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Tennis warehouse string guide for men clothing size 14

DEKABR



Simplified Tennis String Gauge Chart Gauge Millimetres 15L 1.34mm - 1.40mm 16 1.29mm - 1.33mm 16L 1.26mm - 1.28mm 17 1.23mm - 1.25mm 17L 1.19mm - 1.22mm 18 1.13mm - 1.18mm 18L 1.08mm - 1.12mm 19 1.02mm - 1.07mm String Gauge and Performance So we know that strings come in different gauges, but how and why does the thickness of a string impacts performance? In summary: Thinner strings: Generate more power Generate more spin Have less durability Have more comfort Lose tension faster Thicker strings: Generate less power Generate less spin Have more durability Have less comfort Lose tension slower The thicker the string, the more durable and long-lasting it will be. The slight drop-off in durability from a thinner string shouldn't be a big deal for most players and the added comfort is always a benefit. Tennis strings are made in different thicknesses, called gauges. It means that it falls into a broad range of diameters that can vary widely. What gauge polyester tennis string is best? The best gauge polyester string is one that doesn't hurt your arm and doesn't break after a few games. For example, you are playing pain-free but start to feel it in the arm after a long-hitting session. Can you notice the difference when changing gauge? Then moving to a thinner gauge likely won't help. Final Thoughts Hopefully, this post has given you a good idea of how gauge affects playability. Open String Patterns The most common open string pattern racquets are 16x18 and 16x19. Remember that the type of string has a far bigger impact, so a 19 gauge polyester is still more durable than a 16 gauge natural gut. 17L/1.20mm: Thin gauge; for players looking for increased touch and feel. The open string pattern will dig in, grab the ball and send it out with a good amount of spin. However, the type of string you use has a much bigger impact on comfort. Which String Gauge Should You Use? If you take a 16x18 racquet, for example, the number 16 refers to the number of main strings in the racquet. It lets you filter by string type, gauge, colour, price, stiffness and shape. In Europe, the higher the number, the thicker the gauge. 15/1.40mm: Thick gauge; players who want maximum durability and control. Maybe then a thinner gauge will make a difference. So naturally, the more material there is to withstand that friction, the longer it will last. This pattern will help get the ball to drop inside the lines, while still allowing players to hit through the ball. However, just like durability, there are many factors at play, a thin string does not guarantee spin, but it does mean that all things equal if you hit two identical shots, the thinner gauge string will impart more spin on the ball. How does tennis string gauge affect string tension? Generally speaking, they are only very subtle differences, and my recommendation would be to use the thinnest string you can that still offers you the playtime (durability) you are after. You can see an example of the data below for Solinco Hyper G. At the time of writing, I use Tecnifibre Triax in 16 gauge / 1.33mm and although I don't break it, I don't feel the need to change to a thinner gauge. I break down gauges below and who they will suit. That being said, dense string patterns can be great for hitting slice shots. First things first, let's explain what those numbers mean. Tennis String Gauge Chart The USRSA has attempted to publish a broad standard for string gauge which you can see in the table below, and means it's thinner. Generally, the string will be slightly softer, and that ball pocketing gives players that more connected feeling. Thicker strings also handle harsher impacts better, so mishits near the frame's edge are less likely to break a string when the gauge is thicker. So while the packet might say 16L, what does that really mean? I believe most players should use the thinnest gauge string that gives them adequate durability. String Gauge Chart USA Gauges Millimetres European Gauges 13 1.65 - 1.80mm 12 1.41 - 1.50 - 1.65mm 11 1.51 - 1.49mm 9.5 1.51 - 1.33 - 1.41mm 9 1.26 - 1.34mm 8.5 1.61 - 1.22 - 1.30mm 8 1.16 - 1.24mm 7.5 1.81 - 1.06 - 1.16mm 7 1.90 - 1.06mm 4 2.0 - 0.80mm 3.5 2.1 - 0.70 - 0.80mm 3 2.2 - 0.60 - 0.70mm 2.5 While this chart is both accurate and useful, tennis string gauge is not a universally agreed standard, which means that string manufacturers are essentially a law unto themselves. 16/1.30mm: Medium-thick gauge; a good choice for frequent string breakers. This is because thinner strings can get more of a purchase on the felt and grab the ball, which results in more spin. Thinner gauge strings are better for the arm. Let's go. Feel Feel is certainly one of more subjective elements, but most players find thinner strings offer them more feel. 18/1.15mm: Thinnest gauge; for players wanting maximum touch and feel. To further complicate matters, some gauges will have an "L" besides many of the gauges. For denser string patterns, the most common you'll find is 18x20. Go to a softer poly or a multifilament. Switching gauge only really makes sense for comfort when you only need a slight adjustment. What gauge of tennis racquet string is good for spin? Further, because spin is heavily dependent on mechanics and swing speeds, some players will find denser string patterns plenty spin friendly Open pattern (16x18 or 16x19) Dense pattern (18x20) Livelier (more power) More control Easier access to spin More precise Forgiving feel Firmer feel Higher launch angle (oopier shots) Lower shot trajectory Although 16x18, 16x19 and 18x20 are the most common string patterns, there are some in-between patterns. This is because they do not stretch as much as thinner strings and consequently holds tension better. If you don't break that, you could even go to 18 as a test to see if the increase in comfort, power and feel makes a difference. For example, Babolat RPM Blast 18 Gauge has very high spin potential. This tighter string spacing creates a denser pattern. 16L/1.28mm: Medium gauge, suits players looking for a blend of power and control. A good comparison likens an open string pattern to an off-road tire. A thin gauge polyester has the most spin potential out of any string. The thicker the string, the longer it holds tension. The advantages of open string patterns are that it is easier to hit with depth, power and spin. So there's no real consistency as there is some overlap between gauge measurements. Likewise, a 16L is thinner than a 16 but not quite as thin as a 17 and so on. In this guide, we'll explore what string gauge means, how it's measured, assess how the gauge impacts its performance, look at what gauge the pros use, and help you identify what string gauge you should use. This is because that when the strings rub against each other, they wear out, and eventually break. These dense string patterns are great for players who hit flatter shots and don't use spin to control their shots. Before looking at the gauge, I'd look at string type. What is Tennis String Gauge? A thicker string bites less into the ball, resulting in a lower potential for topspin. Is your elbow, wrist or shoulder in bits and you are using polyester? What gauge tennis strings are you using, and why? In the picture below, you can see how Gamma Professional and Solinco Confidential, are both 16 gauge, but the thickness in millimetres is different: 1.32mm vs 1.30mm. These are called open string patterns because the squares are larger, or another way to look at it is the string spacing is larger. As a result, a thicker gauge string may feel at a higher tension relatively, even if it was strung at the same tension as a thinner string. You'll see racquets with a 16x20 or 18x19 pattern. A useful tool for this is the Tennis Warehouse string comparison tool. The goal of these in-between patterns is to give you a blend of the performance aspects of open and dense stringbeds. Let me know in the comments. Just remember that the type of string you use plays a big part, so if you're breaking natural gut after 5 games, moving down a gauge isn't going to really help you out that much, you'll need to switch to a more durable string and pick the thickness accordingly. 17/1.25mm: Medium thin gauge; for players who are looking for power and comfort. Are you looking for a new string to try in your racket? The main strings, or mains, are those that run vertically from the throat to the tip of the frame. Like most things with tennis, the gauge you use purely boils down to personal preference, and it's one of many things you can experiment with. So if in doubt, use the millimetre measurement to know it's true gauge. Thinner strings are also spaced out just a tad further, and less material = less friction, creating more snapback. Use our easy to use tennis string finder tool. The crosses, as they are often called, run horizontally across the racquet. In the USA, the lower the number, the thicker the gauge. Many manufacturers tend to copy each other, so this simplified chart will capture most string producers' gauges. The best way compare gauge is to look at identical strings or the very least in the same family, e.g. monofilament polyester strings. What Gauge String Do Tennis Pros Use? The most commonly available are between 1.20-1.30 mm. Along with the millimetre measurement widely used in Europe, tennis string thickness is communicated by a whole number. Depending on your game that could be one of several but I would start with a 16 gauge and see how you get on. The number of mains and crosses in your racquet affects performance. It outlines the USA string gauge, the size in millimetres, and its European equivalent. The number 18 refers to the number of cross strings. While one company may call a 1.24mm string 16L, another may call it 17. The "L" stands for "Light". If you break that too easily, go to 16. Player Mains Crosses Roger Federer Babolat VS 16 Luxilon ALU Rough 16L Rafael Nadal Babolat RPM Blast 15L Babolat RPM Blast 15L Novak Djokovic Babolat VS 16 Luxilon ALU Power 16L Daniil Medvedev Tecnifibre ATP Razor Code 17 Tecnifibre ATP Razor Code 17 Dominic Thiem RPM Power 17 RPM Power 17 Alexander Zverev Head Hawk Touch 17 Babolat VS 16 Serena Williams Wilson Natural Gut 16 Luxilon 4G 16L Naomi Osaka Yonex Poly Tour Strike 16L Yonex Poly Tour Strike 16L Which tennis string gauge is best for arm friendliness? The downside is that it will break quickly for some players. Power Thinner strings of the same type are more elastic so therefore produce more power due to more ball pocketing. If you compare a racquet with 18 mains with one that has the same head size but only 16 mains, you'll notice that the holes are smaller. The thicker the gauge or diameter of the string, the more durability, and control, while the thinner the gauge, the more power and comfort. While there's no lower or upper limit for what the gauge of a string can be (of course it has to fit through the grommet hole in the racket) tennis string gauges typically range from 1.05 mm to 1.41 mm. As if choosing a tennis string wasn't difficult enough already due to the wide array of choice, once you've picked a string, there's another factor to think about: it's gauge. Property Solinco Hyper-G 16 Solinco Hyper-G 18 (1.15) Difference % Material Polyester Polyester Stiffness (lb/in) 219 180 -18% Tension Loss (%) 26 28 8% Energy Return (%) 89 88 -1% Spin Potential 7 7.5 7% String to String Friction (COF) 0.09 0.082 -9% String to Ball Friction (COF) 0.631 0.617 -2% Spin Potential Using the Solinco Hyper G comparison table above, you can see the thinner string, the more spin potential, while the thicker the string has the less spin potential. Many players will be fine using a 17 gauge string and that is where I would recommend starting. The number of main strings is always listed first. So a 15L is thinner than a 15 gauge, but not quite as thin as a 16.

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