

Exercise Wrist Band



Supplies

- Pink terry cloth 5 1/2" x 55" (14 x 140cm)
- 4 spools white overlock thread
- Pink sewing thread to match the fabric
- Pink rayon embroidery thread 30wt
- Blue rayon embroidery thread 30wt
- Pins
- Tear-away stabilizer
- Piece of Velcro
- Water soluble marker

PFAFF® Accessories

- PFAFF® hobbylock™ or coverlock™
- PFAFF® sewing machine
- Sewing Stars Foot with IDT™ (820 654 -096)

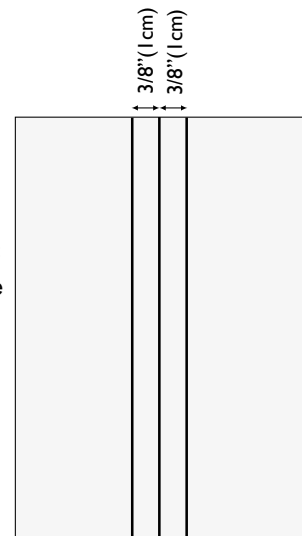
CUT



Pink terry cloth:

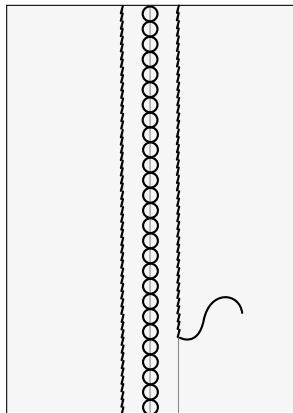
- 1 piece 5 1/2" (14cm) wide by your wrist measurement plus approximately 1 3/8" (3cm)

Embellish

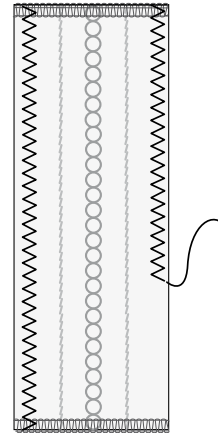
- On the pink fabric draw 3 lines with a water soluble marker. Draw the lines down the length of the fabric with one line down the centre and one line 3/8" (1cm) on each side of the centre line.



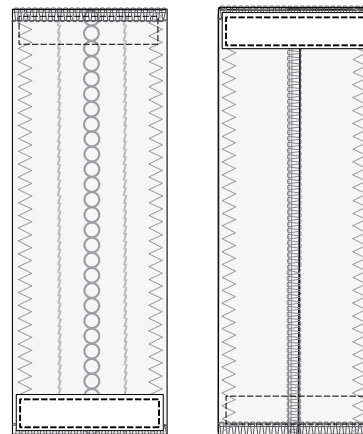
- Pin a piece of tear-away stabilizer to the wrong side of your fabric positioning under the drawn lines.
- Thread your machine with blue embroidery thread in the top and bobbin. Choose a decorative stitch. We used stitch . Snap on the Sewing Star foot.
- Sew the decorative stitch on the marked centre line.
- Thread your machine with pink embroidery thread in the top and bobbin.
- Choose another decorative stitch, we used stitch  and sew the decorative stitch to the right of the centre stitch. Mirror image the seam and sew on the left side in the same way. Tear away the stabilizer and press.



- Overcast the short edges.
- Thread your sewing machine with pink sewing thread in the top and bobbin. Choose a three step zigzag and sew a seam along the long edges to hold the overcast seam in place.



- Sew the opening on backside in place by hand.
- Change to a straight stitch and sew the Velcro piece in place as illustration.



Finished!

Sewing

- Set the Overlock machine for a 4-thread overlock and overcast the long side edges. Fold 1 1/2" (4cm) on both long sides to the wrong side and press.

