

# How to Make Your Own Professional-Looking Athletic Wear

It's time to take your athletic wear game to the next level with professional-looking sportswear that will not only enhance your performance but also turn heads at the gym or on the field. This comprehensive guide will provide you with everything you need to know about designing, creating, and customizing athletic wear that exudes style and professionalism. Whether you're an experienced seamstress or just starting out, this step-by-step guide will empower you to create custom-made sportswear that fits your unique body, style, and needs.



## Sewing Activewear: How to make your own professional-looking athletic wear by Johanna Lundström

★★★★☆ 4.7 out of 5

Language : English

File size : 37257 KB

Screen Reader : Supported

Print length : 22 pages



## Choosing the Right Materials

The first step in creating professional-looking athletic wear is selecting the right materials. Consider the following factors when choosing fabrics:

1. **Breathability:** Opt for fabrics that allow your skin to breathe and wick away sweat to keep you comfortable during intense workouts.

2. **Durability:** Choose materials that can withstand multiple washes and wear without losing their shape or color.
3. **Flexibility:** Select fabrics that stretch and move with you, enabling unrestricted movement during exercise.

Ideal fabric choices include:

- Moisture-wicking fabrics like Dri-FIT or CoolMax
- Stretch fabrics like spandex, lycra, or elastane
- Breathable fabrics like cotton or mesh

## **Creating Custom Patterns**

To achieve a professional-looking fit, it's essential to create custom patterns that match your exact body measurements. There are two main methods for creating patterns:

1. **Drafting your own patterns:** This method involves measuring your body and using a drafting ruler and paper to create patterns from scratch.
2. **Using commercial patterns:** You can purchase commercial sewing patterns that are designed to fit specific body types. Make sure to choose patterns that match your measurements or adjust the patterns as needed.

## **Choosing the Right Sewing Machine and Thread**

The quality of your athletic wear will depend heavily on the sewing machine and thread you use. Consider the following when making your choices:

## Sewing Machine

- **Choose a machine with a powerful motor:** This is especially important if you're working with thick or stretchy fabrics.
- **Select a machine with adjustable stitch settings:** This will allow you to customize the stitch length and width to suit different fabrics and seams.

## Thread

- **Use high-quality thread:** Polyester thread is a good choice for athletic wear as it's strong and durable.
- **Match the thread color to the fabric:** This will create a more professional-looking finish.

## Assembling Your Athletic Wear

With your materials, patterns, and sewing machine ready, it's time to assemble your athletic wear. Follow these steps carefully:

1. **Cut out the fabric pieces:** Use sharp scissors to cut out the fabric pieces according to your patterns.
2. **Sew the seams:** Align the fabric pieces and sew them together using the appropriate stitch setting. Start by sewing the side seams and then move on to the shoulder seams, sleeves, and hem.
3. **Finish the seams:** To prevent fraying, use a zigzag stitch or serger to finish the edges of the seams.
4. **Add details:** Consider adding details like pockets, zippers, or reflective accents to personalize your athletic wear and enhance its

functionality.

## Customizing Your Athletic Wear

Once the basic construction is complete, you can customize your athletic wear to reflect your unique style and personality. Here are some ideas:

- **Add your logo or initials:** Embroidered or screen-printed logos or initials can add a professional touch to your sportswear.
- **Use contrasting fabrics:** Combine different colors or textures to create a unique and eye-catching look.
- **Add reflective accents:** Reflective accents can enhance visibility and safety during low-light conditions.

Creating professional-looking athletic wear is not as daunting as it may seem. By following the steps outlined in this guide, selecting the right materials, designing custom patterns, and using the appropriate sewing techniques, you can elevate your workout wardrobe to a whole new level. With a little effort and creativity, you can craft custom-made sportswear that will not only enhance your performance but also turn heads wherever you go.

Embrace the challenge and embark on your journey of crafting professional-looking athletic wear. The result will be a wardrobe

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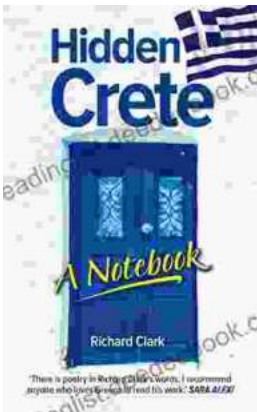


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