

HEALTHPLEX[®] SPORTS CLUB

RACQUET STRINGING GUIDE



STRING TYPES:

Multifilament Synthetics

- The top playability category after natural gut.
- Made up of tiny threads of synthetic material bound together.
- Holds tension fairly well
- Arm friendly with a softer feel.
- Good power and control.

Multifilament



We offer: Gamma Live Wire, Live Wire XP, TNT Touch, TNT Professional, Wilson NXT, Wilson Sensation, Babalot Addiction, Babalot Xcel, Head FXP, Technifibre NRG2, and Technifibre BiPhase.

Monofilament Synthetics

- The most popular string of choice in tennis.
- Consists of one piece of synthetic material.
- Crisper feel when compared with Multifilaments.
- Good, but not as gentle on the arm as Multi.
- Good power, control and durability.

Nylon Strings



We offer: Prince syn gut, Gamma syn gut, Prince Lightning, Gamma TNT, TNT RX.

Polyester (the choice of the pros)

- The first choice for hard hitters, string breakers, and people without arm problems.
- Firmer feel than other synthetics.
- Moderate power and above average control.
- Extremely durable and holds tension fairly well.
- Harder on the arm.

Polyester & Kevlar



We offer: Luxilon Original, Luxilon Alu Power, Luxilon Adrenaline Rough, Babalot RPM Blast, Babalot Pro Hurricane, Head Sonic Pro, Tourna Black and Tourna Blue.

Textured Strings

- Added texture helps produce more spin on the tennis ball.

Textured Strings



We offer: Luxilon Adrenaline Rough, Tourna Black and Gamma Verve

Tension

- Lower tension - or a loss of tension - may result in a loss of control... the ball goes further than your aim point.
- High tension reduces power, aids with control but puts more strain on the arm.
- Aging strings lose tension and will cause a loss of control as the the ball will "trampoline" off the racquet face.

Picking a Tension

- The range stenciled on the side of your racket is a rough starting point.
- Start in the middle of the range.
- Need more depth on your ground strokes or pop on your serve - Drop down 3 pounds.
- Lack ball control, hitting long or does it simply feel mushy? Increase by 3 pounds.
- Polyester strings are generally strung 10% lower than other strings due to the fact they are stiffer.

Gauge

- Gauge has the most effect on feel and spin. Go thin! At least as thin as you can without breaking a string every month.
- Thinner gauges play better, feel better...and are less stressful on the arm.
- Most recreational playing men should use a 16 ga., and most women a 17ga.

***At a very minimum, you should restring your racquet twice a year. Dead strings can cause arm problems and a drastic loss of ball control.**

BRING LIFE BACK TO YOUR GAME WITH A FRESH SET OF STRINGS!

48-hour turnaround time.

Call 610.328.8888 or stop at the Service Desk to drop off your racquet.