



20lbs

POWER

SAFE RANGE

CONTROL

30lbs



DIFFERING STRING TYPES

Braided/Textured Create more spin/cut
Great for touch players

Multifilament Usually better for power and
has more 'on the ball'

Synthetic Gut Found in most new rackets
Durable but poor performance

Natural Gut Great performance (not
Vegetarian/Vegan Friendly)! Expensive!

CONTROL OR POWER?

Lower Tension = More Power, the
trampoline effect

Higher Tension = More control

By increasing one, you decrease the other

A safe range is between 23 lbs - 27 lbs

Thinner strings provide more power and
control, but less durability

INJURY PREVENTION

Lower the tension of your stings (suggest
below 25 lbs)

Choose a soft multifilament string, such as
Tecnifibre 305 (green)

Use a racket which isn't too head light

Try widening your racket handle

DURABILITY - STRINGS

Mis-hits cause most string breaks (near the
frame)

Braided/Textured strings (most Ashaway
strings) are more forgiving

The looser the tension, the more the strings
will fray

The tighter the tension, the more likelihood
of strings snapping

Thicker strings provide more durability, but
less power and control

KEEP THESE IN MIND!

Performance durability string performance
may reduce before breaking

No two identical rackets from factory are
strung the same

Factory strung rackets are frequently strung
incorrectly

Most manufacturers use cheap strings,
expecting the player to replace

Different strings suit different people Think
about what YOU want

Some players break certain strings more
than others

YOUR STRING SETUP

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