

# SPORTS THONG



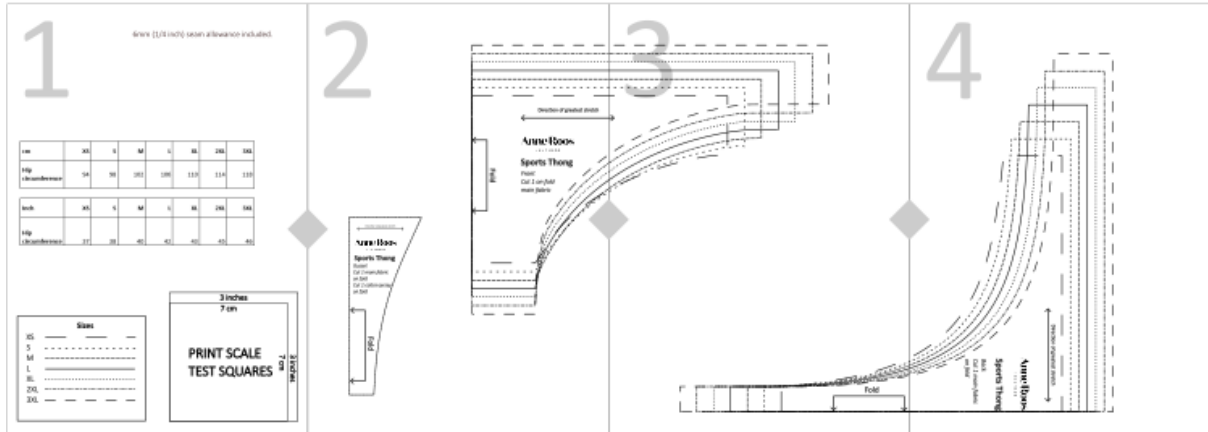
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# BEFORE YOU START

You can find the sewing pattern on pages 7 to 10 (A4) and 11-13 (US letter). Print the pattern at 100% scale. Print page 1 first, and measure the test squares. If the scale is correct, print the rest of the pattern pages. Assemble the pages according to the layout below, matching the grey diamonds.

**6mm (1/4 inch) seam allowance is included.**



## SIZES

The sizes range from XS to 3XL, and are based on hip circumference. Compare your hip circumference to the size chart, and choose the size closest to your measurement.

### SIZE CHART CENTIMETERS

cm	XS	S	M	L	XL	2XL	3XL
Hip circumference	94	98	102	106	110	114	118

### SIZE CHART INCHES

Inch	XS	S	M	L	XL	2XL	3XL
Hip circumference	36 7/8	38 1/2	40	41 5/8	43 1/8	44 3/4	46 3/8

## FABRIC AND NOTIONS

### RECOMMENDED FABRICS

**Main fabric:** choose a Lycra or jersey fabric with at least 50% stretch and good recovery.

**Lining:** cotton jersey

### FABRIC REQUIREMENTS

	Gusset lining	Main fabric
<b>Metric</b>	12.5 cm wide x 15 cm long	0.2 m
<b>Imperial</b>	5 inch wide x 6 inch long	0.25 yard



## INSTRUCTIONS

Place the right side of the main fabric gusset on the right side of the main fabric front and pin in place. Place the right side of the lining gusset on wrong side of the front and pin in place. The front should be sandwiched in between the two gusset pieces. Sew through the three layers with a 6mm seam allowance. Trim the seam allowance close to the seam.



Follow the same method for sewing the back to the main fabric and gusset lining pieces.



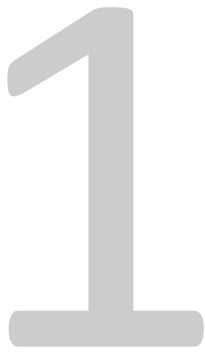
Turn the thong right side out.



Fold the thong with the wrong sides of the front and back together. Pin the sides and sew. Optionally you can sew the main fabric and cotton jersey gussets together at the edges with a small zigzag stitch or lightning stitch.

If you enjoyed sewing the thong, you can share the result on Instagram and tag me: @annerooshandmade



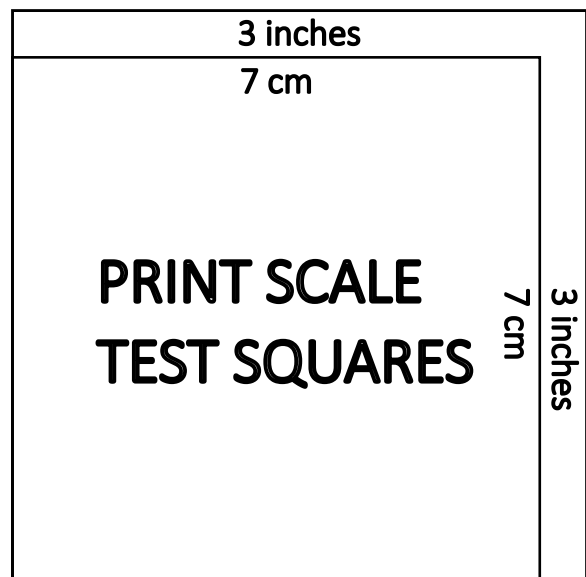


6mm (1/4 inch) seam allowance included.

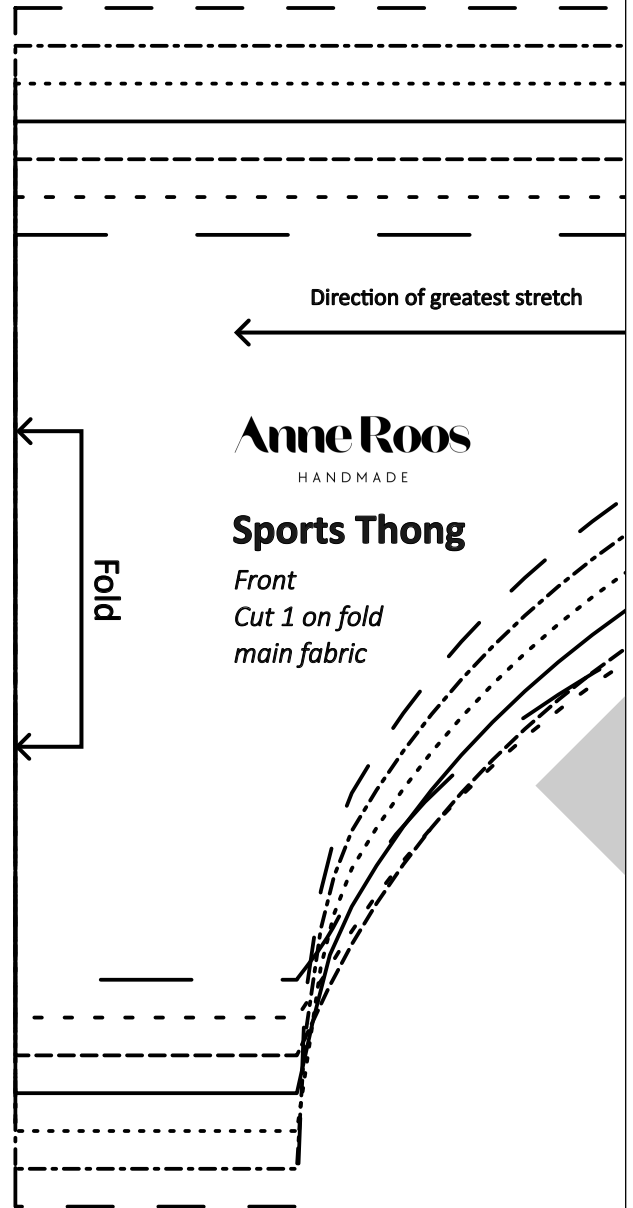
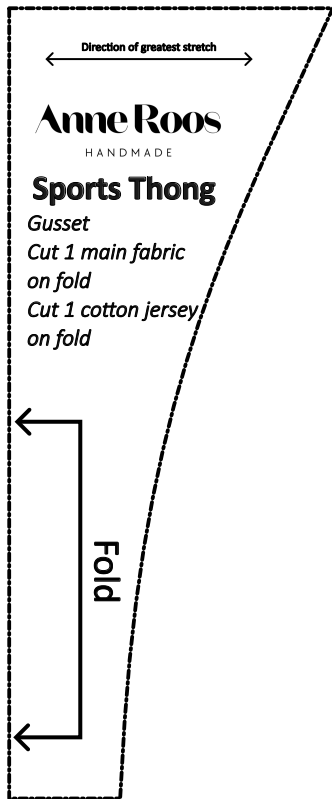
cm	XS	S	M	L	XL	2XL	3XL
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Inch	XS	S	M	L	XL	2XL	3XL
Hip circumference	37	38	40	42	43	45	46

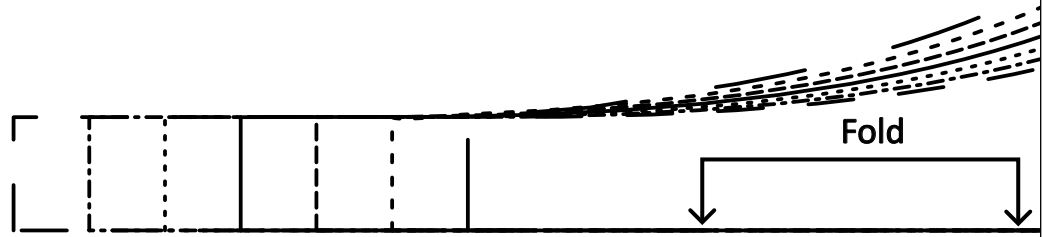
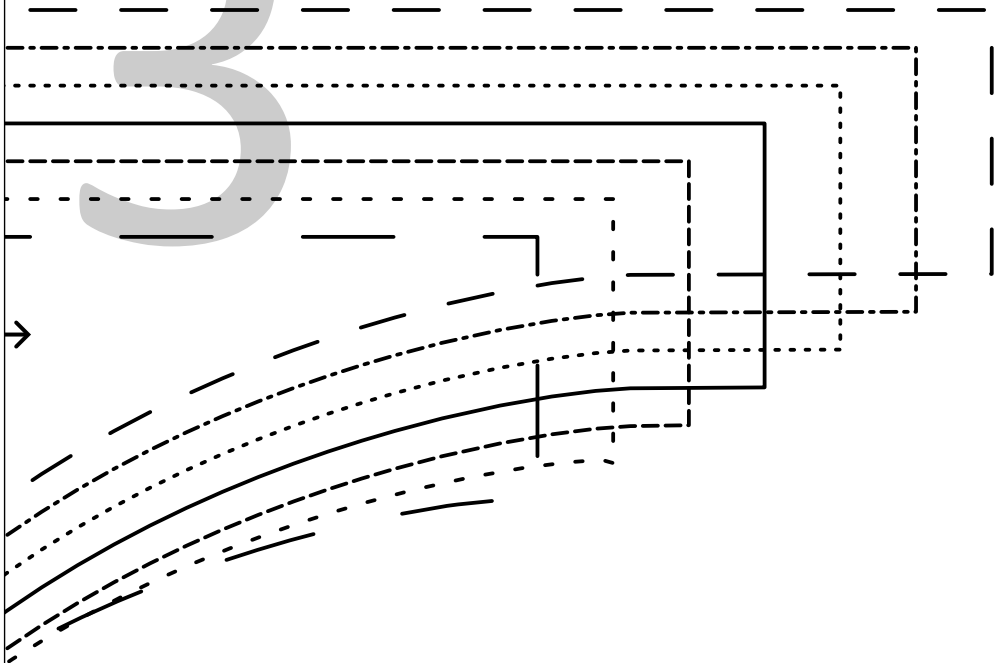
Sizes				
XS	_____	_____	_____	_____
S	- - - - -	- - - - -	- - - - -	- - - - -
M	- - - - -	- - - - -	- - - - -	- - - - -
L	_____	_____	_____	_____
XL	.....	.....	.....	.....
2XL	- - - - -	- - - - -	- - - - -	- - - - -
3XL	___	___	___	___



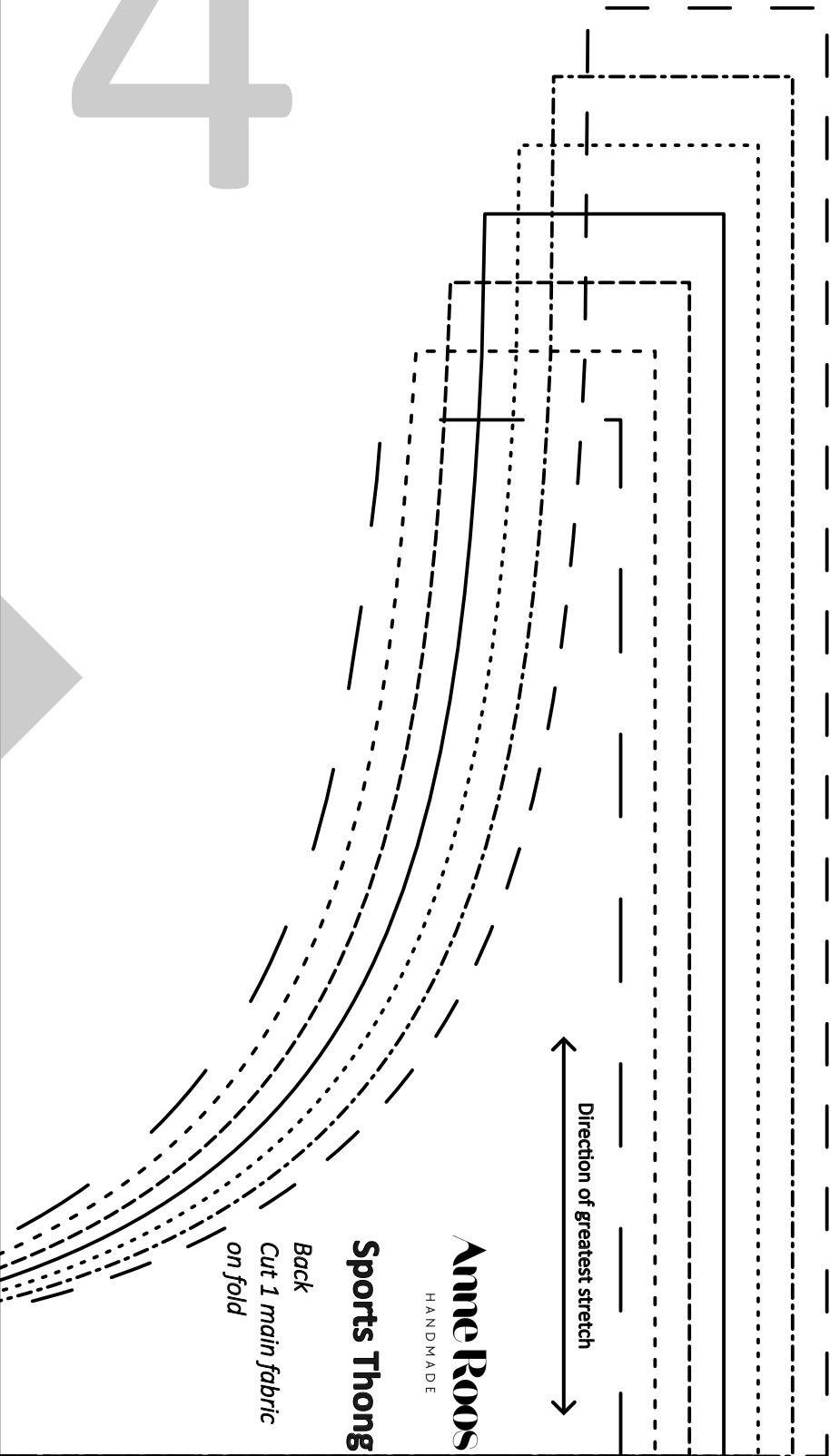
# 2



3



4



**Amee Roos**  
HANDMADE  
**Sports Thong**

*Back*  
*Cut 1 main fabric*  
*on fold*



# 1

6mm (1/4 inch) seam allowance included.

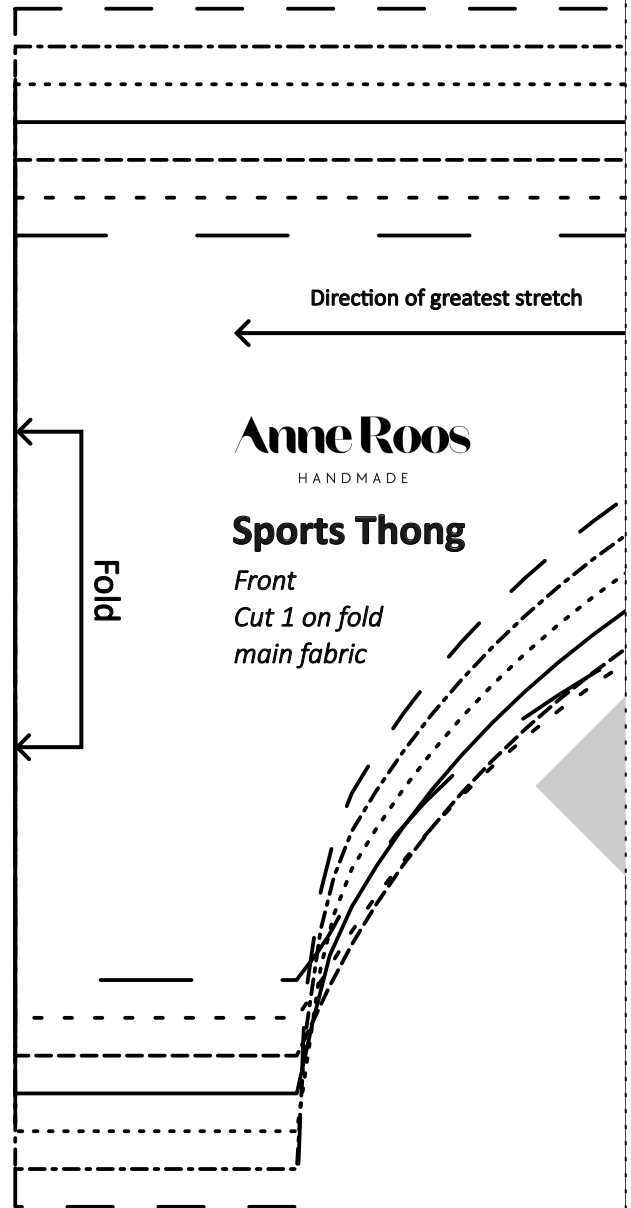
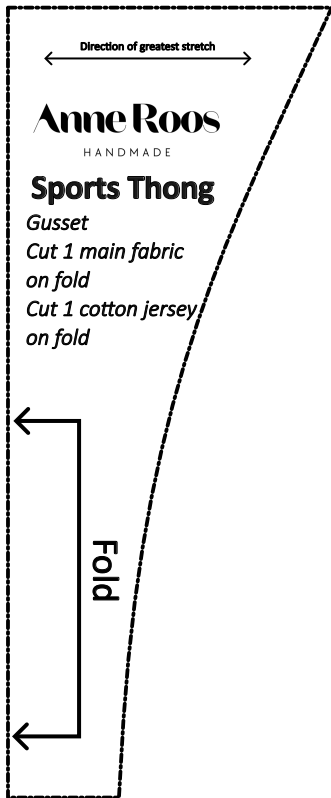
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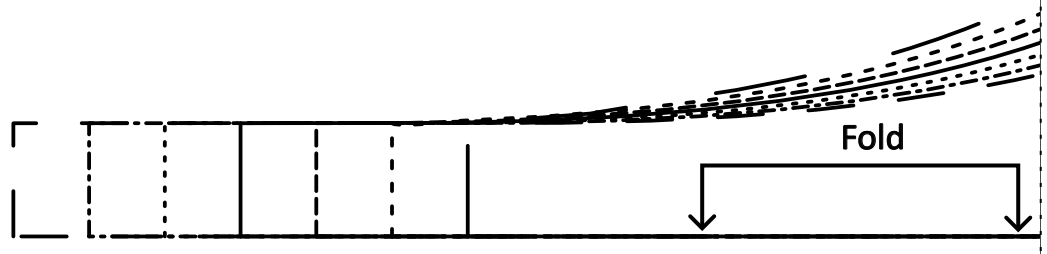
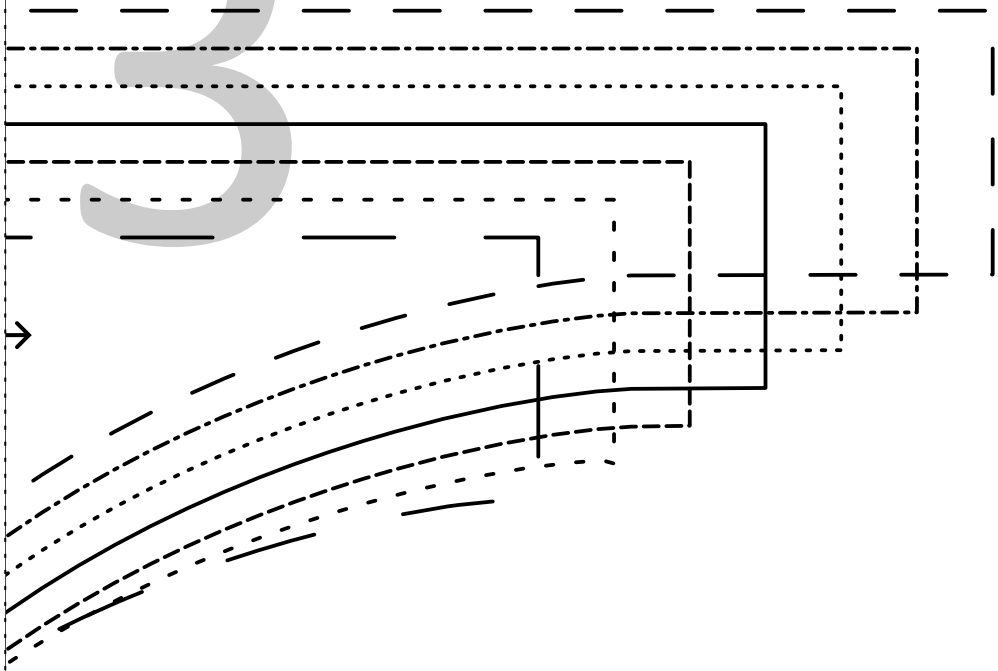
Sizes	
XS	_____
S	- - - - -
M	- - - - -
L	_____
XL	- - - - -
2XL	- - - - -
3XL	- - - - -

3 inches	
7 cm	
<b>PRINT SCALE TEST SQUARES</b>	
7 cm	3 inches

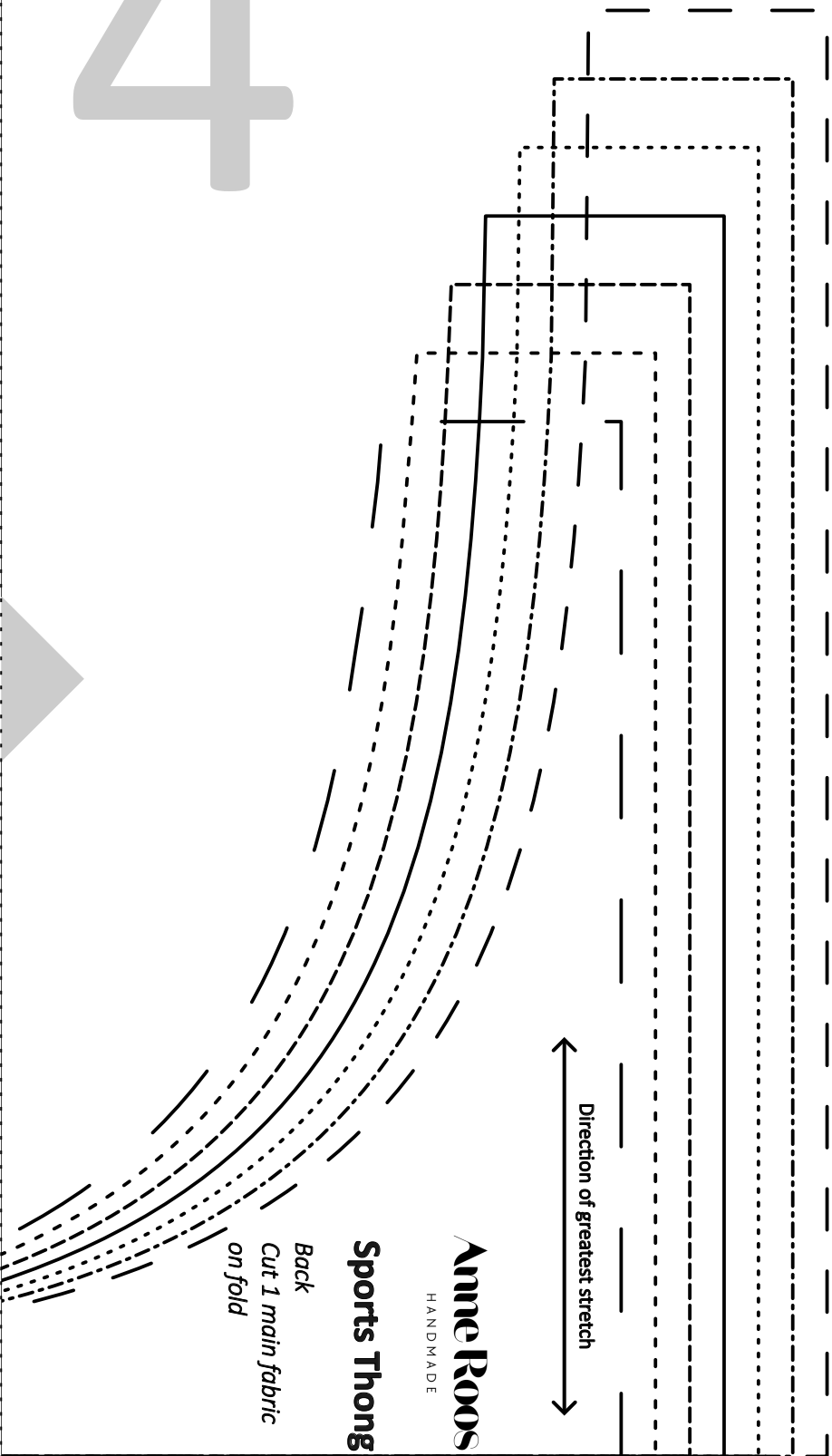
# 2



3



4



**Amee Roos**  
HANDMADE

**Sports Thong**

Back  
Cut 1 main fabric  
on fold

Direction of greatest stretch