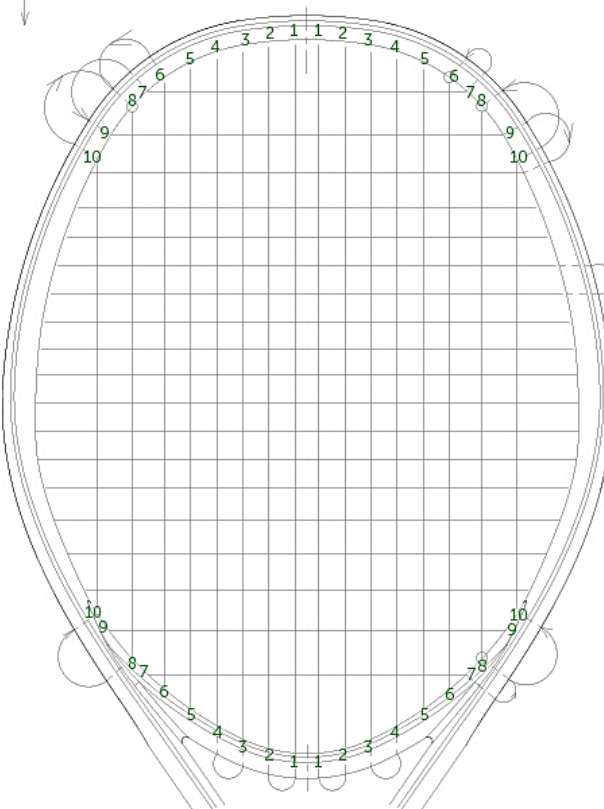


<p><b>LEFT SIDE</b></p> 	<p><b>Key:</b></p> <p>M= Main string  X= Cross string  T= Throat  L= Left side  R= Right side</p>								
<p><b>SHORT SIDE</b></p>	<p><b>String method:</b></p> <p>1 or 2 piece stringing</p> <p><b>Pattern:</b></p> <p>16 M x 19 X</p> <p><b>Stringing:</b></p> <table border="0"> <tr> <td>Mains Start</td> <td>Head</td> </tr> <tr> <td>Mains Skip</td> <td>7H, 9H, 7T, 9T</td> </tr> <tr> <td>Cross Start</td> <td>7H</td> </tr> <tr> <td>Cross Last</td> <td>7T</td> </tr> </table> <p>Tie off:</p> <ul style="list-style-type: none"> <li>• 1 piece stringing : Main at 8H cross 8T</li> <li>• 2piece stringing: Main at 8H left and right, Cross start knot at 6H right and tie off at 8T right</li> </ul>	Mains Start	Head	Mains Skip	7H, 9H, 7T, 9T	Cross Start	7H	Cross Last	7T
Mains Start	Head								
Mains Skip	7H, 9H, 7T, 9T								
Cross Start	7H								
Cross Last	7T								
	<p><b>Note:</b></p> <p>Cross always starts at the head of the racket.</p>								

## VITAS 100

### STRINGING INSTRUCTIONS

RECOMMENDED TENSION 22 - 26 kg / 48 -58 lbs

MAXIMUM TENSION 30 kg / 66 lbs