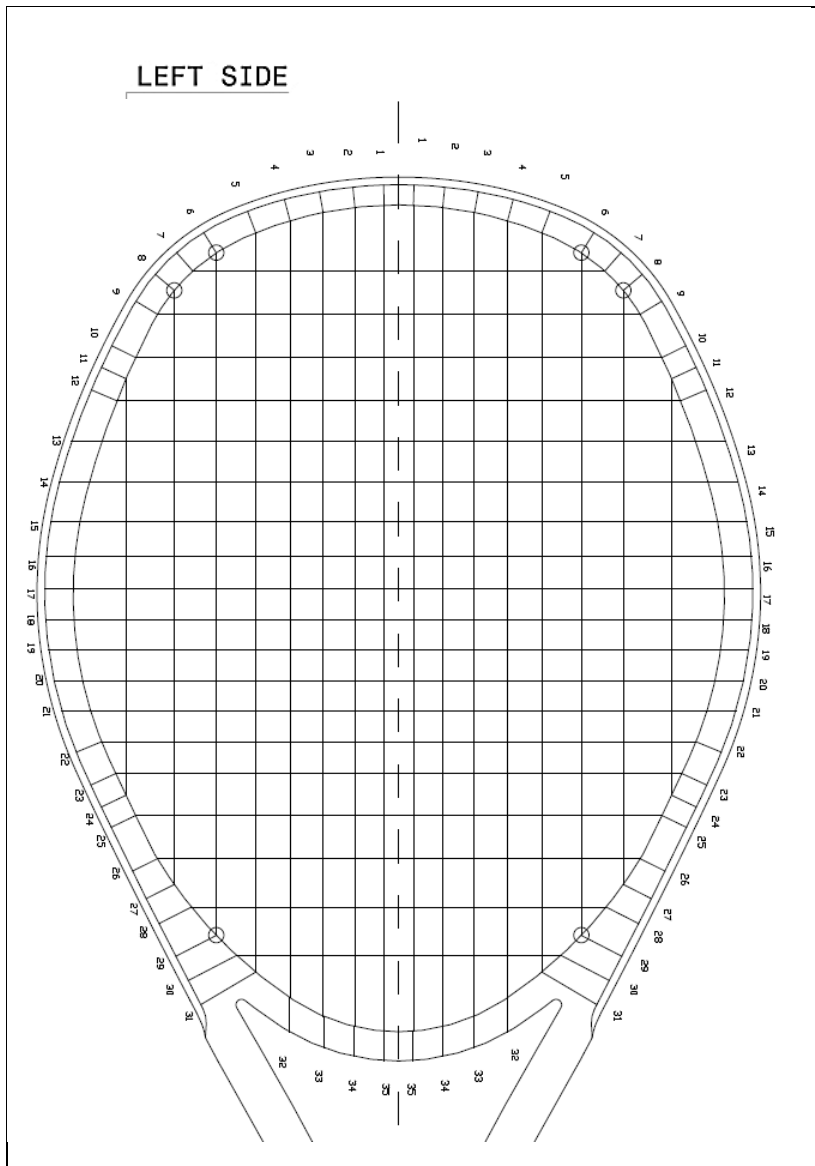


<p>LEFT SIDE</p> 	<p>Key:</p> <p>M= Main string X= Cross string L= Left side R= Right side</p> <hr/> <p>String method:</p> <p>2 piece stringing</p> <hr/> <p>Pattern:</p> <p>16 M x 19 X</p> <hr/> <p>Stringing:</p> <table border="0"> <tr> <td>Mains Start</td> <td>Top head</td> </tr> <tr> <td>Mains Skip</td> <td>7, 9, 10, 30, 28, 26,25</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"> • Main at 8 left and right • Cross start knot at 6 right (left) and tie off at 29 left (right) <hr/> <p>Note:</p> <p>Cross always starts at the top of head of the racket.</p>	Mains Start	Top head	Mains Skip	7, 9, 10, 30, 28, 26,25	Cross Start	7	Cross Last	30
Mains Start	Top head								
Mains Skip	7, 9, 10, 30, 28, 26,25								
Cross Start	7								
Cross Last	30								

VITAS 100R – VITAS 100L

Stringing Instructions

Recommended tension 22-26 kg

Maximum tension 30kg