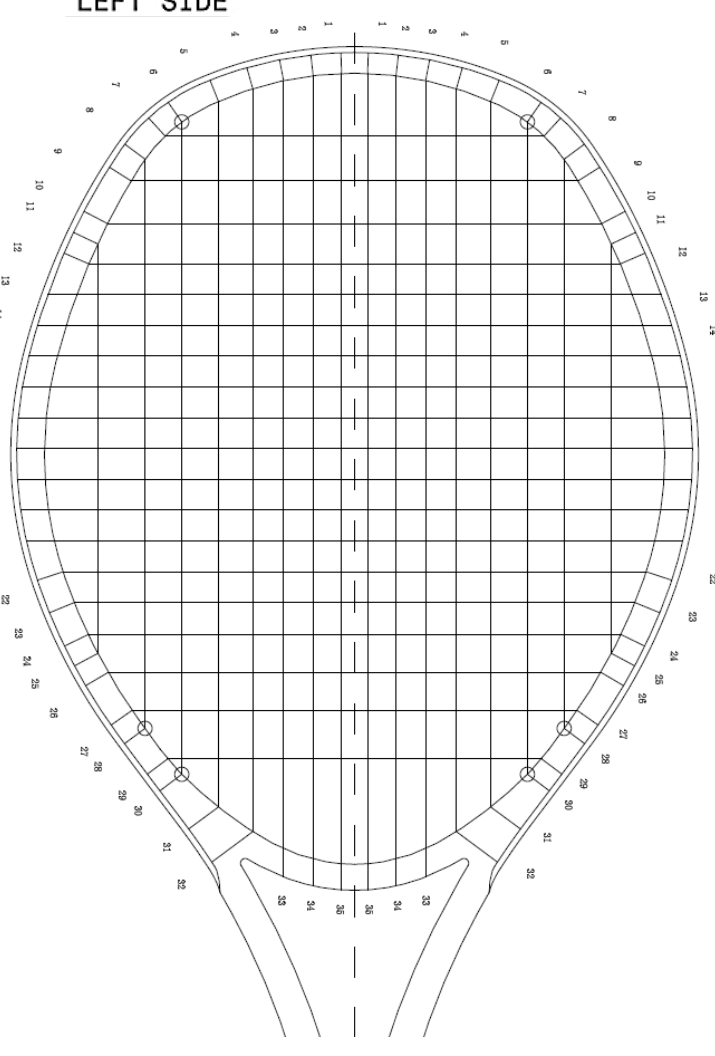


<p><b>LEFT SIDE</b></p> 	<p><b>Key:</b></p> <p>M= Main string  X= Cross string  L= Left side  R= Right side</p> <hr/> <p><b>String method:</b></p> <p>2 piece stringing</p> <hr/> <p><b>Pattern:</b></p> <p>16 M x 19 X</p> <hr/> <p><b>Stringing:</b></p> <table border="0"> <tr> <td>Mains Start</td> <td>Throat – bottom of the head</td> </tr> <tr> <td>Mains Skip</td> <td>7, 9, 10, 29, 28, 26</td> </tr> <tr> <td>Cross Start</td> <td>7</td> </tr> <tr> <td>Cross Last</td> <td>30</td> </tr> </table> <p>Tie offs - 2piece stringing:</p> <ul style="list-style-type: none"> <li>• Main at 30 left and right</li> <li>• Cross start knot at 6 right (left) and tie off at 28 left (right)</li> </ul> <hr/> <p><b>Note:</b></p> <p>Cross always starts at the top of the head of the racket.</p>	Mains Start	Throat – bottom of the head	Mains Skip	7, 9, 10, 29, 28, 26	Cross Start	7	Cross Last	30
Mains Start	Throat – bottom of the head								
Mains Skip	7, 9, 10, 29, 28, 26								
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## VITAS 105R

### Stringing Instructions

Recommended tension 22-26 kg

Maximum tension 30kg