cores are the internal parts of the bodyboards. They are considered their main structure.

- PU (polyurethane) → More rigid, heavy and affordable core. Common in beginner boards.
- PE (polyethylene) → More flexible core that was widely used in older boards. Today they are used more for semi-professional boards and by high-performance athletes who enjoy surfing with more flexible boards. It can be interesting in icy waters.
- PP (Polypropylene) → More resistant and lighter core that also has good memory. Often used in professional boards.
- DURALIGHT (produced by Genesis) → Good core for bodyboarders in northeastern Brazil. It's waterproof, light and has good resistance. It's used on professional boards too.



SLICK

It's a very important part of the board because it is directly in contact with the water. Formerly the same material of the deck was used in the coating of the slicks, but with the evolution of the sport, a start was made to perfect these materials so that the boards had more and more speed and better hydrodynamics. The two most common types of slicks are:

- HDPE → Harder and longer-lasting slick.
- Surlyn → More flexible slick, with better memory and most used on professional boards.



TAIL

The main ones are Bat Tail and Crescent Tail!

- In Uri's opinion, the Bat Tail works very well for spinning, line maneuvers or fast sequences of maneuvers.
- On the other hand, the Crescent Tail is better for faster waves due to its half-moon shape, which causes the bodyboarder to have a greater body contact with water. The body in contact with water will provide a better control.



POINTS OF ATTENTION WHEN CHOOSING A BOARD

- Height and weight (see size chart below)
- Beginners x Semi-professionals x Professionals
- Hollow waves (faster waves) x Crumbly waves (slower waves)
- Cold water or hot water



SIZE CHART

Bodyboard Size	Person's Height	Person's weight
Bodyboard 37"	1,23 to 1,53m	28 to 38kg
Bodyboard 37'5"	1,30 to 1,47m	30 to 40kg
Bodyboard 38"	1,35 to 1,52m	35 to 50kg
Bodyboard 39"	1,40 to 1,62m	40 to 55kg
Bodyboard 39"	1,54 to 1,60m	43 to 55kg
Bodyboard 40"	1,58 to 1,67m	50 to 60kg
Bodyboard 40'5"	1,60 to 1,70m	50 to 70kg
Bodyboard 41"	1,70 to 1,75m	57 to 80kg
Bodyboard 41'5"	1,73 to 1,77m	60 to 85kg
Bodyboard 42"	1,77 to 1,83m	68 to 90kg
Bodyboard 42'5"	1,84 to 1,89m	79 to 95kg
Bodyboard 43"	1,90 to 2m	85 to 100kg
Bodyboard 44"	1,90m and above	100kg and above



BODYBOARDS

BODYBOARD PERFORMANCE

