

Aaron Athletic A-Shirt

Aaron Athletic A-Shirt Verified open pattern specification

Garment Type: Athletic A-Shirt | Difficulty: Beginner | Provenance: FreeSewing | License: MIT / CC BY 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

Select size based on full bust/chest measurement.
+4 to +8 cm positive wearing ease for comfortable drape.

STANDARD BODY MEASUREMENTS CHART

Size Range	XS	S	M	L	XL	2XL	3XL
Full Bust/Chest	80 cm	86 cm	92 cm	98 cm	108 cm	118 cm	128 cm
Full Hip / Seat	88 cm	94 cm	100 cm	106 cm	116 cm	126 cm	136 cm

FINISHED MEASUREMENTS & MATERIALS

FINISHED GARMENT MEASUREMENTS (INCLUDES DESIGN EASE)

Dimension	XS	S	M	L	XL	2XL	3XL
Finished Chest	88 cm	94 cm	100 cm	106 cm	116 cm	126 cm	136 cm
Hem Sweep	90 cm	96 cm	102 cm	108 cm	118 cm	128 cm	138 cm
Garment Length	68 cm	70 cm	72 cm	74 cm	76 cm	78 cm	80 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 yd	1 yd	1 yd	1.2 yd	1.2 yd	1.4 yd	1.4 yd
60" / 150 cm Fabric	0.85 yd	0.85 yd	0.85 yd	1 yd	1 yd	1.2 yd	1.2 yd

RECOMMENDED FABRICS & STRETCH PROPERTIES

Recommended Substrates: Cotton jersey with 20 30% stretch, Rib knit or modal blend with elastane/spandex, Athletic moisture-wicking stretch knit. Stretch Requirement: 20 30% crosswise stretch with good recovery.

NOTIONS & SEWING TOOLS CHECKLIST

- ☐ Matching all-purpose polyester sewing thread
- ☐ Ballpoint or stretch needle size 75/11 or 80/12
- ☐ 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 Body	Cut 1 on Fold	Main Fabric
Back Body	Cut 1 on Fold	Main Fabric
Neckline Binding Strip	Cut 1 on true 45° bias	Main Fabric
Armhole Binding Strips	Cut 2 on true 45° bias	Main Fabric

FABRIC PREPARATION & CUTTING RULES

- Press fabric before cutting to remove packing folds and pre-shrink fibers.
- Align piece grainlines strictly parallel to fabric selvages.
- Transfer notch markings with small 3 mm snips into the seam allowance margin.

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: Join the Tank Shoulder Seams

Place the Front Body and Back Body right sides together, match the shoulder edges, and stitch with a stretch-compatible stitch. Finish the allowances together and press them toward the back.

Step 2: Bind the Athletic Neckline

Join the short ends of the Neckline Binding Strip to form a loop. Quarter-mark the loop and neckline, place the binding against the right side, and stitch while stretching the binding evenly without stretching the body. Wrap the binding over the seam allowance to the wrong side and topstitch.

Step 3: Close the Tank Side Seams

Place front and back right sides together and match the underarm and hem edges. Stitch each side seam with a stretch-compatible stitch, finish the allowances together, and press them toward the back.

Step 4: Bind Both Armholes

Join each Armhole Binding Strip into a loop. Quarter-mark each loop and armhole, match raw edges with right sides together, and stitch with even tension. Turn the binding to the wrong side and topstitch, keeping both armholes symmetrical.

Step 5: Hem the Athletic A-Shirt

Try on the tank and confirm the finished length. Turn the printed body hem allowance to the wrong side, press without stretching, and topstitch with a coverstitch or narrow zig-zag. Give the neckline, armholes, and hem a final steam press.

TROUBLESHOOTING & PRO SEWING TIPS

Issue: Seams puckering along stitch line

Fix: Insert fresh needle and test balance on fabric scrap.

Issue: Wavy edge along curved perimeter

Fix: Staystitch immediately after cutting and use walking foot.