



# FITTING SECTION LAST GUIDE

# WHAT IS A LAST



A **last** is a mechanical form shaped like a human foot and used by shoemakers in the manufacturing of shoes, footwear and of course, skates. Lasts typically come in pairs and over the years have been made of a range of materials, including hardwood, cast aluminum and high-density plastics.

Lasts are the heart and soul of every skate. Lasts are essential to delivering high-performance, responsiveness, fit, and comfort. Not just anyone can make a precise, perfectly constructed last

## **MASTER OF LAST DEVELOPMENT – MR SERGIO MCCARGO**

At POWERSLIDE we work with the most skilled, passionate, and talented people in the skating world and when it comes to designing and constructing the perfect last there is one person who is truly the master of last development – Sergio McCargo.

McCargo has been around shoe and skate manufacturing his entire life, making it more than just a hobby or job, it's his true passion. Beyond designing and making skates, McCargo is a decorated racer, winning medals in the world championships throughout the '90s. Yes, Sergio McCargo is the perfect combination of a skilled shoe/skate maker and a skilled, knowledgeable athlete.

From 1999 to 2004 Sergio lived in Italy; during this time he was associated with the ProSkate Factory where he designed and developed a wide variety of products, including high-end custom inline skates and ice skates used in most by Italian Olympic teams where they saw success at Olympic Winter Games in Torino. Showing his skill and versatility, McCargo has also manufactured custom boots for world class artistic skaters since more than two decades.

Sergio and Matthias (owner and founder of POWERSLIDE) first met as racing competitors then became close friends. For more than 16 years Sergio has been part of the POWERSLIDE family and the rise of the POWERSLIDE brand is partly due to his genius craftsmanship. McCargo continues to create high-performance POWERSLIDE custom race boots. When we develop our lasts we always consider the experience obtained through McCargo's experience developing custom boots for different disciplines, such as speedskating (inline and Ice) and artistic/figure skating.

To this day, McCargo continues to help develop all POWERSLIDE inline and roller skates. Sergio McCargo loves skates and loves feet. He takes pride in what he does and does it with complete dedication to perfection where there is no such thing as "good enough".

# OUTSIDE LASTS



- USED TO MAKE THE SHELL
- MOULDS AROUND LAST TO MAKE THE SHELL

# INSIDE LAST

- MADE TO FIT INSIDE THE OUTSIDE LAST; INCLUDE THE PADDING AND MATERIAL
- INSIDE AND OUTSIDE LAST MUST WORK PERFECTLY TOGETHER FOR OPTIMAL FIT AND COMFORT





In the skate industry, there is a significant difference between the inside and outside last. The outside last is used to manufacture the shell or the “skeleton” of the boot while the inside last is used for the production of skate liners and during the lasting process when the upper portion of the boot (including the padding and inside lining) is pulled over the shell and firmly connected with glue to the shell, making the inside last smaller than the outside last.

### **TO MAKE A HIGH-QUALITY LAST WE FOCUS ON SOME SPECIFIC PARTS OF THE FOOT:**

For **the ankle**, it’s crucial that the malleole fit perfectly. This part is reworked with precision, designed to fit most skaters without causing pain or pressure points. Since every foot is a little bit different, this is a challenge for all skate manufacturers.

**The Achilles tendon** is a key part of the foot, especially while inline speed skating. For fitness skating, skates tend to have a higher cuff providing more support and demanding less from the tendon. For speed skating, the more support created around this tendon the better it will be. It takes fine-tuning to find the limit without creating any pain for the skater. With a skate that offers a wide range of motion, the ankle tolerance is lower so it's crucial to focus on having a good technique and be precise with each stride.

**The sole shape** helps create a surface to push efficiently. A wider sole helps produce a powerful push and improves stability, but precision can be diminished. For inline speed skating, if your foot size allows, we recommend a narrow fit for better performance.

**The arch** is also an important point for a last. People have different shaped arches and some even have flat feet, which creates challenges for last design. Arch support is important; proper arch support makes it easier for the skaters to balance, even on the outside edge. If arch support is lacking your foot might angle toward the inside edge.



## MAJOR LASTS AT POWERSLIDE

Feet come in unlimited shapes and sizes, making it a challenge to make a last that fits each individual foot shape; the last must also promote the right fit for the sport you're focusing on. Our POWERSLIDE engineers work hand-in-hand with top athletes to collect their expert feedback to create a strong relationship between the foot shape and the technical specifications needed for different skating disciplines.

**POWERSLIDE has developed a range of high-quality lasts. From narrow to wide, the lasts go as follows:**



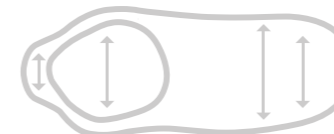
ULTIMATE



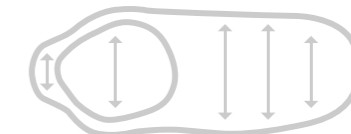
PERFORMANCE



SPORTIVE



COMFORT



UNIVERSAL

**Since 2019 our ULTIMATE has been the best racing last on the market, offering a narrow, precise fit and feel. It's perfect for any skater focusing on speed, track skating. The ultimate is our best-selling last, delivering superb responsiveness and control, with a narrow fit that's built for top speed.**



## ULTIMATE LAST

The ULTIMATE is the narrowest in the POWERSLIDE collection, giving skaters a snug fit and superb stability.

### Recommended for:

- Roman, Greek, and Egyptian foot shape
- Flat feet and normal arch
- Standard and normal feet with few extra bones or bruises
- Racing, top racing, marathon, high-end urban

### Features:

- Low front toe portion for control and effective power transfer
- Low volume mid-foot area for reduced movement inside the boot delivering excellent control
- Touching inside and outside sidewalls for control, feel of skate and easy edges as well as great reactivity and agility
- Narrow heel and Achilles area for more control and better heel lock
- Narrow-to-medium ankle area for performance and control without sacrificing comfort
- Medium volume instep
- Normal-to-low arch

### Width:

- Tight, narrow toe, front, and heel



ULTIMATE

	XXX					SINGLE SIZES									
<b>MONDO</b>	206	213	219	225	234	240	245	253	259	266	273	279	287	294	
<b>EU</b>	33	34	35	36	37	38	39	40	41	42	43	44	45	46	
<b>UK</b>	1	2	3	4	4,5	5	6	6,5	7	8	9	9,5	10	11	
<b>US KIDS</b>	2	3													
<b>US WOMEN</b>			5	6	6,5	7	8	8,5	9	10	11				
<b>US MEN</b>			4	5	5,5	6	7	7,5	8	9	10	10,5	11	12	
<b>MODELS</b>	Powerslide XXX, XXX Kids, Core Performance, Arise SL, Arise Marathon														



## PERFORMANCE FIT LAST

The PERFORMANCE FIT last is meant for skaters with wider feet looking for precision all around the foot.

### Recommended

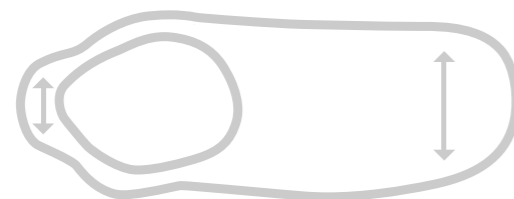
- Roman, Greek, and Egyptian foot shape
- High arch, normal arch
- Standard and normal feet with little extra bones or bruises
- Urban top-level, hockey, marathon, kids racing, high-end fitness

### Features:

- Medium-to-low front toe part for control and effective power transfer
- Medium volume midfoot area for reduced movement inside the boot and great control
- Touching inside and outside sidewalls for full control and easy edges
- Medium heel and Achilles area for more comfort and solid heel lock
- Medium ankle area for performance and control without sacrificing comfort
- Medium volume instep
- Normal arch

### Width:

- Wider toe, front, and heel compared to ultimate fit
- Performance fit for race, hockey, and high-end fitness fit
- Narrow-to-medium at front
- Medium on the heel



PERFORMANCE



## PERFORMANCE FIT LAST

FSK C LAST		SINGLE SIZES																
<b>MONDO</b>	207	215	222	229	236	242	248	255	261	268	275	282	289	296	305	311	318	324
<b>EU</b>	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50
<b>UK</b>	1	2	3	4	4,5	5	6	6,5	7	8	9	9,5	10	11	11,5	12	12,5	13
<b>US KIDS</b>	2	3																
<b>US WOMEN</b>			5	6	6,5	7	8	8,5	9	10	11							
<b>US MEN</b>			4	5	5,5	6	7	7,5	8	9	10	10,5	11	12	12,5	13	13,5	14
<b>MODELS</b>	<b>HC EVO</b>																	

PS ONE RACING		SINGLE SIZES													
<b>MONDO</b>	196	203	210	217	224	232	240	246	253	259	266	274	281	288	295
<b>EU</b>	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46
<b>UK</b>	Jr. 13	1	2	3	4	4,5	5	6	6,5	7	8	9	9,5	10	11
<b>US KIDS</b>	1	2	3												
<b>US WOMEN</b>				5	6	6,5	7	8	8,5	9	10	11			
<b>US MEN</b>				4	5	5,5	6	7	7,5	8	9	10	10,5	11	12
<b>MODELS</b>	<b>PS ONE RACING</b>														

V. + LAST		SINGLE SIZES													
<b>MONDO</b>	215	222	229	236	242	248	255	261	268	275	282	289	296	303	309
<b>EU</b>	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48
<b>UK</b>	2	3	4	4,5	5	6	6,5	7	8	9	9,5	10	11	11,5	12
<b>US WOMEN</b>	4	5	6	6,5	7	8	8,5	9	10	11					
<b>US MEN</b>	3	4	5	5,5	6	7	7,5	8	9	10	10,5	11	12	12,5	13
<b>MODELS</b>	<b>SWELL / PHEME / TAU / KAZE / ICON / PULS / FINAL / R SERIE TRINITY / MANTA</b>														
<b>MODEL PS REIGN</b>	<b>ARES / TRITON / ATLAS</b>														

### XXX KIDS RACING ADJUSTABLE

<b>MONDO</b>	195-213	213-234
<b>EU</b>	31-34	34-37
<b>UK</b>	Jr 12-1	2-4,5
<b>US KIDS</b>	Jr 13-2	3-5,5
<b>MODEL</b>	<b>XXX ADJ.</b>	





## SPORTIVE FIT LAST

The SPORTIVE FIT is an average width last made to deliver the perfect balance of comfort and precision.

### Recommended

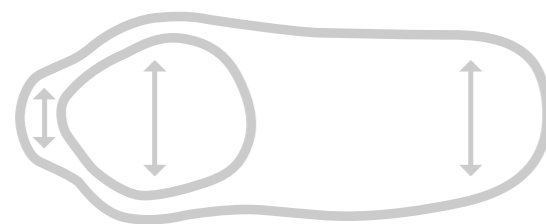
- Roman, Greek, and Egyptian foot shape
- High arch, normal arch
- Urban, Nordic, marathon, high-end fitness, kids

### Features:

- Medium front toe part for comfort and control
- Medium-to-high volume midfoot area for comfort
- Medium-to-wide heel and Achilles area for more comfort and still good heel lock
- Medium-to-wide ankle area for control and great comfort
- Medium volume instep
- Normal arch

### Width:

- Medium on the toe
- Medium on the heel



**SPORTIVE**



## SPORTIVE FIT LAST

### FSK LAST

<b>MONDO</b>	220-227	234-241	248-256	263-269	277-283	290-298
<b>EU</b>	35-36	37-38	39-40	41-42	43-44	45-46
<b>UK</b>	3-4	4,5-5	6-6,5	7-8	9-9,5	10-11
<b>US WOMEN</b>	5-6	6,5-7	8-8,5	9-10		
<b>US MEN</b>	4-5	5,5-6	7-7,5	8-9	10-10,5	11-12

### MODELS

### DUAL SIZES

### IMPERIAL SKATES

### KIDS FITNESS

### ADJUSTABLE

<b>MONDO</b>	168-191	194-214	220-238
<b>EU</b>	27-30	31-34	35-38
<b>UK</b>	Jr.8-Jr.11	Jr.12-2	3-5
<b>US KIDS</b>	Jr.9-Jr.12	Jr.13-3	4-6
<b>MODEL</b>	<b>JET</b>		

### KIDS HOCKEY

### ADJUSTABLE

<b>MONDO</b>	190-210	217-237	244-264
<b>EU</b>	30-33	34-37	38-41
<b>UK</b>	Jr.10-1	2-4,5	5-7
<b>US KIDS</b>	Jr.11-2	3-5,5	6-8
<b>MODEL</b>	<b>ARES ADJ.</b>		

### QUAD DERBY

### SINGLE SIZES

<b>MONDO</b>	229	236	242	248	255	261	268	275	282	289	296	303
<b>EU</b>	36	37	38	39	40	41	42	43	44	45	46	47
<b>UK</b>	4	4,5	5	6	6,5	7	8	9	9,5	10	11	12
<b>US WOMEN</b>	6	6,5	7	8	8,5	9	10	11				
<b>US MEN</b>	5	5,5	6	7	7,5	8	9	10	10,5	11	12	13

### MODELS

### 4-CROSS

### R 195 SPEED

### SINGLE SIZES

<b>MONDO</b>	213	220	227	234	241	248	256	263	269	277	283	290	298	305	312
<b>EU</b>	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48
<b>UK</b>	2	3	4	4,5	5	6	6,5	7	8	9	9,5	10	11	11,5	12
<b>US WOMEN</b>	4	5	6	6,5	7	8	8,5	9	10	11					
<b>US MEN</b>	3	4	5	5,5	6	7	7,5	8	9	10	10,5	11	12	12,5	13

### MODELS

### R SERIE 195



## COMFORT FIT

The name says it all, the COMFORT FIT is the ideal last for anyone looking for supreme comfort.

### Recommended

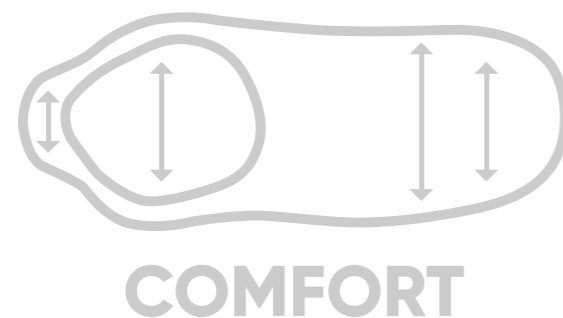
- Roman, Greek, and Egyptian foot shape
- High arch, normal arch
- Aggressive, urban with wide feet, fitness and recreational, fitness with wide feet

### Features:

- Low front toe portion for control and effective power transfer
- Medium-to-low volume midfoot area for no movement inside the boot and great control
- Touching inside and outside sidewalls for skate feeling and easy edges
- Medium-to-low heel area on the bottom
- Medium ankle area for performance and control without sacrificing comfort
- Medium volume instep
- Normal-to-low arch

### Width:

- Medium-to-wide on the toe
- Medium on the heel





## COMFORT FIT

### CARBON & CARBON FREE

### SINGLE SIZES

<b>MONDO</b>	244	250	258	264	270	277	284	290		
<b>EU</b>	38	39	40	41	42	43	44	45	296	300
<b>UK</b>	5	6	6,5	7	8	9	9,5	10	46	47
<b>US MEN</b>	6	7	7,5	8	9	10	10,5	11	11	11,5
<b>MODELS</b>	<b>USD CARBON / USD CARBON FREE</b>								12	12,5

### V. + LAST

### DUAL SIZES

<b>MONDO</b>	215-222	229-236	242-248	255-261	268-275	282-289	296-303	309-315
<b>EU</b>	34-35	36-37	38-39	40-41	42-43	44-45	46-47	48-49
<b>UK</b>	2-3	4-4,5	5-6	6,5-7	8-9	9,5-10	11-11,5	12-12,5
<b>US WOMEN</b>	4-5	6-6,5	7-8	8,5-9	10-11			
<b>US MEN</b>		5-5,5	6-7	7,5-8	9-10	10,5-11	12-12,5	13-13,5

### MODELS

### SWELL DUAL FIT / NEXT

### V. + LAST

### DUAL SIZES

<b>MONDO</b>	229-242	248-255	261-268	275-282	289-296	303-309
<b>EU</b>	36-38	39-40	41-42	43-44	45-46	47-48
<b>UK</b>	4-5	6-6,5	7-8	9-9,5	10-11	11,5-12
<b>US WOMEN</b>	6-7	8-8,5	9-10			
<b>US MEN</b>	5-6	7-7,5	8-9	10-10,5	11-12	12,5-13

### MODELS

### AEON LINE

### V. + LAST

### SINGLE SIZES

<b>MONDO</b>	242	248	255	261	268	275	282	289	296	303
<b>EU</b>	38	39	40	41	42	43	44	45	46	47
<b>UK</b>	5	6	6,5	7	8	9	9,5	10	11	11,5
<b>US WOMEN</b>	7	8	8,5	9	10					
<b>US MEN</b>	6	7	7,5	8	9	10	10,5	11	12	12,5

### MODELS

### SHADOW

### AZTEK

### DUAL SIZES

<b>MONDO</b>	232-238	244-251	258-264	271-278	284-290
<b>EU</b>	36-37	38-39	40-41	42-43	44-45
<b>UK</b>	4-4,5	5-6	6,5-7	8-9	9,5-10
<b>US WOMEN</b>	6-6,5	7-8	8,5-9	10-11	
<b>US MEN</b>	5-5,5	6-7	7,5-8	9-10	10,5-11

### MODELS

### AZTEK

### KIDS USD

### ADJUSTABLE

<b>MONDO</b>	208-227	233-252
<b>EU</b>	33-36	37-40
<b>UK</b>	1-4	4,5-6,5
<b>US KIDS</b>	2-4,5	5,5-7,5
<b>MODEL</b>	<b>TRANSFORMER</b>	



## UNIVERSAL FIT

The UNIVERSAL FIT last is for everyone, specifically designed to accept any foot shape.

### Recommended

- Roman, Greek, Egyptian, Germanic, Celtic foot shape
- High arch, normal arch, low arch
- Recreational, fitness, kids adjustable

### Features Men:

- Medium front toe portion for comfort and control
- Medium-to-wide volume midfoot area for control and comfort
- Medium-to-wide heel area for more comfort
- Medium-to-wide ankle area for performance without sacrificing comfort
- Medium volume instep
- Normal fit on the low arch to suit fallen arches and flat feet

### Features Women:

- Low front toe portion for look and control
- Low to medium volume midfoot area for reduced movement inside the boot and great control
- Narrow heel area, fits female foot anatomy
- Narrow-to-medium ankle area for performance and control without sacrificing comfort
- Higher volume arch and instep area to fit the higher arch of women feet
- More volume on the rear lower ankle to suit female calf muscle

### Width:

- Medium-to-wide on the toe
- Wide on the heel





## UNIVERSAL FIT

### SINGLE SIZES

<b>MONDO</b>	234	240	245	250	256	262	268	274	280	286
<b>EU</b>	37	38	39	40	41	42	43	44	45	46
<b>UK</b>	4,5	5	6	6,5	7	8	9	9,5	10	11
<b>US WOMEN</b>	6,5	7	8	8,5	9	10	11			
<b>US MEN</b>	5,5	6	7	7,5	8	9	10	10,5	11	12

**MODELS**                    **PLAYLIFE LANCER 84**

### SINGLE SIZES

<b>MONDO</b>	236	242	249	253	259	264	271	277	284	290
<b>EU</b>	37	38	39	40	41	42	43	44	45	46
<b>UK</b>	4,5	5	6	6,5	7	8	9	9,5	10	11
<b>US WOMEN</b>	6,5	7	8	8,5	9	10	11			
<b>US MEN</b>	5,5	6	7	7,5	8	9	10	10,5	11	12

**MODELS**                    **PLAYLIFE FLYTE**

### SINGLE SIZES

<b>MONDO</b>	235	243	249	256	263	270	277	284	291	298	305
<b>EU</b>	37	38	39	40	41	42	43	44	45	46	47
<b>UK</b>	4,5	5	6	6,5	7	8	9	9,5	10	11	11,5
<b>US WOMEN</b>	6,5	7	8	8,5	9	10	11				
<b>US MEN</b>	5,5	6	7	7,5	8	9	10	10,5	11	12	12,5

**MODELS**                    **GT 110**

### KIDS FITNESS            **ADJUSTABLE**

<b>MONDO</b>	205-220	220-235	235-250
<b>EU</b>	29-32	32-35	35-38
<b>UK</b>	Jr.10-Jr.13	Jr.13-3	3-5
<b>US KIDS</b>	Jr.11-1	1-4	4-6
<b>MODEL</b>	<b>BREEZE</b>		

### KIDS FITNESS            **ADJUSTABLE**

<b>MONDO</b>	168-191	194-214	220-238	246-262
<b>EU</b>	27-30	31-34	35-38	39-42
<b>UK</b>	Jr.8-Jr.11	Jr.12-2	3-5	6-8
<b>US KIDS</b>	Jr.9-Jr.12	Jr.13-3	4-6	7-9
<b>MODEL</b>	<b>KHAAN JUNIOR</b>			

## ADDITIONAL COMFORT FEATURES



# RECALL PADDING

### **RECALL PADDING**

The Recall padding is made of the best and finest memory foam, a special foam that adjusted with heat to the shape of your foot and wraps around the foot perfectly. Giving room where wanted and contact were needed. This special foam always comes back into his old thickness and shape and like this will always and again and again just to the different shape of feet. Perfect for comfort and performance.

### **ONE PIECE ANATOMICAL PADDING**

This is a 3D embossed padding, anatomically shaped with different inside and outside and different thickness of material to wrap around the ankles and the foot perfectly, giving it extra control and help look as well comfort. Coming in different hardness is offers the option for more comfort without scarifying performance. Built in invisible technology.

### **DUAL DENSITY PADDING**

The combination of different layers of foam is key, simple but effective. Harder foam on the outside to give support and structure while the softer foam is closer to the foot giving comfort. Next to the foot is the soft lining with a sponge super soft foam making the skin touch even more nice.

## ADDITIONAL COMFORT FEATURES



3D Adapt Padding is a new casted comfort padding which is unique and has never been done before – thus is also patented by Powerslide.

3D AP is the most enjoyable way to experience German technology and engineering.

### 3D AP FEATURES

Superior cushion function and comfort

Long lasting padding comfort and structure

Mono cast production, seamless and little stitching

Included airflow channels for ventilation

Over cast lining and upper material

Material available in different hardness

Special PU material that absorbs smell

Fully anatomically designed



We present the SWELL AEROFIT by MYFIT, skates that can be adjusted in size with an inflatable MYFIT pump system for more comfort, perfect fitting and control. **60% of all people have feet problem, the AEROFIT system not only helps to adjust sizing and comfort, but also helps to eliminate problems.**

With air inside the air pocket gets rather hard thus it is placed under the inside padding which is made out of memory foam giving comfort and performance.

Aerofit means:

**- Less sizes, less inventory, less returns.+ More fit and function**

The pump system offers some unique advantages:

-Fills all gaps between the boot and foot for more control and performance.

-Adjusts to the size of the foot, so therefore improves fit.

-Takes away pressure from plastic parts that might sit close to the foot.

-Solves the problem of different sized left and right feet.

-Solves the problem of people with foot problems.



# WE LOVE TO SKATE.



[powerslide.com](https://powerslide.com)



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