

Choose your paddle. There's a lot to consider when choosing a paddle. What's your height and weight? Are you surfing or competing? Distance or cruising? All of these variables will have an effect on the paddle, the shaft and the stiffness. The chart below will help simplify and match the various Quickblade paddles to your SUP skill. Because with the proper equipment, **you'll paddle smarter. Not harder.**



QUICKBLADE

The latest innovation from Quickblade isn't a paddle, but our revolutionary **BLADE AREA INDEX**.

Since we've developed different blade sizes to accommodate different types of paddlers, now you can see which blade suits your size and weight best cross referenced against the type of activity. For example, bigger, stronger paddlers generally prefer larger blades while smaller paddlers lean toward smaller blades. Quickblades offers blade options from 90-110 square inches and shaft stiffness from 40-30. Please refer to our **BLADE AREA TABLE** to see which blade is recommended for your physique.

How to use this chart: Simply take your height and weight and match the according number to the desired activity.

Example: Let's say a paddler is around 5'6" and weighs close to 160 lbs. This rider's "match" number is a six. Now match that number (6) to the SSI index for Causal Racing and the riders preferred paddle is the Kanaha AC 90.

WEIGHT / HEIGHT	5'0"	5'2"	5'4"	5'6"	5'8"	5'10"	6'0"	6'2"	6'4"	6'6"
280 lbs	8	8	8	8	10	10	10	10	10	10
260 lbs	6	6	8	8	8	8	10	10	10	10
240 lbs	6	6	6	8	8	8	8	10	10	10
220 lbs	6	6	6	6	6	8	8	8	10	10
200 lbs	6	6	6	6	6	6	6	8	8	8
180 lbs	6	6	6	6	6	6	6	6	6	8
160 lbs	4	4	6	6	6	6	6	6	6	6
140 lbs	4	4	4	6	6	6	6	6	6	6
120 lbs	4	4	4	4	4	6	6	6	6	6
100 lbs	4	4	4	4	4	6	6	6	6	6

	ELITE RACING	SERIOUS RACING	CASUAL RACING	SERIOUS SURFING	CASUAL SURFING	SERIOUS TOURING	CASUAL TOURING	BEGINNER
	Every second counts. Quick recuperation is a necessity. And you need the best equipment ever made to get you on the podium.	You're now spending your weekends practicing, qualifying or racing and your two biggest competitors are yourself and the clock.	Fun and games racing, but no sponsors to please. Regardless, survival of the fittest and a winning attitude is why you ride.	You live for getting into, as well as out of, large challenging waves and deep, throaty barrels. Game on.	From soul surfing to ripping it up and taking your riding to a new level, classic riding where anything goes but the throttle is still on.	Channel crossings, island hopping, hard-cored camping excursions and anything that screams distance.	Hitting coves with a sack lunch, checking out the marine life or boats in a harbor. Still a workout, but with a smile.	The best paddler is the one who's having the most fun. It's also fun when your paddle allows you to explore and navigate with ease. It only gets better from here.
10	MAGIC 110	ELITE RACER 110	KANAHA AC 110	KANAHA AC 110	KANAHA FG / CA 100	KANAHA FG / CA 100	KANAHA FG / FG 100	KANAHA FG / FG 100
8	MAGIC 100	ELITE RACER 100	KANAHA AC 100	KANAHA AC 100	KANAHA FG / CA 100	KANAHA FG / CA 100	SWIFT SWEEPER	SWEEPER
6	MAGIC 100	ELITE RACER 100	KANAHA AC 90	KANAHA AC 90	KANAHA FG / CA 90	KANAHA FG / CA 90	SWIFT SWEEPER	SWEEPER
4	MAGIC 90	ELITE RACER 90	KANAHA AC 90	KANAHA AC 90	KANAHA FG / CA 90	KANAHA FG / CA 90	SWIFT SWEEPER	SWEEPER



SSI	40 - 42	40	36 - 38 - 40	36	30	????
	This is our stiffest and most lightweight paddles, ideal for more advanced athletic paddlers who've logged in some serious water time. Both models come standard with stiffer shafts for less absorb absorption for those that favor a more powerful, muscular stroke. Both are 100% carbon and weigh in at just a mere 16 - 17 oz. making the Elite the lightest paddle on the market.	Our Kanaha all carbons come with 3 different blade choices and a carbon shaft that has the ideal stiffness-to-blade ratio minimizing paddling effort while maximizing session time. Once you dial into the proper size blade, you'll dominate your session with less efficiency and arm / shoulder burnout.	This particular Kanaha model is designed with a softer feeling fiberglass shaft, and a 36 SSI (medium soft) carbon shaft to give the paddler a slightly softer approach to their stroke and less fatiguing on the joints and muscles for extended paddling sessions.	Welcome to cruise control. This model has both, a softer fiberglass blade, married to a soft all-fiberglass shaft. We recommend it for light touring and beginners that want a versatile at a price that's easy on the wallet. And shoulder muscle	Made with the entry-level paddler who wants to test the waters first, the affordable Sweeper has an extremely tough aluminum shaft and a reinforced plastic blade. The blade can also be appropriately sized for children or adults and anyone in between.	



Different strokes for different folks.

Quickblade has developed different shaft stiffness to accommodate different types of paddlers and paddling styles. Bigger, stronger paddlers generally prefer stiffer (HIGHER SSI) shafts while smaller paddlers prefer softer type shafts. (LOWER SSI) Quickblade offers shafts from 30-42 SSI. Check out the SSI table on the right to see which shaft is recommended.