

 <p>LEFT SIDE</p> <p>SHORT SIDE</p>	<p>Key:</p> <p>M= Main string X= Cross string T= Throat L= Left side R= Right side</p>								
	<p>String method:</p> <p>2 piece stringing</p>								
	<p>Pattern:</p> <p>14 M x 19 X</p>								
	<p>Stringing:</p> <table border="0"> <tr> <td>Mains Start</td> <td>Throat</td> </tr> <tr> <td>Mains Skip</td> <td>7H, 7T</td> </tr> <tr> <td>Cross Start</td> <td>7H</td> </tr> <tr> <td>Cross Last</td> <td>7T</td> </tr> </table> <p>Tie off: Main at 6H left and right, Cross start knot at 8H right and tie off at 6T right</p>	Mains Start	Throat	Mains Skip	7H, 7T	Cross Start	7H	Cross Last	7T
Mains Start	Throat								
Mains Skip	7H, 7T								
Cross Start	7H								
Cross Last	7T								
	<p>Note:</p> <p>Cross always starts at the head of the racket.</p>								

VITAS 105

STRINGING INSTRUCTIONS

RECOMMENDED TENSION 22 - 26 kg / 48 -58 lbs

MAXIMUM TENSION 30 kg / 66 lbs