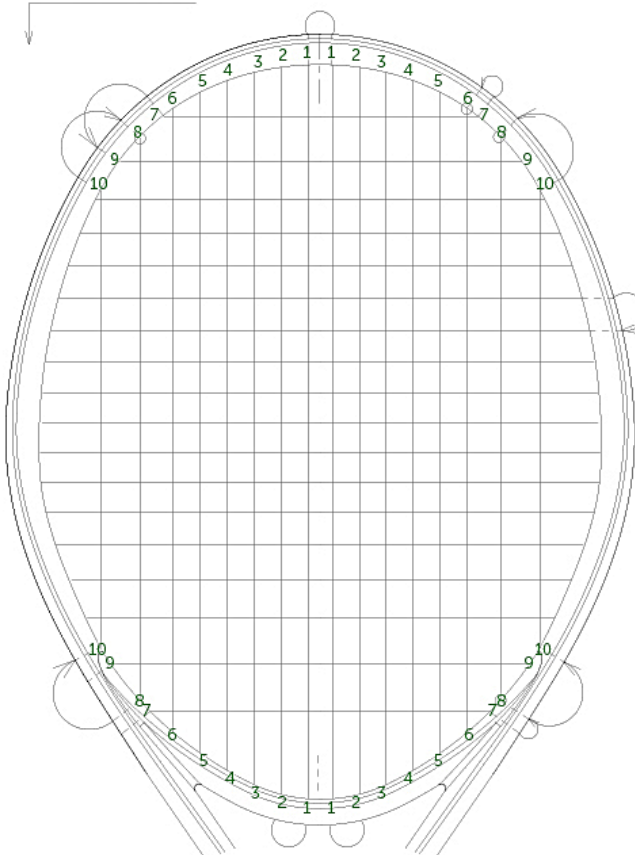
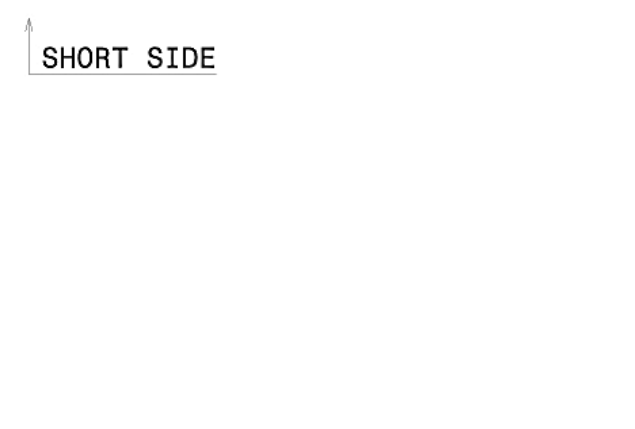


<p>LEFT SIDE</p> 	<p>Key:</p> <p>M= Main string X= Cross string T= Throat L= Left side R= Right side</p>								
<p>SHORT SIDE</p> 	<p>String method:</p> <p>1 or 2 piece stringing</p> <p>Pattern:</p> <p>16 M x 18 X</p> <p>Stringing:</p> <table border="0"> <tr> <td>Mains Start</td> <td>Head</td> </tr> <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"> • 1 piece stringing : Main at 8H cross 8T • 2piece stringing: Main at 8H left and right, Cross start knot at 6H right and tie off at 8T right 	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>Note:</p> <p>Cross always starts at the head of the racket.</p>									

GRINTA 100

STRINGING INSTRUCTIONS

RECOMMENDED TENSION 22 - 26 kg / 48 -58 lbs

MAXIMUM TENSION 30 kg / 66 lbs