### **Stringing FAQs**

### What are the different string types?

### **Synthetic Gut**

Synthetic Gut is one of the most common strings, usually made of nylon these strings offer a low-cost option for players and offer good comfort and feel but lack the durability of polyester strings.

Recommended for younger players and social players

### **Polyester Strings**

Poly strings are our most popular choice for players, providing greater durability, control and spin than synthetic gut or multifilament strings, but less power and comfort.

Generally used by intermediate and advanced players, recommend for players looking for more spin or are chronic string breakers.

Recommended for tournament and social players that break strings often

### **Natural Gut**

Natural gut strings provide comfort and better power than all other strings and also retain tension the best of all string types.

The downside to natural gut strings is that they are usually the most expensive of all string types and least durable.

Recommended for high level tournament players

### **Multifilament Strings**

String filaments / strands of (usually nylon) are braided together to make a single piece of string to try and mimic the feel of natural gut. Multifilament strings are great for more power and comfort and are also easy on players arms and elbows, they are a great choice if you've recently been suffering or are recovering from an arm injury.

Recommended for younger layers, tournament, and social players

### **Hybrid Strings**

Hybrid Strings aren't so much a type of string, rather just mixing two types of string together.

The most common method is to use a Poly string in the mains and a synthetic/multifilament in the crosses. This helps to add more durability than just synthetic/multifilament and more comfort than all poly strings.

Recommended for younger players who are breaking strings often, tournament and social players

### **Stringing FAQs**

# How often do I need to get my racquet restrung?

**The general rule of thumb for** how many times a year you should get your racquet restrung is the same number of times you play a week.

For example, if you play three times a week, you should get your racquet restrung three times a year.

Over time, tennis strings will lose tension and elasticity which results in the feeling of dead strings. While the strings may look fine, the playability has been greatly reduced

#### Signs that you may need to replace your strings

- Strings feel dead
- Loss of power
- Loss of control
- **Fraying of strings** some gut and multifilament strings fray as they get close to breaking
- Notching strings as strings wear into each other, this creates a notch on the main string bed, if you notice deep notches on your strings, it may be time for a restring as they are getting close to breaking

### Stringing FAQs

### Why do my strings feel loose or dead?

Strings can often lose tension over time or if not stored correctly

Strings can be affected by many outside factors, over time strings will lose tension and start to feel dead.

Temperature can have an effect on how strings feel, during summer months especially, heat can cause string to prematurely lose tension. Temperature fluctuations can cause strings to expand and contract which can greatly reduce tension retention as well as the durability of the string.

It is important to store your racquet in a cool dry place, such as a tennis bag or indoors.

Do not leave your racquet sitting in a car as this will cause damage to your strings, leading to decreased tension and premature breakages.

# Pricing

### **Restring Labour**

\* Bring your own string

Casual price: \$31.25 Member price: \$25.00

### **Bumper Replacement**

Casual price: \$12.50 Member price: \$10.00



# **Polyester String**

### **Babolat RPM Blast**



Member Price: \$42 Casual price: \$52.50

RPM Blast brings heavy spin and maximum control to your game. As you swing big with full strokes, RPM Blast consistently performs and lives up to the hype. You'll be ripping winners, hitting dipping pass shots, and creating angles you didn't know existed.

### Suitable for: Advanced Players

#### **Attributes**

- Excellent Spin
- Great Control
- High Durability
- Lower Power

### **Babolat Pro Hurricane**



Member Price: \$42 Casual price: \$52.50

RPM Hurricane adds spin, control, and durability to your game at an affordable price. If you hit big from the baseline, you'll love the heavy spin you can hit as you wear down the competition.

#### Suitable for: Intermediate & Advanced Players

- Excellent Spin
- Great Control
- High Durability
- Lower Power

### **Babolat RPM Team**



### Member Price: \$42 Casual price: \$52.50

You love the spin and control of polyester, but you want a softer string. RPM Team is made for your game. You can't see internal low-density construction, but you'll love the softer feel as you hit heavy spin, shot after shot.

#### Suitable for: Intermediate & Advanced Players

#### **Attributes**

- Softer poly for more Comfort
- Great Spin
- High Durability
- Lower Power

### **Dunlop Explosive Red**



Member Price: \$40 Casual price: \$50

Well suited for players with bigger, powerful swings, the lower power provides greater control for advanced players. As a result, you'll be able to load the ball with more pace and spin. With a heat-treated outer coating this string has a slippery surface resulting in greater potential for spin, and less frictional wear for added durability.

### Suitable for: Intermediate & Advanced Players

- **Attributes**
- Great Spin
- Good Control
- Great Durability
- Moderate Power

### **Dunlop Explosive Spin**

### EXPLOSIVE SPIN Verset Verset Verset

Member Price: \$40 Casual price: \$50

Super premium polyester string for spin and control on a high-performance level. Offering excellent spin, durability and a good level of power. The rounded hexagonal outer profile helps boosts friction for more spin.

### Suitable for: Intermediate & Advanced Players

#### **Attributes**

- Excellent Spin
- Good Control
- Good Durability
- Moderate Power

### Dunlop Black Widow



Member Price: \$38 Casual price: \$47.50

The ultimate spin machine. Hit shots with maximum spin, thanks to seven-sided, premium co-polyester string. Despite the high levels of spin and power, the string has a soft and comfortable feel.

### Suitable for: Intermediate & Advanced Players

- Excellent Spin
- Good Control
- Good Comfort
- Good Power
- Moderate Durability

### Head Lynx



### Member Price: \$42 Casual price: \$52.50

The monofilament string is made of a new co-polymer mixture, which helps to provide a lively touch and control to your aggressive game. Made for tournament and club players, LYNX is extremely durable and comfortable to play.

#### Suitable for: Intermediate & Advanced Players

#### **Attributes**

- Good Spin
- Good Comfort
- Good Durability
- Moderate Power

### **Head Sonic Pro**



Member Price: \$42 Casual price: \$52.50

Made from unique co-polymer polyester in combination with a soft molecular construction, Sonic Pro provides great touch and a comfortable feel while giving you a lot of power for a monofilament string. Widely considered one of the most comfortable/arm friendly poly strings, for players looking for softness and durability.

#### Suitable for: Intermediate & Advanced Players

- Excellent Comfort for Poly
- Good Control
- Good Durability
- Moderate Power

### Head Hawk



Member Price: \$42 Casual price: \$52.50

The HAWK TOUCH monofilament string features a bigger crystalline inner core responsible for providing ultimate control to your game. Designed for high-level Tour and tournament players, the string's elasticity allows for accurate feedback and exquisite feel so you can follow through with your versatile game and perfectly control every stroke.

### Suitable for: Intermediate & Advanced Players

#### **Attributes**

- Great Spin
- Great Control
- Great Durability
- Low Power

### **Luxilon Alu Power**



Member Price: \$57 Casual price: \$71.25

Alu Power is the top string on tour for a reason! The aluminium present in the string enhances playability to go along with impressive power and control. Its unique composition exceeds all quality standards for near-zero string variance.

ALU Power delivers unrivalled consistent performance for championship-worthy results.

### **Suitable for: Advanced Players**

- Good Spin
- Great Control
- Great Durability
- Good Comfort and feel
- Moderate Power

### Luxilon 4G



Member Price: \$52 Casual price: \$65

4G features maximum tension and a cushioned feel on impact, lending itself to excellent playability and adaptability to the modern game defined by power and spin. Boasting the elements of a control string minus the tension loss and discomfort of early polyester strings, 4G sets the standard for players craving precision.

#### Suitable for: Intermediate & Advanced Players

#### **Attributes**

- Good Spin
- Good Control
- Good Comfort
- Moderate Power

### Solinco Hyper G



Member Price: \$40 Casual price: \$50

A square shaped high-performance co-polyester string designed to offer playability and control while generating intense spin and power. Designed and shaped to generate maximum power and control while amplifying the spin and bite intensity of the ball.

### Suitable for: Intermediate & Advanced Players

- Great Spin
- Good Control
- Great Durability
- Moderate Power

### **Solinco Confidential**



Member Price: \$40 Casual price: \$50

A high-performance and versatile co-polyester string designed with a 4-sided profile, this string has exceptional control and helps generates impressive spin, while also providing a higher level of comfort than most poly strings.

### Suitable for: Intermediate & Advanced Players

#### **Attributes**

- Great Spin
- Great Control
- Great Durability
- Moderate Comfort

### Solinco Tour Bite



Member Price: \$40 Casual price: \$50

A firm string with a square profile, Tour Bite provides great control and amazing spin. A highly durable string that's perfect for big hitting players seeking more control and spin.

### Suitable for: Intermediate & Advanced Players

- Great Spin
- Great Durability
- Low Power
- Low Comfort

### **Solinco Revolution**



Member Price: \$38 Casual price: \$47.50

This hexagonally shaped co-polyester offers a fantastic combination of spin and precision. A highly durable strings that maintains a moderate amount of softness/comfort. A great string to be used both on its own or in a hybrid set-up.

### Suitable for: Intermediate & Advanced Players

**Attributes** 

- Excellent Spin
- Great Control
- Good Durability
- Moderate Comfort

### **Tecnifibre Black Code**



Member Price: \$42 Casual price: \$52.50

Black Code is one of the softest poly strings on the market, also featuring a pentagonal profile for good bite on the ball resulting in better spin potential. This string has minimal tension loss while offering an extremely soft feel.

#### Suitable for: Intermediate & Advanced Players

- Good Spin
- Good Control
- Good Durability
- Good Comfort
- Low Power

### Tecnifibre Red Code



Member Price: \$38 Casual price: \$47.50

A great string for the player seeking durability, control and spin. Offers a crisp and clean feel at impact. The combination of control and bite make it an ideal string for players with a fast and aggressive swing style.

#### Suitable for: Intermediate & Advanced Players

#### **Attributes**

- Good Spin
- Good Control
- Great Durability
- Low Power

### Tecnifibre Razor Code



### Member Price: \$44 Casual price: \$55

Tecnifibre ATP Razor Code, The official string of the ATP World Tour. A firm and durable co-poly designed to provide spin and control while maintaining a higher level of feel and power than most polys. Razor code has enough all-around playability for advanced players or the strong intermediate who wants to make the transition to a firmer string.

### Suitable for: Intermediate & Advanced Players

- Good Spin
- Good Control
- Great Durability
- Moderate Power

### Tecnifibre Ice Code



Member Price: \$44 Casual price: \$55

An advanced co-polymer monofilament

from Tecnifibre. It provides explosive power, softness and great feel. The result is a heavy combination of spin and power.

A powerful polyester highly recommended for players with a very high swing speed.

### Suitable for: Advanced Players

### Attributes

- Great Spin
- Excellent Control
- Great Durability
- Moderate Power

### Yonex Poly Tour Pro



Member Price: \$42 Casual price: \$52.50

Yonex Poly Tour Pro is a softer playing poly string with excellent control. Solid power, spin, and comfort this string is a great choice for players of all swing speeds looking for an all-around string that won't disappoint.

### Suitable for: Intermediate & Advanced Players

- Good Spin
- Great Control
- Great Durability

### **Yonex Poly Tour Fire**



Member Price: \$44 Casual price: \$55

Yonex Poly Tour Fire features impressive snapback and responsiveness from SIF technology (Silicone Infused Filament). For players with medium-to-fast swing speeds

looking for a durable string with added power and spin while maintaining a feeling of control.

### Suitable for: Intermediate & Advanced Players

#### **Attributes**

- Great Spin
- Good Control
- Great Durability
- Moderate Comfort
- Moderate Power

### **Yonex Poly Tour Strike**



### Member Price: \$44 Casual price: \$55

Yonex Poly Tour Strike is a low-powered monofilament polyester from Yonex. As a medium firm poly, this string is designed to give you a high level of control on your biggest swings. As a result, you'll find it easier to maximise stroke speed, resulting in easier access to pace and spin. Durability is impressive, making this a good option for string breakers.

#### Suitable for: Intermediate & Advanced Players

- Great Durability
- Great Control
- Good Spin
- Moderate Power



### **Babolat Synthetic Gut**



Member Price: \$35 Casual price: \$43.75

Babolat Synthetic Gut is the perfect option for the player who wants great all-around playability. This synthetic gut offers a nice balance of comfort, power, durability and spin at an affordable price.

#### Suitable for: Beginner players

#### **Attributes**

- Good Power
- Good Control
- Excellent Comfort
- Moderate Durability
- Low Spin

### **Babolat SpiralTek**



Member Price: \$35 Casual price: \$43.75

For the player who wants great all around playability, Babolat offers SG SpiralTek. A solid core string made of durable polyamide core then wrapped in a swirl of ultra flexible filaments. This synthetic gut offers a great balance of comfort, power, durability and spin.

#### Suitable for: Beginners & Intermediate players

- Good Power
- Good Control
- Great Comfort
- Moderate Spin
- Moderate Durability

### **Head Synthetic Gut PPS**



Member Price: \$38 Casual price: \$47.50

A solid core synthetic offering a lively feel. Features a Polyamide wrap for more feel and a Pearl Polyamide coating for added durability. For players looking for a power boost

### Suitable for: Beginners & Intermediate players

#### **Attributes**

- Excellent Power
- Good Comfort
- Moderate Durability
- Low Spin

### **Prince Synthetic**



Member Price: \$40 Casual price: \$50

One of the world's most popular synthetic gut strings. Exceptional all around performance. Engineered for increased durability while still providing plenty of power, comfort and control.

### Suitable for: Beginners & Intermediate players

- Good Power
- Good Comfort
- Good Spin
- Moderate Durability

### **Tecnifibre Synthetic Gut**



Member Price: \$35 Casual price: \$43.75

A great value string with lots of versatility, Tecnifibre Synthetic Gut offers a good level of playability and feel. This well balanced string is great for beginner to intermediate players.

### Suitable for: Beginners & Intermediate players

#### **Attributes**

- Good Power
- Good Comfort
- Moderate Spin
- Low Durability

### **Wilson Sensation**



### Member Price: \$40 Casual price: \$50

One of the first multifilament strings to gain significant traction in the market, Sensation contains highly elastic nylon fibres that reduce dampening vibrations for enhanced comfort and playability. This string features two outer wraps applied in opposite directions to improve durability. Sensation lives up to its established arm-friendly reputation at a great value for multifilament.

### Suitable for: Beginners & Intermediate players

- Attributes
- Great Power
- Excellent Comfort
- Moderate Spin
- Moderate Durability

## **Multifilament**

# (Also known as Attraction or Addixion)



Member Price: \$35 Casual price: \$43.75

Addiction is a nice choice for the player looking for power, comfort, and feel. The extra multifilament density makes it very comfortable and durable for its category. A great choice for players with shorter strokes to give them some extra power and add depth to their shots

### Suitable for: Beginners & Intermediate players

#### **Attributes**

- Good Power
- Good Comfort
- Good Control
- Moderate Durability

### **Babolat Xcel**



### Member Price: \$55 Casual price: \$68.75

Polyamide twisted fibres in a polyurethane matrix provide a great elasticity for an extraordinary feeling of comfort, making this string very arm friendly. Its great tension hold enables players to enjoy a durable comfort. Very soft and one of the closest synthetic strings to real natural gut-like, this is one of the better multi-filament strings available.

### Suitable for: Beginners & Intermediate players

- Great Power
- Great Comfort
- Good Control
- Moderate Durability
- Moderate Spin

### **Head Rip Control**



Member Price: \$45 Casual price: \$56.25

The RIP CONTROL is a well-blended easy-to-handle multifilament string perfect for the versatile tournament and club player who need a bit of power support for the weekend league games and training session. Thanks to the exclusive RIP Technology. The string's special construction provides outstanding control so that you can change the pace and power whenever you need to.

### Suitable for: Beginners & Intermediate players

#### **Attributes**

- Good Durability
- Good Spin
- Good Control
- Good Comfort
- Moderate Power

### **Prince Premier Control**



Member Price: \$49 Casual price: \$61.25

Prince Premier Control features a firm tri-core construction inside a bed of very soft and pliable filaments. Great multifilament feel with improved tension retention is now possible with a tri-core construction. A string that combines comfort with a high level of control and durability. Great for players looking for a soft, arm-friendly string with greater control.

#### Suitable for: Beginners & Intermediate players

- Excellent Comfort
- Great Control
- Good Durability
- Moderate Power

### **Tecnifibre Triax**

Tecnifibre

Member Price: \$55 Casual price: \$68.75

A top of the line multifilament. The 1<sup>st</sup> multifilament with co-polyester fibers, it offers the player a unique playing feel combining firmness, control and comfort, while keeping long durability. Triax also gives you the benefit a Silicon Pyrogene Lubritec (SPL) coating, a feature that helps it snap back for extra spin and extra durability.

### Suitable for: Advanced and Expert players

#### **Attributes**

- Excellent Power
- Excellent Comfort
- Great Control
- Moderate Durability

### Wilson NXT



Member Price: \$50 Casual price: \$62.50

Wilson's best-selling premium performance synthetic string. Wilson NXT 16 combines Dupont Xycro Micro fibers with polyurethane resin and coating for optimal feel, comfort and playability. With great power and comfort this is an ideal choice for players suffering from arm injuries.

#### Suitable for: Beginners & Intermediate players

- Attributes
- Great Power
- Excellent Comfort
- Great Control
- Low Durability

# **Contact us** 3716 0077

admin@lifetimetennis.com.au

Racquets can be dropped at:

### Ambiwerra (Corinda)

2:00 – 7:00pm Mon – Fri (Excluding school holiday / Public Holiday)

**Spring Hill** \*Please contact us to organise drop off / pick up