



## Ski and board maintenance and waxing for training

**The concept:** The objective is to avoid overheating the base while keeping it fast and well maintained. The base is kept saturated with wax by hot waxing every few days on snow, and with daily use of the proper paste between hot waxing cycles. This system is also great for short travel; you only need to take the pastes, a buffing pad and a brush with you.

**You will need:** FFC1 and FFC2B hot waxes, FFC P2B, FFC P2C, and Psycho New Snow pastes.

<https://dominatorwax.com/products/dominator-ffc-1?variant=42083129262334>

<https://dominatorwax.com/products/dominator-ffc-2b?variant=42083141746942>

<https://dominatorwax.com/products/dominator-ffc-p2b>

<https://dominatorwax.com/products/dominator-ffc-p2c>

<https://dominatorwax.com/products/psycho-ns-paste>

### Ski and board preparation

**Clean the base:** Set the iron at 120 °C, iron in a layer of FFC1 base prep wax, scrape while it is still liquid, and brush.

**Condition the base:** Spread a one-inch-wide strip of Psycho New Snow paste near each edge (thin layer), buff it in. Set the iron at 120 °C, iron in a layer of FFC1 base prep wax, wait for at least 20 minutes, scrape and brush.

#### Prepare the base with glide wax:

Set the iron at 135 °C, drip FFC2B glide wax over the entire base and iron it in. Wait at least one hour, scrape and brush.

**Before going on snow:** Choose a paste (P2B, P2C or Psycho New Snow) based on the expected snow conditions. Apply a thin layer of paste and wait for an hour to dry. Buff it in well. You can use a synthetic cork or Scotchbrite, we recommend Pro Glide (<https://skimd.com/pro-glide>) for best durability. Brush out with a medium brush.

You can ride two to three days with just paste, then you have to hot wax again to clean and condition your base. The key to a fast base is to keep it shiny throughout its surface. When you see dry spots, recondition again with FFC1 and FFC2B hot waxes.

### Upgrades

Competition overlays are inexpensive to use (about 20 cents per application) because you use very little, but increase your speed significantly, especially in difficult snow conditions.

<https://dominatorwax.com/products/dominator-butter>

For wet snow (you can make a snowball and it sticks together) rub LIGHTLY Butter tip to tail (three or four stripes on your base), buff it in and brush it out.

<https://dominatorwax.com/products/dominator-race-rocket>

On all other types of snow, rub Race Rocket tip to tail (three or four stripes on your base), and buff it in with the synthetic cork included in the package. Do not brush!

On glacier snow use a Psycho paste in the morning on the hard, abrasive snow, and use Butter on top of it when it gets slushy later in the day.