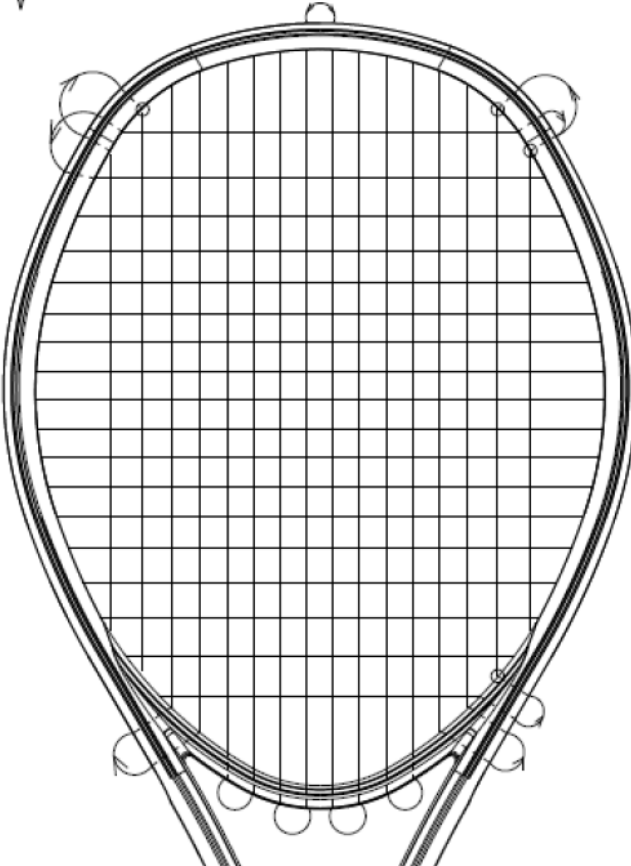


<p><b>LEFT SIDE</b></p> 	<p><b>Key:</b></p> <p>M= Main string  X= Cross string  T= Throat  L= Left side  R= Right side</p> <hr/> <p><b>String method:</b></p> <p>2 piece stringing recommended</p> <hr/> <p><b>Pattern:</b></p> <p>16M x 18X</p> <hr/> <p><b>Stringing:</b></p> <p>Mains Start        Head  Mains Skip        8H and 7T, 9T  Cross Start        8H - R  Cross Last        7T - R  Tie off 2piece stringing:</p> <ul style="list-style-type: none"> <li>• Main at 7H L and R</li> <li>• Cross at 9H R and 8T R</li> </ul> <hr/> <p><b>Note:</b></p> <p>Cross always starts at the head of the racket.</p>
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## VITAS 110

### STRINGING INSTRUCTIONS

RECOMMENDED TENSION    22 - 26 kg / 48 -58 lbs

MAXIMUM TENSION        30 kg / 66 lbs