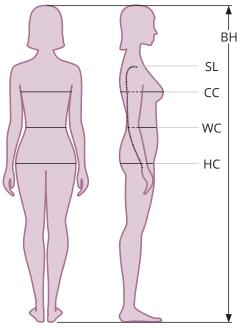




WHOOP PATTERN T-SHIRT





confection size	textile requirement					
134	60 cm					
140	60 cm					
146	65 cm					
152	65 cm					
158	70 cm					
164	70 cm					
170	75 cm					
176	75 cm					

R	lecommended
f	abrics

Please use stretchy fabrics (knitwear) to sew this pattern.

confection size	134	140	146	152	158	164	170	176
BH body height	134 cm	140 cm	146 cm	152 cm	158 cm	164 cm	170 cm	176 cm
CC chest	67 cm	70 cm	73 cm	76 cm	79 cm	82 cm	85 cm	88 cm
WC waist	59,5 cm	61 cm	62,5 cm	64 cm	65,5 cm	67 cm	68,5 cm	70 cm
HC hip	72 cm	75 cm	78,5 cm	82 cm	85,5 cm	89 cm	92,5 cm	96 cm
SL sleeve length	47,3 cm	49,8 cm	52 cm	54,2 cm	56,4 cm	58,6 cm	60,8cm	63 cm

Legal Notice

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Seam allowances

!Whoop patterns do not contain seam allowances. Please add the seam allowance you are used to. We recommend 1.5 cm and 3 cm at the hems for a first cut. If you have already sewn the cut and the size fits, a seam allowance of 0.7 cm is sufficient. This corresponds to the width of the presser foot of your sewing machine and 1.5 cm at the hems.

Prewash fabrics

Many fabrics run in when washed for the first time. We, therefore, recommend pre-washing the fabrics.





Recommended fabrics

Please use stretchy fabrics (knitwear) to sew this pattern.

Legal issues

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Sewing the front parts together

Place the lower edge of the front part 1 flush with the upper edge of the front part 2 (right to right). Pin and sew both parts together. This way you get your front part.

Sew the back part in the same way.

Close shoulder seams

Place the front part right to right on the back part so that the shoulder seams are flush with each other. Pin and sew the shoulder seams.

Close side seams and hem armholes

Place the front part right to right on the back part. Close the side seams up to the dividing seam. It is important that you work here with the sewing machine and not with the overlock, because you need the seam allowances immediately to create the hems out of them.

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Iron the seam apart and the seam allowances of the armholes also to the left side. Pin here.



Sew on the seam allowance to obtain this armhole. How you sew the lower edge, can be seen again exactly on the next picture.



First sew one side of the seam allowance tightly, down to the armpit. There your needle must be in the fabric so that you can lift the presser foot without moving the fabric. Turn the fabric carefully so that you can sew the small piece in the armpit area with a cross seam. Then turn again and sew the other side of the seam allowance in the armhole area.



This is what it looks like from the right.





Hemming your shirt

Your shirt is in front of you, turned inside out. Fold the hem 2 cm wide towards the left side of the fabric. Press the edge and pin the hem.



Sew the hem as shown. To keep the width, you can use the markings on the stitch plate as a guide.



This is what your finished hem looks like from the left side of the fabric.

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Notes on cuffs

The whoop cut is designed for cotton jersey. If you use other materials, you should adjust the length of your cuff.

Rule of thumb: neckline circumference x 0.7 for cuffs and other highly elastic materials.

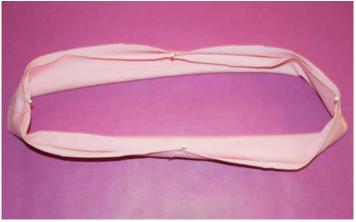
Sewing neck cuffs

Sew the neck cuff right to right together on the short side.



Iron the seam allowance apart. Then fold it left to left along the length.

The cuff now lies double. Fix it with a pin in the seam area. The seam will later be in the centre back (middle of the back).



Now insert a new needle exactly opposite the first one. This will be the centre front (middle of the front part). Divide the cuff into four equal parts by inserting two more needles.



Divide the neckline in the same way. One needle each in the centre front, centre back and two more to quarter the neckline.

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Place the cuff on the neckline, right to right. The needles of the centre back lie on top of each other. Pin the neck cuff to the neckline at this point.



Insert the remaining needles in the same way.



Insert more needles. Stretch the neck cuff and the neckline until the fabrics lie flat on top of each other. In this way the extra width (the neckline is wider than the cuffs) is evenly distributed.



When sewing on, stretch both fabrics so that they lie flat on top of each other.





After sewing it on, your neck cuff should look like this. If your fabric curls, ironing can work wonders.