



Know your racquet is perfect - win the game

4 steps to determine which stringing is the best for your style of play

Your best Stringing DYNAMIC TENSION DT

DYNAMIC TENSION DT is the stiffness of the string bed that effects your game of Power and Control. DT is ball power in kp (kilopond) required to deflect the string bed 1 cm at the sweet spot (ball impact).

- 1** **How is your game style of play**
Example: **Dynamic and offensive**
- 2** **What is your best DT-range**
Speed and aggressiveness of play
Lower DT provides more Power (ball acceleration)
Higher DT provides more Control (precision)
Example: **DT 35 - 41** (playing range Mid)
- 3** **The DT-value**
Set the DT-value within your DT-range
Example: **DT 38**
- 4** **The string tension**
Read the average string tension
Example: Racquet size **MID+**
string tension **25 kp (55 lbs.)**
string the racquet **25/24 kp (55/53 lbs.)**

ERT 300 TENNISCOMPUTER

STRING TENSION		Tension	Racket Size
kp	27.0	OVER	681 - 740 cm ²
lbs.	59		106 - 115 sq.in.
kp	25.0	MID	611 - 680 cm ²
lbs.	55		95 - 105 sq.in.
kp	23.0	MID	540 - 610 cm ²
lbs.	51		83 - 94 sq.in.

kp, lbs. Average string tension. Deviations may occur depending on string materials and stringing technic.
Restring the racket when DT tension loss 10% max. 20%.

PLAYING

Defensive from the baseline	Dynamic and offensive	Fast and aggressive	Very fast, extremely aggressive
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MORE POWER ← | | | → MORE CONTROL

DT 28 - 34 | DT 35 - 41 | DT 42 - 46 | DT 47 - 56

DYNAMIC TENSION **38 DT**

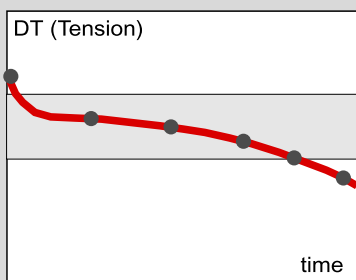
DT is string bed stiffness kp/cm, N/mm (internat. standard units) DT determines the mode of play.

DT is the only realistic and precise value to be measured at the strung racket.

DT-Disc (Tension adviser) included to the ERT 300

Keep your tension consistent, the key to successful tennis

Monitoring Tension with the ERT 300



Make sure You play with your best DT-range (tension). Your tournament racquets show identical DT (+-1) When to restring your racquet.

The best DT-range
Within your best-DT-range Power and Control will be perfect adjusted to your style of play.

When to restring
All sting materials start loosing tension after the racquet is strung even if it has not been used.
Restring the racquet after a DT-tension loss of 10% to maximum 20%
Never play tennis, when the DT-value below 28!
(Low ball control, risk of tennis elbow and back problems).
DT is the only realistic and precise value that can be measured at the strung racquet.

Have your own ERT 300 - it shows you:

- The current string bed stiffness DYNAMIC TENSION DT
- The DT-range, speed and aggressiveness of play
- The string tension kp and lbs.
- The time when to restring



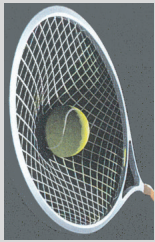


Perfect stringing

The string bed is the energy center of the racquet. Perfect stringing ensures play with maximum ball control and power, reducing rebound shock and fatigue.

DT-value

DYNAMIC TENSION DT is the stiffness of the string bed



Lower DT for more Power

A lower string bed stiffness would be used by a club player who prefers more ball acceleration while less effort and aggressiveness in his style of play

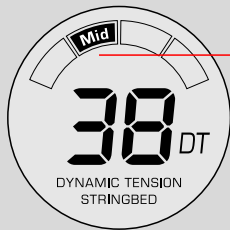
Higher DT for more Control

A high or a very high string bed stiffness would be used by a tournament player who requires very good ball control (precision) and is able to compensate the lack of the ball acceleration through more powerful shots.

DT is ball power in kp (kilo pond) required to depress the string bed 1 cm at the sweet spot, ball impact. Internat. standard units kp/cm or Newton/mm

Best DT-playing range

Players individual DT-range

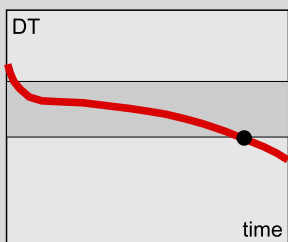


The DT can be determined by 4 ranges depending on the style of play.

Lo	DT 28...34	Defensive play mainly from the baseline
Mid	DT 35...41	Dynamic and offensive play
Hi	DT 42...46	Fast and aggressive play
Hi+	DT 47...54	Very fast end extremely aggressive play

Tension loss

Know when to restring



Remember: All string materials start to lose tension after the racquet is strung, through playing and aging.

Restring the racquet when the DT value has decreased by 10% to max 20%

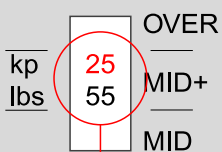
Important:

Within the first 2 to 4 hours after stringing there is often a tension loss of 2 to 4 DT, called the stabilization losses.

String tension kp, lbs.

DT-Disc

DT - Disc

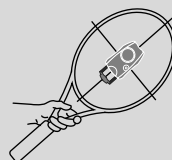


Example:
The DT-value of 38 corresponds with an average string tension of **25 kp, 55 lbs.** (main 26, 57, cross 24, 53)

Deviations may occur depending on string materials and stringing technique.

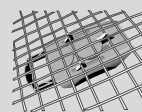


How to measure the DT-value



1

Hold the racquet at the throat during the measurement hold the racquet steady, do not touch or put down the racquet



2

Clip the ERT 300 in the center of the string bed, jump one cross string. Important: always clip the ERT 300 to exactly the same point. count or mark the strings.



3

Press key to start the DT test The ball impact is simulated electronically. DT readings are displayed after a few seconds.