

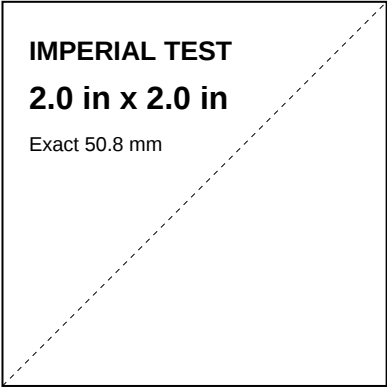
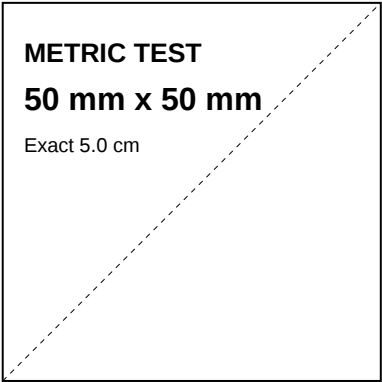
Racerback Workout Tank

A high-performance workout tank with scooped neckline, contoured racerback, and bound edges

Garment Type: Knit Tank | Difficulty: Confident Beginner | Provenance: Threadline Open Design Studio | License: CC BY-SA 4.0

PRINTER CALIBRATION & SCALE VERIFICATION

Measure both test squares with a rigid ruler before cutting fabric. Print at 100% scale without shrinking.



- Scale Rules:
- 1. Open in Acrobat Reader
 - 2. Select Actual Size 100%
 - 3. Do NOT Fit to Page
 - 4. Verify dimensions above

SIZE SELECTION & EASE RECOMMENDATIONS

Incorporate negative ease for a supportive sports fit. If between sizes, size up for comfort.

Negative ease of -4 cm -1.6" to ensure tank stays in place during high-motion workouts.

STANDARD BODY MEASUREMENTS CHART

Size Range	XS	S	M	L	XL	2XL	3XL
Full Bust/Chest	80 cm	86 cm	94 cm	102 cm	112 cm	122 cm	132 cm
Full Hip / Seat	88 cm	94 cm	102 cm	110 cm	120 cm	130 cm	142 cm

FINISHED MEASUREMENTS & MATERIALS

FINISHED GARMENT MEASUREMENTS (INCLUDES DESIGN EASE)

Dimension	XS	S	M	L	XL	2XL	3XL
Finished Chest	76 cm	82 cm	90 cm	98 cm	108 cm	118 cm	128 cm
Hem Sweep	84 cm	90 cm	98 cm	106 cm	116 cm	126 cm	136 cm
Garment Length	56 cm	57.5 cm	59 cm	60.5 cm	62 cm	63.5 cm	65 cm

FABRIC REQUIREMENTS (45 IN / 115 CM & 60 IN / 150 CM BOLTS)

Bolt Width	XS	S	M	L	XL	2XL	3XL
45" / 115 cm Fabric	1.3 yd	1.3 yd	1.3 yd	1.5 yd	1.5 yd	1.8 yd	1.8 yd
60" / 150 cm Fabric	1 yd	1 yd	1 yd	1.2 yd	1.2 yd	1.4 yd	1.4 yd

RECOMMENDED FABRICS & STRETCH PROPERTIES

Recommended Substrates: Supplex nylon-spandex 220 280 gsm for compression and durability, Polyester-spandex athletic jersey with moisture-wicking finish, Bamboo-cotton stretch jersey for soft low-impact yoga wear. Stretch Requirement: 50% 4-way stretch with 90%+ recovery.

NOTIONS & SEWING TOOLS CHECKLIST

- ☐ Stretch ballpoint needle size 75/11
- ☐ Wooly nylon thread for loopers optional
- ☐ Polyester thread
- ☐ Sharp fabric shears
- ☐ Measuring tape
- ☐ Iron and pressing ham

PATTERN INVENTORY & CUTTING LAYOUT

STANDARD SEAM & HEM ALLOWANCES

Use the seam and hem allowances printed on each pattern piece. Verify every allowance label before cutting fabric.

PATTERN PIECE INVENTORY & CUTTING SCHEDULE

Piece Name	Cut Quantity	Material / Interfacing
Front Tank Bodice	Cut 1 on fold	Main Fabric
Racerback Tank Bodice	Cut 1 on fold	Main Fabric
Knit Binding Strips	Cut 3 (neck & armholes)	Main Fabric

FABRIC PREPARATION & CUTTING RULES

- Cut binding strips across maximum stretch.

MULTI-PAGE TILE ASSEMBLY INSTRUCTIONS

1. Check Sheet 1 calibration square before printing the remaining pattern sheets.
2. Trim right and bottom border lines along the dashed perimeter frame.
3. Match corner crosshairs, such as A1 to A2 and B1 to B2, without overlapping.
4. Tape sheets securely on both sides before cutting paper pieces.

STEP-BY-STEP SEWING INSTRUCTIONS

Step 1: Shoulder Seams

Align Front Tank Bodice and Racerback Tank Bodice right sides together. Stitch narrow racerback shoulder seams together with stretch stitch. Press seam allowances toward back.

Step 2: Bind Neckline

Attach stretch binding to scooped front and back neckline. Turn to wrong side and topstitch with twin needle.

Step 3: Bind Deep Racerback Armholes

Attach stretch binding to both armhole curves, gently tensioning around curves. Stitch and trim.

Step 4: Side Seams and Hem

Align front and back bodices right sides together. Stitch continuous side seams with serger and press seam allowances. Turn up hem and topstitch with stretch stitch.

TROUBLESHOOTING & PRO SEWING TIPS

Issue: Armhole binding waves or ripples

Fix: Stretch binding 10-15% around curved armhole sections while keeping bodice relaxed.