

How To Make Your Own Professional Looking Athletic Wear

Have you ever wished to create your own athletic wear that looks just as professional as the items you find in stores? With a few simple steps, you can design and manufacture your own high-quality athletic wear that will have everyone asking where you got it from. In this comprehensive guide, we will walk you through the process of making your own professional-looking athletic wear.

Step 1: Determine Your Design

The first step in creating your own athletic wear is to decide on the design you want. Consider the type of activity you'll be using the clothing for and any specific features you'd like to incorporate. Do you want a tight-fitting design for compression and muscle support? Or perhaps a looser fit with additional ventilation? Take some time to browse through magazines, online stores, and athletic wear brands for inspiration. Once you have a clear vision in mind, it's time to move on to the next step.

Step 2: Choose the Right Fabric

The choice of fabric is crucial in ensuring your athletic wear looks and performs professionally. Look for fabrics that are specifically designed for athletic wear, such as polyester blends, nylon, or spandex. These materials offer excellent moisture-wicking properties, stretch, and durability. Additionally, consider the weight of the fabric depending on the activity you'll be engaging in. For example, lightweight fabrics are great for running, while heavier fabrics may be more suitable for activities like weightlifting.



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

by Johanna Lundström([Print Replica] Kindle Edition)

★★★★☆ 4.7 out of 5

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Step 3: Take Accurate Measurements

Proper fit is essential in athletic wear, as it affects both performance and comfort. Using a measuring tape, take accurate measurements of your body. Pay special attention to key areas such as the bust, waist, hips, and inseam. Make sure to measure yourself while wearing minimal clothing for the most accurate results. Once you have your measurements, you can start drafting or modifying a pattern that will suit your design and body shape. You can find pre-made patterns online or create your own using software or graph paper.

Step 4: Cut and Assemble

Now that you have your design, fabric, and pattern ready, it's time to start cutting and assembling your athletic wear. Use sharp fabric scissors to cut out the pieces according to your pattern. Take your time and ensure precise cutting to achieve a professional finish. Once you have all the pieces, follow the pattern instructions to sew them together. Consider using a sewing machine for faster and neater results. Remember to reinforce any areas that may undergo additional stress, such as seams. This will ensure your athletic wear withstands intense workouts and frequent washing.

Step 5: Add Finishing Touches

Now that your athletic wear is taking shape, it's time to add some finishing touches to make it look even more professional. Consider adding reflective strips or logos for increased visibility during outdoor activities, or even adding functional pockets for storing small items. You can also experiment with different stitching techniques or decorative elements to give it a unique and stylish look. Remember that functionality should always be a priority, so make sure any additional features do not hinder your performance.

Step 6: Test and Refine

Once your athletic wear is complete, it's crucial to test it out before wearing it for intense workouts or competitions. Take it for a test run or try it out during a fitness session to evaluate its comfort, fit, and functionality. Pay attention to any areas that may need further adjustments or improvements. Keep refining your design and technique until you are satisfied with the final product.

Creating your own professional-looking athletic wear is not as difficult as it may seem. With careful planning, the right materials, and attention to detail, you can design and manufacture your own high-quality sportswear that rivals those found in stores. So why settle for mass-produced items when you can showcase your unique style and passion for athletics with custom-made gear? Follow the steps outlined in this guide, and soon you'll be wearing your very own professional-looking athletic wear with pride.

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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!

CONTENTFabrics 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)

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- Coverstitch hemming
- Flatlock hems

Flatlock seams

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- Sewing machine mock flatlock seam
- Faux flatlock using a coverstitch machine

Projects (over 25 fully illustrated tutorials)

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

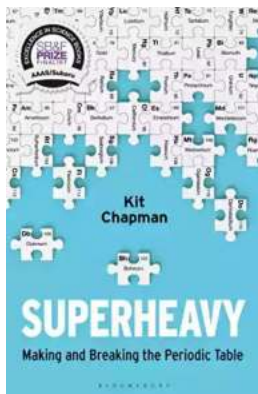
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- Sheila Powell
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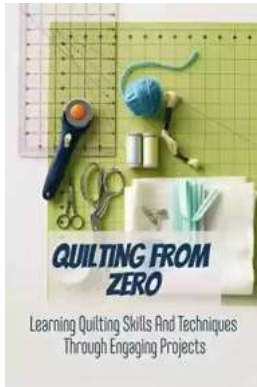
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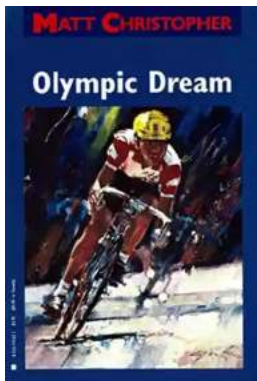
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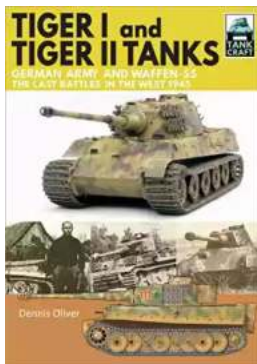
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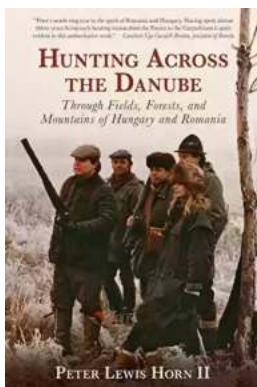
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