



HELMET TECHNOLOGY

- SHELL DESIGN
 An aerodynamic shell design constructed using advanced fiberglass reinforced plastic (FRP) for light weight and strength
- A quilted helmet liner and cheek pads made with hypo-allergenic and anti-microbial nylon and perforated leather combination
- CONE-HEAD EPS
 Advanced Cone-Head ® ultra light weight EPS protection system, allows helmets to be Engineered, lighter and fit closer to the head















A INTERIOR (LINER AND CHEEK PADS)





MAIN SPECIFICATIONS

- •This helmet model meets or exceeds both ECE 22.05 (SIZE XS-XXL) and DOT FMVSS-218 (SIZE XS-XXXXL) motorcycle helmet safety standards
- •3 snap shield/visor compatible. shield/visor not included with helmet
- •Retention system is a race approved Double D-RING
- •Provides ample ear cavity space for most speaker systems
- •A clear coat finish to protect paint & graphics
- •A XS size FX-76 weighs 0.8 kg or 1.76 lbs, A XL size FX-76 weighs 1.0 kg or 2.2 lbs
- •Available size: XS-XXXXL

Vintage 3-Snap Shields see page 35-37 Vintage 3-Snap Visors (Peaks) see page 38







FLAT WHITE / GREY
XS S M L XL XXL
0104- 2060 2061 2062 2063 2064 2065













GLOSS BLACK / ORANGE
XS S M L XL XXL
0104- 2066 2067 2068 2069 2070 2071

























TRICOLOR - MATTE



FROST GREY / ORANGE / BLACK
XS S M L XL XXL
0104- 2084 2085 2086 2087 2088 2089







FROST GREY / SILVER / BLACK
XS S M L XL XXL
0104- 2090 2091 2092 2093 2094 2095



The brand name, used herein remain the property of their respective owners. This listing of any brand names is not intended to imply any endorsement or direct affiliation by such brand names and AFX North America Inc.

MULTI COLOR AVAILABLE IN 3XL & 4XL

FX-76













MCQ GRAPHIC PEARL WHITE L XL XXL 3XL 4XL XS S M 0104- 1159 1160 1161 1162 1163 1164 N/A N/A







MCQ GRAPHIC GLOSS BLACK
M L XL XXL 3XL 4XL XS S 0104- 1153 1154 1155 1156 1157 1158 N/A N/A



REBEL / BLACK L XL XXL

XS S

M 0104- 1648 1649 1650 1651 1652 1653



SOLID COLOR AVAILABLE IN 3XL & 4XL



GLOSS MAGNETIC W/ NO CHROME TRIM XS S M L XL XXL 0104- 2096 2097 2098 2099 2100 2101 3XL 4XL





SILVER METAL FLAKE M L XL XXL XS S 0104- 1219 1220 1221 1222 1223 1224 3XL 4XL



FROST GREY W/ NO CHROME TRIM XS S M L XL XXL 0104- 1203 1204 1205 1206 1207 1208 3XL 4XL 1209 1210



XS S M L XL XXL 0104- 1129 1130 1131 1132 1133 1134 3XL 4XL



FLAT BLACK W/ NO CHROME TRIM XS S M L XL XXL 0104- 1137 1138 1139 1140 1141 1142 3XL 4XL



BLACK METAL FLAKE XS S M L XL XXL 0104- 1211 1212 1213 1214 1215 1216 3XL 4XL 1217 1218



M L

0104- 1198 1199 1200 1201 1202 N/A

XS S

FUCHSIA

XL XXL

3XL 4XL

N/A N/A

GOLD METAL FLAKE
M L XL XXL S 0104- 1225 1226 1227 1228 1229 1230 3XL 4XL



CANDY APPLE XL XXL 0104- 1622 1623 1624 1625 1626 1627 3XL 4XL

1628 1629



WHITE M XL XXL 0104- 1751 1752 1753 1754 1755 1756 1757 1758

ADULT OPEN-FACE / JET, VINTAGE CLASSIC

FX-75

AVAILABLE IN YOUTH SIZING, SEE PAGES 16-17



SHELL DESIGN An advanced aerodynamic shell design constructed using thermoplastic poly-alloy

INTERIOR A helmet liner and cheek pads made with a hypo-allergenic and anti-microbial nylon

VISOR A removable snap-on visor

MAIN SPECIFICATIONS

- •This helmet model meets or exceeds DOT FMVSS-218 motorcycle helmet safety standards
- •Retention system is Double D-RING
- •Provides ample ear cavity space for most speaker systems
- A clear coat finish to protect paint & graphics
- •A large-size FX-75 weighs 1.20 kg or 2.65 lbs.
- Available size: XS-XXL

Vintage 3-Snap Flip Shields and 5-Snap Flat shields see pages 35-37 Vintage 3-Snap Visors (Peaks) see page 38



















FLAT OLIVE DRAB L XL XXL М 0104- 1825 1826 1827 1828 1829 1830



SAFETY ORANGE L XL XXL М 0104- 1831 1832 1833 1834 1835 1836



M XS S 0104- 0077 0078 0079 0080 0081 0082









MATTE BLACK / ORANGE
XS S M L XL XXL
0104- 2294 2295 2296 2297 2298 2299







MATTE WHITE / BLACK

XS S M L XL XXL

0104- 2288 2289 2290 2291 2292 2293





FX-75Y



SHELL DESIGN

An advanced aerodynamic shell design constructed using thermoplastic poly-alloy. This helmet is specifically designed to fit youth and small adults [A]

INTERIOR

A helmet liner and cheek pads made with a hypo-allergenic and anti-microbial nylon

VISOR

A removable snap-on visor

MAIN SPECIFICATIONS

- •This helmet model meets or exceeds DOT FMVSS-218 motorcycle helmet safety standards
- •Retention system is Double D-RING
- •Provides ample ear cavity space for most speaker systems
- A clear coat finish to protect paint & graphics
- •A youth large-size FX-75Y weighs 1.20 kg or 2.65 lbs.
- ·Available size: YS, YM AND YL

Vintage 3-Snap Flip Shields and 5-Snap Flat shields see pages 35-37 Vintage 3-Snap Visors (Peaks) see page 38













FX-75Y







FLAT OLIVE DRAB YS YM YL 0105- 0029 0030 0031



SAFETY ORANGE YS YM YL 0105- 0032 0033 0034





GLOSS BLACK YS YM YL 0105- 0001 0002 0003



| WINE RED | YS | YM | YL | | 0105- | 0011 | 0012 | 0013



WHITE YS YM YL 0105- 0014 0015 0016



HELMET TECHNOLOGY

SHELL DESIGN An advanced aerodynamic shell design constructed using thermoplastic poly-alloy

INNER SUN SHIELD Helmet comes with clear shield installed and extra smoke shield in the box.

MAIN SPECIFICATIONS

- •This helmet model meets or exceeds DOT FMVSS-218 motorcycle helmet safety standards
- Retention system is Double D-RING
- •A helmet liner made with a hypo-allergenic and anti-microbial nylon
- •Removable ear covers. Ear cover kit included A
- •A clear coat finish to protect paint & graphics
- •A large-size FX-72 weighs 1.00 kg or 2.20 lbs.
- Available size: XS-XXL















INCLUDES EAR COVER KIT















| XS S M L XL XXL | 0103- 0811 0812 0813 0814 0815 0816



HELMET TECHNOLOGY

- SHELL DESIGN
 An aerodynamic shell design constructed using advanced fiberglass reinforced plastic (FRP) for light weight and strength
- INNER SUN SHIELD Patented dual inner lens design, smoke for daytime use and clear for nighttime use, no need to change shields or ride without eye protection
- CONE-HEAD EPS
 Advanced Cone-Head ® ultra light weight EPS protection system, allows helmets to be Engineered, lighter and fit closer to the head

MAIN SPECIFICATIONS

- •This helmet model meets or exceeds DOT FMVSS-218 motorcycle helmet safety standards
- •Retention system is Double D-RING
- •A helmet liner made with a hypo-allergenic and anti-microbial nylon
- •Removable ear covers. Ear cover kit included A
- ·A clear coat finish to protect paint & graphics
- •A large-size FX-200 weighs 1.00 kg or 2.20 lbs.
- Available size: XS-XXL

















INCLUDES EAR COVER KIT





BLACK & SILVER / SILVER PIN FLAME XS S M L XL XXL 0103- 0751 0752 0753 0754 0755 0756



BLACK & SILVER / PINK PIN FLAME XS S M L XL XXL 0103- 0763 0764 0765 0766 0767 0768





| XS | S | M | L | XL | XXL | XXL | 0103- | 0993 | 0994 | 0995 | 0996 | 0997 | 0998 |



XS S M L XL XXL 0103- 0727 0728 0729 0730 0731 0732



| XS | S | M | L | XL | XXL | XXL | 0103- 0733 | 0734 | 0735 | 0736 | 0737 | 0738







XS S M L XL XXL 0103- 0964 0965 0966 0967 0968 0969



XS S M L XL XXL 0103- 0970 0971 0972 0973 0974 0975



XS S M L XL XXL 0103- 0976 0977 0978 0979 0980 N/A



HELMET TECHNOLOGY

- **SHELL DESIGN**
 - An advanced aerodynamic shell design constructed using thermoplastic poly-alloy
- **VISOR** A removable snap-on visor

MAIN SPECIFICATIONS

- •This helmet model meets or exceeds DOT FMVSS-218 motorcycle helmet safety standards
- •Retention system is Double D-RING
- •A helmet liner made with a hypo-allergenic and anti-microbial nylon
- •Removable ear covers. Ear cover kit included A
- •A clear coat finish to protect paint & graphics
- •A large-size FX-70 weighs 0.80 kg or 1.76 lbs.
- ·Available size: XS-XXL



















| XS | S | M | L | XL | XXL | XXL | 0103- | 0829 | 0830 | 0831 | 0832 | 0833 | 0834







| XS S | REBEL / GLOSS BLACK | 0103- 0835 0836 0837 0838 0839 0840







XS S M L XL XXL 0103- 0847 0848 0849 0850 0851 0852

| XS | S | M | L | XL | XXL | XXL | 0103- | 0853 | 0854 | 0855 | 0856 | 0857 | 0858



| XS S M L XL XXL | 0103- 1058 1059 1060 1061 1062 1063







XS S M L XL XXL 0103- 0435 0436 0437 0438 0439 0440







| XS S M L XL XXL | | SAFETY ORANGE | | XS S M L XL XXL | | 1053 | 1054 | 1055 | 1056 | 1057 |

FX-200 SLICK



SHELL DESIGN

An aerodynamic shell design constructed using advanced fiberglass reinforced plastic (FRP) for light weight and strength

BASED ON THE INNOVATIVE DUAL LENS FX-200 BUT WITH THE SHIELDS , VISOR AND EAR COVERS ELIMINATED FOR EVEN LIGHTER WEIGHT AND SIMPLICITY

CONE-HEAD EPS
Advanced Cone-Head ® ultra light weight EPS protection system, allows helmets to be Engineered, lighter and fit closer to the head

MAIN SPECIFICATIONS

- •This helmet model meets or exceeds DOT FMVSS-218 motorcycle helmet safety standards
- •Retention system is Double D-RING
- •A helmet liner with a hypo-allergenic and anti-microbial nylon
- •A clear coat finish to protect paint & graphics
- •A large-size FX-200S weighs 0.75 kg or 1.65 lbs.
- Available size: XS-XXL















FX-200 SLICK





XS S M L XL XXL 0103- 0922 0923 0924 0925 0926 0927





| XS S M L XL XXL | 0103- 0999 1000 1001 1002 1003 1004



XS S M L XL XXL 0103- 1011 1012 1013 1014 1015 N/A

FX-200 SLICK









| XS S M L XL XXL | 0103- | 1040 | 1041 | 1042 | 1043 | 1044 | 1045 |





| XS S | REBEL / GLOSS BLACK | XS S | M L | XL | XXL | XXL | 0103- | 1046 | 1047 | 1048 | 1049 | 1050 | 1051 |



HELMET TECHNOLOGY



SHELL DESIGN

An historically inspired shell design constructed using thermoplastic poly-alloy

MAIN SPECIFICATIONS

- •This helmet model meets or exceeds DOT FMVSS-218 motorcycle helmet safety standards
- •Retention system is Double D-RING
- •A helmet liner made with a hypo-allergenic and anti-microbial nylon
- •A clear coat finish to protect paint & graphics
- •A large-size FX-88 weighs 0.80 kg or 1.76 lbs.
- Available size: XS-XXL

















| XS S M L XL XXL | 0103- | 1082 | 1083 | 1084 | 1085 | 1086 | 1087



XS S M L XL XXL 0103- 1064 1065 1066 1067 1068 1069



| XS S M L XL XXL | TROST GREY | XL XXL | XXL |

BOUNTY HUNTER

GOGGLE & MASK PRODUCT



SPECIFICATIONS & FEATURES

MATTE BLACK COLOR FRAME AND DETACHABLE MASK CONSTRUCTED FROM A DURABLE URETHANE COMFOR-FLEX MATERIAL.

HARD COATED ANTI-SCRATCH CLEAR LENS.

MULTI LAYER EXTENDED FACE FOAM FOR THE ULTIMATE IN COLD, COMFORT AND PERSPIRATION MANAGEMENT.

40 MM UN-NAMED STEALTH STRAP WITH WAVE SILICONE INSIDE BEADING. INCLUDES MICROFIBER POUCH FOR CLEANING AND STORAGE.

FOUR COLOR HARD BOX RETAIL PACKAGING.





REPLACEMENT LENS AND MASK



STANDARD CLEAR LENS PART NUMBER: 2062-0781



OPTIONAL SMOKE LENS PART NUMBER: 2062-0782



REMOVABLE REPLACEMENT MATTE MASK PART NUMBER: 2062-0783

VINTAGE 5-SNAP FLAT SHIELD

SPECIFICATIONS & FEATURES

• UNIVERSAL 5-SNAP MOUNTING • HARD COATED FOR DURABILITY • OPTICALLY CORRECT UV TREATED





CLEAR
PART NUMBER :0131-0072



DARK SMOKE PART NUMBER :0131-0073



YELLOW SOLID PART NUMBER :0131-0074

VINTAGE SHIELD

AFX VINTAGE 3-SNAP FLIP SHIELD

SPECIFICATIONS & FEATURES

UNIVERSAL 3-SNAP MOUNTING
 HARD COATED FOR DURABILITY
 OPTICALLY CORRECT UV TREATED



HELMET IS NOT INCLUDED

CLEAR PART NUMBER :0131-0075





DARK SMOKE PART NUMBER: 0131-0076

YELLOW SOLID PART NUMBER: 0131-0077



SMOKE GRADIENT

PART NUMBER:0131-0079





BLUE SOLID PART NUMBER :0131-0078

SILVER MIRROR PART NUMBER:0131-0080

GOLD MIRROR PART NUMBER: 0131-0081

AFX VINTAGE 3-SNAP FLIP SHIELD

SPECIFICATIONS & FEATURES

UNIVERSAL 3-SNAP MOUNTING
 HARD COATED FOR DURABILITY
 OPTICALLY CORRECT UV TREATED





HELMET IS NOT INCLUDED



SHORT SHIELD DARK SMOKE PART NUMBER:0131-0090



SHORT SHIELD CLEAR PART NUMBER: 0131-0089



SHORT SHIELD SILVER MIRROR PART NUMBER: 0131-0091



VINTAGE SHIELD

VINTAGE 3-SNAP FLIP SHIELD

SPECIFICATIONS & FEATURES

• UNIVERSAL 3-SNAP MOUNTING • HARD COATED FOR DURABILITY • OPTICALLY CORRECT UV TREATED



HELMET IS NOT INCLUDED



AFX VINTAGE 3-SNAP FLIP BUBBLE SHIELD

SPECIFICATIONS & FEATURES

• UNIVERSAL 3-SNAP MOUNTING • HARD COATED FOR DURABILITY • OPTICALLY CORRECT UV TREATED



VINTAGE SNAP ON VISORS (PEAKS)

3-SNAP SHORT WITH LIP



GLOSS BLACK PART NUMBER :0132-1015



DARK SMOKE PART NUMBER :0132-1016



GLOSS WHITE PART NUMBER :0132-1017



AMBER
PART NUMBER :0132-1018

3-SNAP VINTAGE MX WITH 3 VENTS



GLOSS BLACK PART NUMBER :0132-1019



DARK SMOKE PART NUMBER :0132-1020



GLOSS WHITE PART NUMBER :0132-1021



AMBER
PART NUMBER :0132-1022

3-SNAP VINTAGE MX WITH 4 VENTS



GLOSS BLACK PART NUMBER :0132-1023



DARK SMOKE PART NUMBER :0132-1024



GLOSS WHITE PART NUMBER :0132-1025

3-SNAP VINTAGE MX WITH 6 VENTS



GLOSS BLACK PART NUMBER :0132-1026



DARK SMOKE PART NUMBER :0132-1027



GLOSS WHITE PART NUMBER :0132-1028



AMBER
PART NUMBER :0132-1029

3-SNAP VINTAGE MX NON VENTED



GLOSS BLACK PART NUMBER :0132-1030



DARK SMOKE PART NUMBER :0132-1031



GLOSS WHITE PART NUMBER :0132-1032



AMBER
PART NUMBER :0132-1033

AFX HELMET HOLDER

SPECIFICATIONS & FEATURES

- FITS ALL STANDARD SLAT-WALL TYPES
- PACKAGED 6PCS. PER BOX, PER ITEM NUMBER
- MADE FROM IMPACT RESISTANT PLASTIC ALLOY WITH SILVER AFX LOGO
- **•DESIGNED TO FIT ALL HELMET TYPES**

AFX HELMET HOLDER PART NUMBER :9903-0324







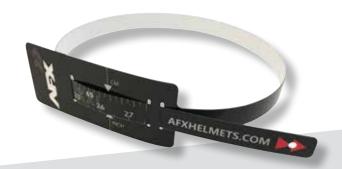


AFX WALL STICKER



AFX WALL STICKER
PART NUMBER :9904-1237
80cm (31.5") x 23cm (9")

AFX HEAD MEASUREMENT TOOL



AFX HEAD MEASUREMENT TOOL PART NUMBER :9904-1238

AFX HELMET FIT AND SIZE GUIDE

HOW TO FIND THE RIGHT FITTING HELMET FOR YOUR HEAD SHAPE

To properly choose a helmet fit, there are three important points of criteria that need to be examined in order for you to choose the helmet that fits you best.

1. Head Shape

The shape of the riders head is more important then the measured size of the riders head. Head shape can be determined by many factors including genetics and ethnic origin. However its important to note that there is no universal perfect head shape that is used for all models of helmets. Some helmets are designed for a functionality that dictates the final shape and fit of the helmet in question.

AFX helmets can be grouped into these three main fit categories: slightly narrow fit, neutral fit, and slightly round fit.

- Slightly Narrow Fit, helmets in this head shape may feel a little tighter on the left and right sides of the riders head.
- Neutral Fit, helmets in this head shape tend to fit a majority of riders.
- Slightly Round Fit, helmets in this head shape may feel a little tighter on the front and back sides of the head for some riders.

Please refer to the AFX helmet fit shape explanation

2. Size Measurement

Determine the circumference of the widest part of your head by using a flexible tape measure. Generally, the widest part of a person's head is the area 2.5 cm (1") above the eyes and ears. However, we suggest measuring at a few points both above and below that line to determine the greatest measurement before referring to our size table. We also suggest testing the fit of a helmet one size smaller and one size larger then what the chart recommends. No helmet can provide protection if it's too uncomfortable to wear.

Please refer to the AFX helmet sizing chart

3. Comfort and Fit

Helmets must fit snugly, but not painfully tight. While holding the chinstraps outside of the helmet, pull it down over your head, taking care that the chinstraps do not go up inside the helmet. A proper-fitting helmet will feel snug with fairly even pressure around the sides and top of your head. On most modern helmets the liner and cheek pads are designed to be a little extra snug at first, but will break-in after several hours of riding to match the particular shape of your head. If you are not familiar with how a helmet should fit and feel, be sure to ask for assistance from a more experienced rider. As a rule, the helmet should not be able to move around on your head without pulling on your skin. A loose fitting helmet is not only dangerous, but may also be noisy and tiring to wear. Most people make the mistake of buying a helmet that's too large. IMPORTANT: Make sure that you fasten the chinstrap securely beneath your chin when trying-on a helmet and then test to see that the helmet cannot be removed from your head when fastened in that manner.

Note: Most AFX helmets offer some degree of comfort and fit customization by being able to interchange combinations of comfort liners and cheek pads within the helmet shell size range. For a more detailed explanation of this feature please refer to the owners manual included with your helmet or visit afxhelmets.com.

AFX HELMET HEAD FIT SHARP

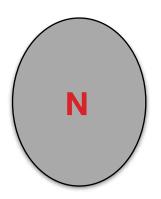


SLIGHTLY NARROW FIT

HELMETS IN THIS HEAD SHAPE MAY FEEL A LITTLE TIGHTER ON THE LEFT AND RIGHT SIDES OF THE HEAD FOR SOME PEOPLE

SLIGHTLY NARROW FIT AFX HELMETS

FX-55, FX-105

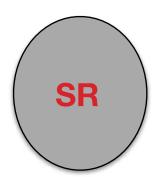


NEUTRAL FIT

HELMETS IN THIS HEAD SHAPE WILL FIT A MAJORITY OF PEOPLE

NEUTRAL FIT AFX HELMETS

FX-17, FX-19, FX-21, FX-39DS, FX-41DS, FX-70, FX-72, FX-75, FX-76, FX-88, FX-90, FX-95, FX-200. FX-200S, FX-MAGNUS



SLIGHTLY ROUND FIT

HELMETS IN THIS HEAD SHAPE MAY FEEL A LITTLE TIGHTER ON THE FRONT AND BACK SIDES OF THE HEAD FOR SOME PEOPLE

SLIGHTLY ROUND FIT AFX HELMETS

FX-24, FX-33, FX-36, FX-46, FX-50

AFX HELMET SIZING FIT CHART

NOTE: THIS CHART IS FOR REFERENCE ONLY

Determine the circumference of the widest part of your head by using a flexible tape measure. Generally, the widest part of a person's head is the area 2.5 cm (1") above the eyes and ears. However, we suggest measuring at a few points both above and below that line to determine the greatest measurement before referring to our size table. We also suggest testing the fit of a helmet one size smaller and one size larger then what the chart recommends. No helmet can provide protection if it's too uncomfortable to wear.

Centimeters	Inches	Hat Size	Letter size	AFX size
48	19	6	Youth Small	Y-S
49	19 3/8	6 1/8	Youth Small	Y-S
50	19 3/4	6 1/4	Youth Medium	Y-M
51	20 1/8	6 3/8	Youth Medium	Y-M
52	20 1/2	6 1/2	Youth Large	Y-L
53*	20 7/8	6.625*	Youth Large*	Y-L*
53*	20 7/8	6.625*	Adult XS*	XS*
54	21 1/4	6 3/4	Adult XS	XS
55	21 5/8	6 7/8	Adult Small	S
56	22	7	Adult Small	S
57	22 3/8	7 1/8	Adult Medium	M
58	22 3/4	7 1/4	Adult Medium	М
59	23 1/8	7 3/8	Adult Large	L
60	23 1/2	7 1/2	Adult Large	L
61	24	7 5/8	Adult X-Large	XL
62	24 3/8	7 3/4	Adult X-Large	XL
63	24 3/4	7 7/8	Adult XX-Large	XXL
64	25 1/8	8	Adult XX-Large	XXL
65	25 5/8	8 3/8	Adult XXX-Large	XXXL
66	26	8 1/2	Adult XXX-Large	XXXL
67	26 3/8	8 5/8	Adult XXXX-Large	XXXXL
68	26 3/4	8 3/4	Adult XXXX-Large	XXXXL

Note: * Due to size fit similarities between Youth large and Adult X-Small Helmets in the sizes noted above, It is the Parents /Guardians responsibility to determine if a Youth Rider may safely and comfortably wear an Adult sized helmet.

SAFETY

WHEN TO REPLACE A HELMET

The expected lifespan of any helmet is 4-5 years of seasonal use, and decreases accordingly as the frequency of use increases. As you would expect, helmets used for competition such as road racing and motocross tend to have a much shorter life span. The more exposure a helmet endures to the elements, body oils, and perspiration, the faster it will wear out. In most cases the helmet liner will be the first component to wear out and, as such, functions as a good indicator that a helmet should be replaced.

We at AFX recommend that any helmet suffering a significant impact to the shell be removed from use immediately, whether there is visible physical damage or not. A helmet is designed to deform in an accident in order to absorb the energy of the impact, and should never be reused afterwards for its ability to protect the rider further could be compromised.

SAFETY REMINDER

No helmet can protect the wearer against all possible or foreseeable impacts. A helmet can only protect the portion of the head that is covered by the helmet. For maximum protection, the helmet must be well fitted with the chinstrap securely fastened. Failure to follow these instructions, the instructions printed on the helmet, and those contained in the owner's manual may result in the possibility of the helmet coming off during an accident - possibly resulting in a severe head injury or even death. While riding motorcycles, scooters, ATVs and snowmobiles is fun, it can also be a dangerous pastime. At AFX, we encourage you to enjoy riding responsibly, and to always ride within the limits of your abilities.

