

How To Make Your Own Professional Looking Athletic Wear

	STEP 1: Start with clean, dry, sanitized hands and nails. Shape the free edge of your nail to your desired length and shape.		STEP 2: Push back the cuticles.
	STEP 3: Clean the surrounding nail plate.		STEP 4: Gently buff all surface shine from the natural nail with a clean, fine file or buffer.
	STEP 5: Remove the dust and wipe the nail using a clean lint free wipe.		STEP 6: Apply a thin layer of UV base coat to the entire nail surface (make sure to seal in the free edge by painting across the tip of each nail).
	STEP 7: Place the hand under UV lamp for 2 minutes. Your nail will feel a little sticky. This is normal.		STEP 8: Apply your desired UV gel polish color by brushing on a thin coat of color to the entire nail surface (Make sure to seal in the free edge).
	STEP 9: Place the hand under UV lamp for 1 minutes. For darker coverage, repeat step 8 & 9.		STEP 10: Wipe off the tacky surface using a clean wipe moistened with gel cleanser until the stickiness is gone
	STEP 11: Apply UV top gel coat from cuticle to free edge using a thin light application. Place hand in UV Light for 2 minutes.		STEP 12: Wipe off the tacky surface using a clean wipe moistened with gel cleanser. Apply Cuticle Oil to the skin surrounding the nail.

Are you tired of spending your hard-earned money on expensive athletic wear that lacks the perfect fit or doesn't reflect your unique style? Look no further! In this comprehensive guide, you will learn how to create your own professional-

looking athletic wear that not only meets your personal preferences but also saves you a significant amount of money.

Why Make Your Own Athletic Wear?

The world of athletic wear has evolved significantly in recent years. With an increasing number of people prioritizing fitness and sport activities, the demand for functional and stylish athletic wear has soared. However, finding the perfect fit and design can often be a challenging task. That's why making your own athletic wear offers a fantastic alternative!



Sewing Activewear: How to make your own professional-looking athletic wear

by Johanna Lundström ([Print Replica] Kindle Edition)

★★★★☆ 4.7 out of 5

Language : English

File size : 37257 KB

Screen Reader : Supported

Print length : 22 pages



By taking matters into your own hands, you have the opportunity to tailor every aspect of your sports gear to meet your specifications. Whether it's choosing high-quality fabrics, selecting your favorite designs, or customizing the fit, creating your own athletic wear allows for ultimate personalization.

Gather Your Supplies

Before you embark on your creative journey, you will need to gather the necessary supplies. Here's a list of items you'll need:

- Fabric (preferably moisture-wicking and stretchy)
- Measuring tape
- Pattern paper or a basic garment for tracing
- Scissors
- Sewing machine or needle and thread
- Elastic
- Decorative trims (optional)
- Embellishments (if desired)

Choose the Perfect Design

Now that you have your supplies ready, it's time to envision the style of your athletic wear. Whether you prefer sleek and minimalistic designs or vibrant and bold patterns, the choice is entirely yours. Some popular options include leggings, sports bras, tank tops, and shorts.

Consider your personal style preferences, the activities you'll be participating in, and the level of comfort and support you require. Combining functionality with aesthetics will ensure that your final creation becomes a standout piece in your athletic wardrobe.

Get the Right Fit

One of the significant benefits of making your own athletic wear is the ability to achieve the perfect fit. Begin by taking accurate measurements of your body, ensuring that you have the correct numbers for your waist, hips, bust, and inseam. These measurements will serve as a guide when cutting and sewing your fabric.

It's also essential to familiarize yourself with different fit techniques and patterns. Fortunately, numerous online resources provide detailed guides and tutorials that can help you understand the specifics of sewing athletic wear. Armed with this knowledge, you'll be able to create pieces that not only look fantastic but also enhance your performance during workouts.

Let the Sewing Begin!

Now comes the fun part – putting your creative skills to use! Using your selected fabrics, patterns, and measurements, you can start cutting and sewing your athletic wear. Carefully follow the steps in your chosen sewing tutorial or pattern, paying close attention to details such as seam allowances and finished edges.

Don't worry if you encounter challenges along the way. Sewing, like any other skill, takes practice. Experiment with different techniques and materials until you achieve the desired results. Remember, the process of creating your own athletic wear is as rewarding as the end product itself.

Add Personalized Touches

After completing the sewing process, you can further enhance your athletic wear by adding personalized touches. Consider incorporating decorative trims, such as reflective strips for nighttime activities or contrasting stitching for a pop of color.

Additionally, you can experiment with embellishments like rhinestones, sequins, or fabric paint to make your sports attire truly unique. Let your imagination run wild and create athletic wear that perfectly showcases your personality.

Caring for Your Creations

Once your athletic wear is complete, it's important to understand how to care for your creations properly. Follow the specific washing instructions for the fabrics

you've used to ensure their longevity and performance. Proper care will help maintain the integrity of your garments, allowing you to enjoy them for a long time to come.

Join the DIY Athleisure Trend Today!

By making your own professional-looking athletic wear, you gain full control over the design, fit, and style of your sports gear. Not only will you save money, but you'll also have the satisfaction of wearing unique and personalized pieces that reflect your personality and enhance your performance.

So, what are you waiting for? Gather your supplies, let your creativity shine, and join the DIY athleisure trend today. Say goodbye to ill-fitting and uninspiring athletic wear, and hello to custom-made pieces that will make you feel like a true champion!



Sewing Activewear: How to make your own professional-looking athletic wear

by Johanna Lundström ([Print Replica] Kindle Edition)

★★★★☆ 4.7 out of 5

Language : English

File size : 37257 KB

Screen Reader : Supported

Print length : 22 pages



Want to start making your own activewear? Or perhaps you are already into sewing your workout clothes, but are ready to step up your sewing game and achieve more professional results? Then this book is for you! Sewing Activewear: How to make your own professional-looking athletic wear takes you through all

the fundamentals and then move you to the next level. So that you will be fully equipped and empowered to create your own workout wardrobe—that is both functional and stylish.

Sewing Activewear is the ultimate sewing guide for creating your own workout clothes that are both functional and stylish. Fully illustrated step-by-step tutorials covering everything from beginner techniques and professional fashion industry methods. Comprehensive activewear fabric chapter and extensive guides to the best seams on every household sewing machine. And plenty more!

CONTENT Fabrics and notions for activewear

- Fabric types
- Stretch, weight and compression
- Activewear fabrics and the environment
- Notions
- Thread
- Elastic
- Needles

Seams for activewear

- Seam guides for every machine
- Seam allowances
- Serger overlock seams
- Sewing machine stretch seams

Seams for hemming (incl. large chapter on coverstitching)

- Sewing machine hems
- Coverstitch hemming
- Flatlock hems

Flatlock seams

- Flatlock on a serger
- Sewing machine mock flatlock seam
- Faux flatlock using a coverstitch machine

Projects (over 25 fully illustrated tutorials)

- Sleeves with thumbholes • Fold-over elastic
- Card pocket
- Ties and strings
- Knit binding
- Ribbing
- Elastic openings
- Cords and drawstrings • Crotch gussets
- Waistbands
- Zipper pockets

Interviews

- Jalie
- Sheila Powell
- Beverly Johnson
- Fehr Trade
- Gwyn Gyldenege
- Christopher Hansson
- Speciality Outdoors



10 Amazing Woolen Poncho Patterns: Stay Cozy and Stylish!

When the weather starts to cool down, it's time to embrace the warmth and comfort of woolen ponchos. These versatile garments have been a fashion staple for centuries, and...



Just Paige Not Baby Anymore: The Incredible Transformation of a Child Star

Child stars have always fascinated us with their remarkable talent and ability to captivate audiences at such a young age. One such extraordinary talent is Paige Williams,...



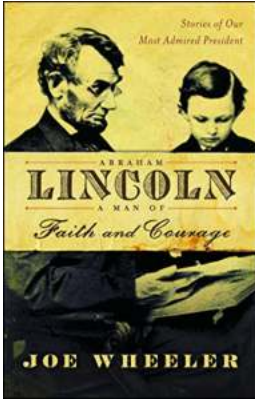
14 Entries For 14 Months In Argentina

Argentina, the land of tango, gauchos, and breathtaking landscapes, offers a myriad of experiences that captivate both locals and tourists alike. With its...



How To Make Your Own Professional Looking Athletic Wear

Are you tired of spending your hard-earned money on expensive athletic wear that lacks the perfect fit or doesn't reflect your unique style? Look no further!...



The Remarkable Leadership: Unraveling the Untold Stories of Our Most Admired President

Throughout history, there have been great leaders who have left an indelible mark on the world. Among them, one stands out as the epitome of leadership, empathy, and...



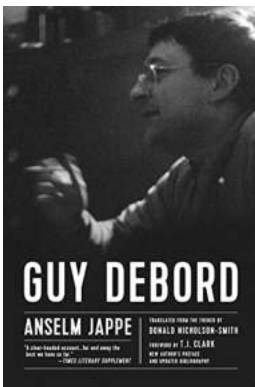
Short Term Goals Planner: Months Filled With Hope And Optimistic Dream Planning

In a constantly evolving world, setting short-term goals has become crucial for personal and professional growth. These goals not only help individuals stay focused and...



Sarah Payne Quilt School: Unleash Your Creativity with Quilting

Welcome to Sarah Payne Quilt School, where we bring the art of quilting to life. If you've ever been mesmerized by the intricate patterns and vibrant colors of...



The Untold Story: Guy Debord and Anselm Jappe - Unmasking Society's Spectacle

When it comes to analyzing contemporary society and its obsession with appearances, two names stand out: Guy Debord and Anselm Jappe. While both of them have made significant...

sewing activewear how to make your own professional-looking athletic wear