

ABOUT AIRES

EDITION 1.0

A*ires* will have you looking and feeling great even through the sweatiest workout. These capri-length, fitted athletic tights feature curved style lines, perfect for color blocking. The crotch gusset adds strength and provides flattering fit through the rise. A wide waistband and moderate rise keeps *Aires* in place through downward-facing dog and burpees alike.

Keep *Aires* simple by using a sturdy black technical knit, or infuse some fun into your fitness routine by choosing a novelty print with contrasting mesh details. Regardless of your style, this three-hour project will have you feeling confident in and out of the gym.

SUPPLIES

All-purpose polyester sewing thread, ballpoint needle, ballpoint twin needle, two yards of $\frac{1}{4}$ " knit elastic.

MAIN FABRIC

Any mid- to heavy weight athletic fabric with 4-way stretch (at least 25%) such as nylon, spandex, and rayon blends such as ponte knit and milliskin. *Optional:* Use a stretch mesh fabric for the **contrast panel (F)**.

	0 - 2	4 - 6	8 - 10	12 - 14	16 - 18	20 - 22	24 - 26
	XS	S	M	L	XL	2X	3X
BODY MEASUREMENTS (INCHES)							
WAIST	25 - 26	27 - 28	29 - 30 $\frac{1}{2}$	32 - 34	36 - 39	41 - 43	44 - 47
HIPS	35 - 36	37 - 38	39 - 40 $\frac{1}{2}$	42 - 44	46 - 50	52 - 54	56 - 58
FABRIC REQUIRED (YARDS)							
MAIN FABRIC							
45" *	1 $\frac{1}{2}$	1 $\frac{1}{2}$	1 $\frac{3}{4}$	2 $\frac{1}{8}$	2 $\frac{1}{8}$	2 $\frac{3}{8}$	2 $\frac{3}{8}$
60" *	1	1	1 $\frac{3}{8}$	1 $\frac{3}{8}$	1 $\frac{3}{8}$	1 $\frac{1}{2}$	1 $\frac{1}{2}$
FINISHED GARMENT (INCHES)							
WAIST	23 $\frac{3}{4}$	25 $\frac{3}{4}$	28 $\frac{1}{4}$	31 $\frac{3}{4}$	35 $\frac{3}{4}$	39 $\frac{3}{4}$	43 $\frac{3}{4}$
HIP	27	29	31 $\frac{1}{2}$	35	39	43	47
INSEAM	15	15 $\frac{1}{3}$	15 $\frac{2}{3}$	16	16 $\frac{1}{3}$	16 $\frac{2}{3}$	17

* Pattern layouts are nondirectional. Purchase additional yardage if using napped or printed fabrics.

STRETCH GUIDE

4" OF FABRIC	MUST STRETCH HERE
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