



Ultimate Sports Bra Pattern

As most of our readers would know, I'm not a fan of gyms as I explained in my first post on creating [A New Workout Wardrobe: My New Year Resolution](#). But I actually would love to own a sports bra that gives me not only support but comfort. I think this particular item of clothing is the "unicorn" in our wardrobe. Almost like a myth, it seems to be a never-ending search for that one bra that will give me comfort while securing the girls during a vigorous workout. However, look no further..... the Ultimate Sports Bra Pattern does exist --although you may have to make it yourself.

This project is for making a race back sports bra pattern with a front facing for extra comfort and the ability to insert pads. There's also a 1" under-chest band for maximum support.

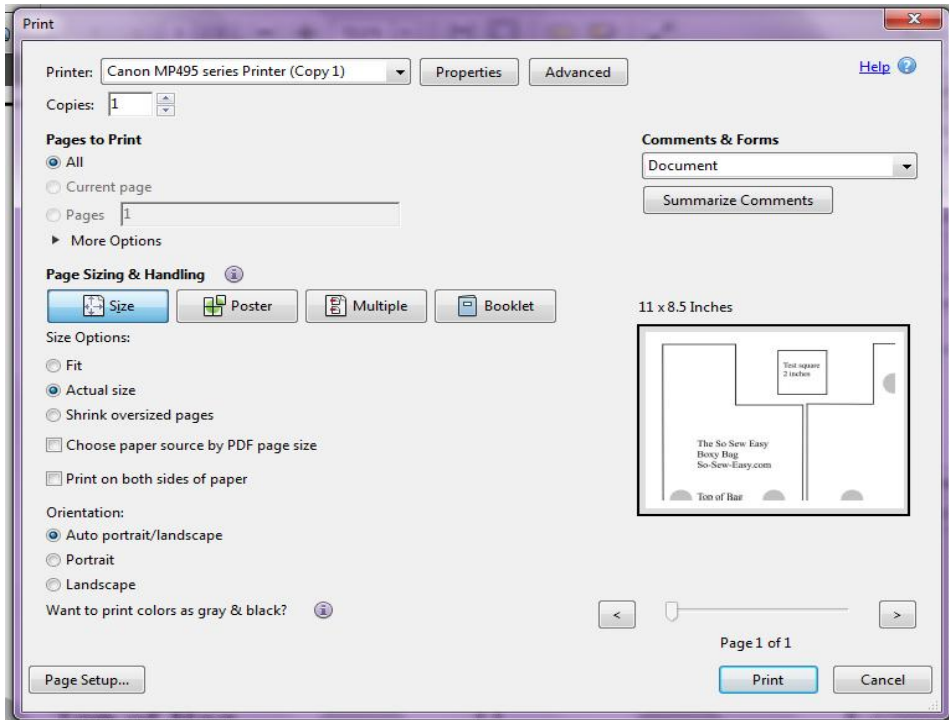
A sports bra is designed to compress your chest to the point of wanting to take the bra off while driving in your car on your way home --or at least that is how I feel. It's the reason I carry a huge gym bag so I can shower and change from that awful squeeze which can be like being hugged by that smelly old uncle you cannot wait to get away from. Well, I'm trying to change that with this design, which will give you the support without excess compression.

You can read more about this pattern over at [So Sew Easy](#) **HERE**.

Find more great sewing patterns at So Sew Easy – <http://so-sew-easy.com>



To print your PDF pattern



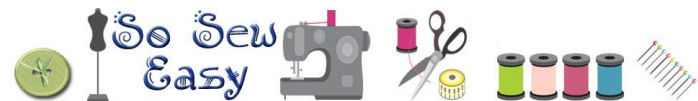
the reverse of your fabric to cut.

Help printing and assembling your pattern

You can find helpful tutorials on how to download, print and assemble PDF sewing patterns here:

[How to download and print a PDF sewing pattern](#)

[How to print and assemble a PDF sewing pattern](#)



Your pattern pieces come at the end of these instructions. For accurate printing, please make sure you are using the latest version of Adobe Reader. You can [download the latest version here](#) if you need to.

Select File → Print and the print dialogue box opens. Under Page Sizing and Handling, select ACTUAL SIZE . Check the preview in the right hand side illustration. Select the page numbers you want to print. You can print the whole document, or just the pattern pieces.

On the edge of the top left page is a box you can use to test your printing. This box should measure 2 inches square. If yours is wildly different you will need to check your printer options to make sure the pages are not being resized.

Use the grey guides on the overlap of the sheets to match up the pattern pieces, folding under or cutting off any overlaps, tape together and cut out your pattern pieces.

Also note that you will need to cut two straps at 4 inches by 22 inches, for which no pattern piece is supplied – it's just a rectangle! You can draw the straps on

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Materials:

- Two yards [Fold over elastic for bra 5/8"](#) or [fold over elastic in 3/4"](#)
- [Ball point needle #10](#)
- Thread to match
- 1/2 yard Spandex/nylon 4-way stretch, [lycra milliskin nylon Spandex](#)

Tools:

- [Rotary cutter](#) (optional, but highly recommended)
- Serger/Overlocker (optional)



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Thank you for downloading this pattern and tutorial. I hope you enjoyed making this project and remember that I love to see what you made so do upload your completed projects to the pattern page on Craftsy.

Keep up with all the latest news and sewing projects at [So Sew Easy](#).

We also have a really great sewing chat group where you can ask questions, share your completed projects, and get 24 hr sewing inspiration. It's not just for So Sew Easy projects – you can chat about all sewing there, whether a newbie just starting out, or an advanced and experienced sewer, there's something for everyone in the sewing chat group. Join us here.

[SEWING CHAT GROUP](#)

For the latest list of both free and paid patterns available, pop on over to [my designer page at Craftsy](#).

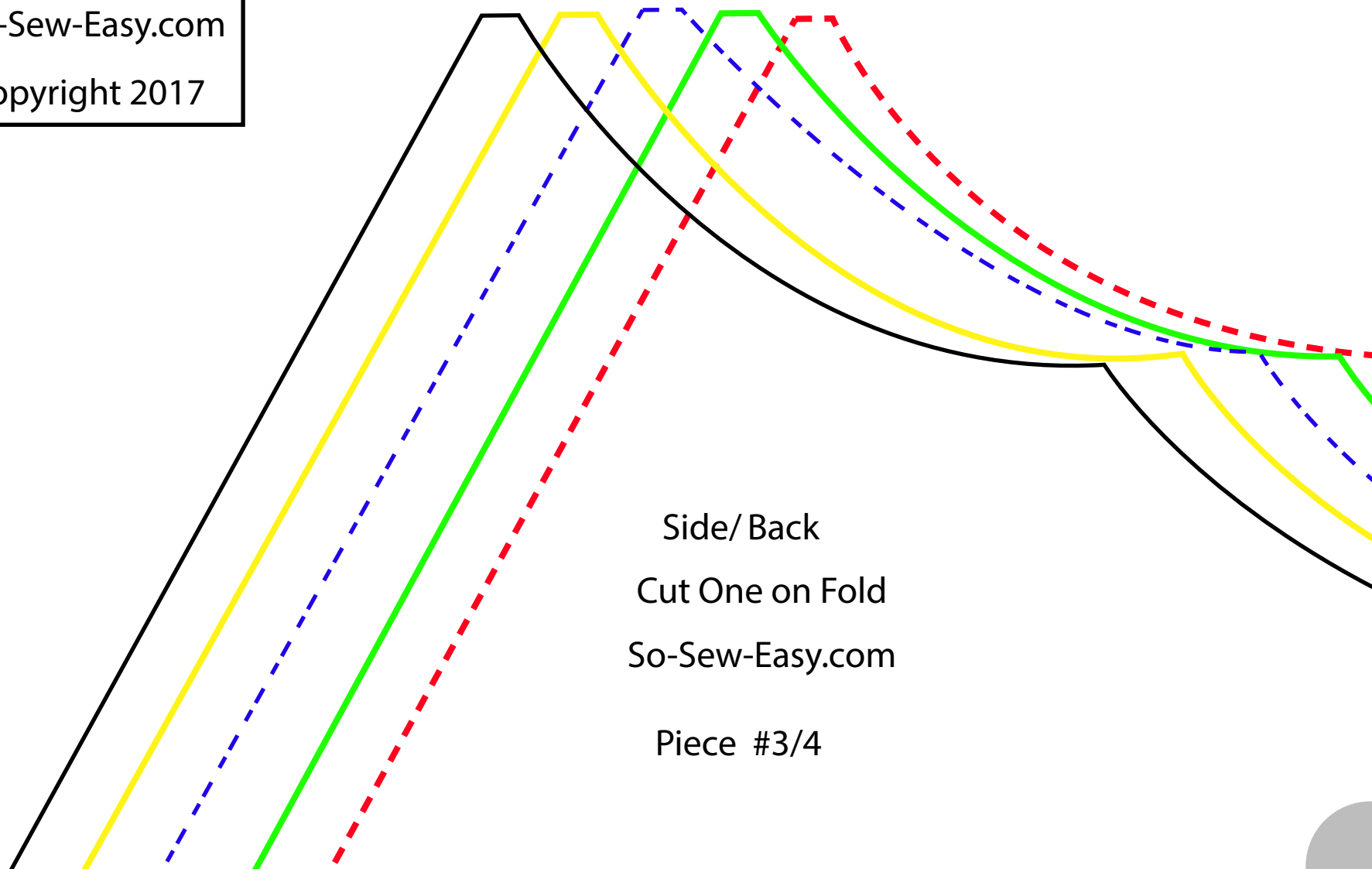
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Usage – you ARE allowed to use this pattern to make things to sell on a small handmade basis, such as for craft fairs and for your Etsy shop. However it may not be used for larger scale commercial purposes without a commercial license.




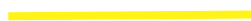

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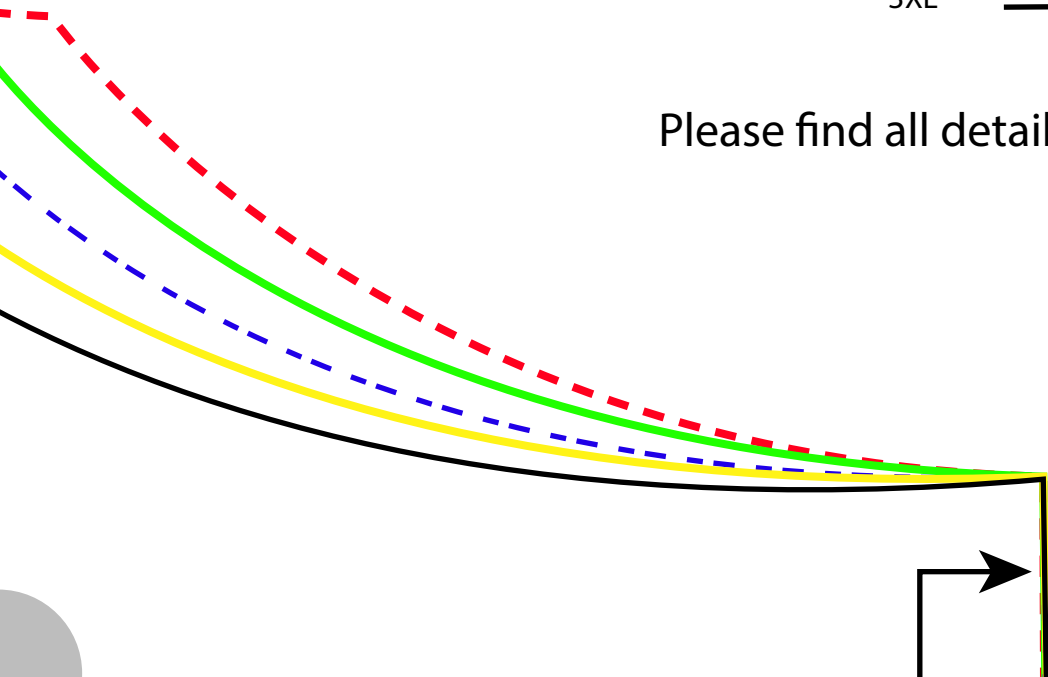
Ultimate
Sports Bra Pattern
2" X 2" Square Test
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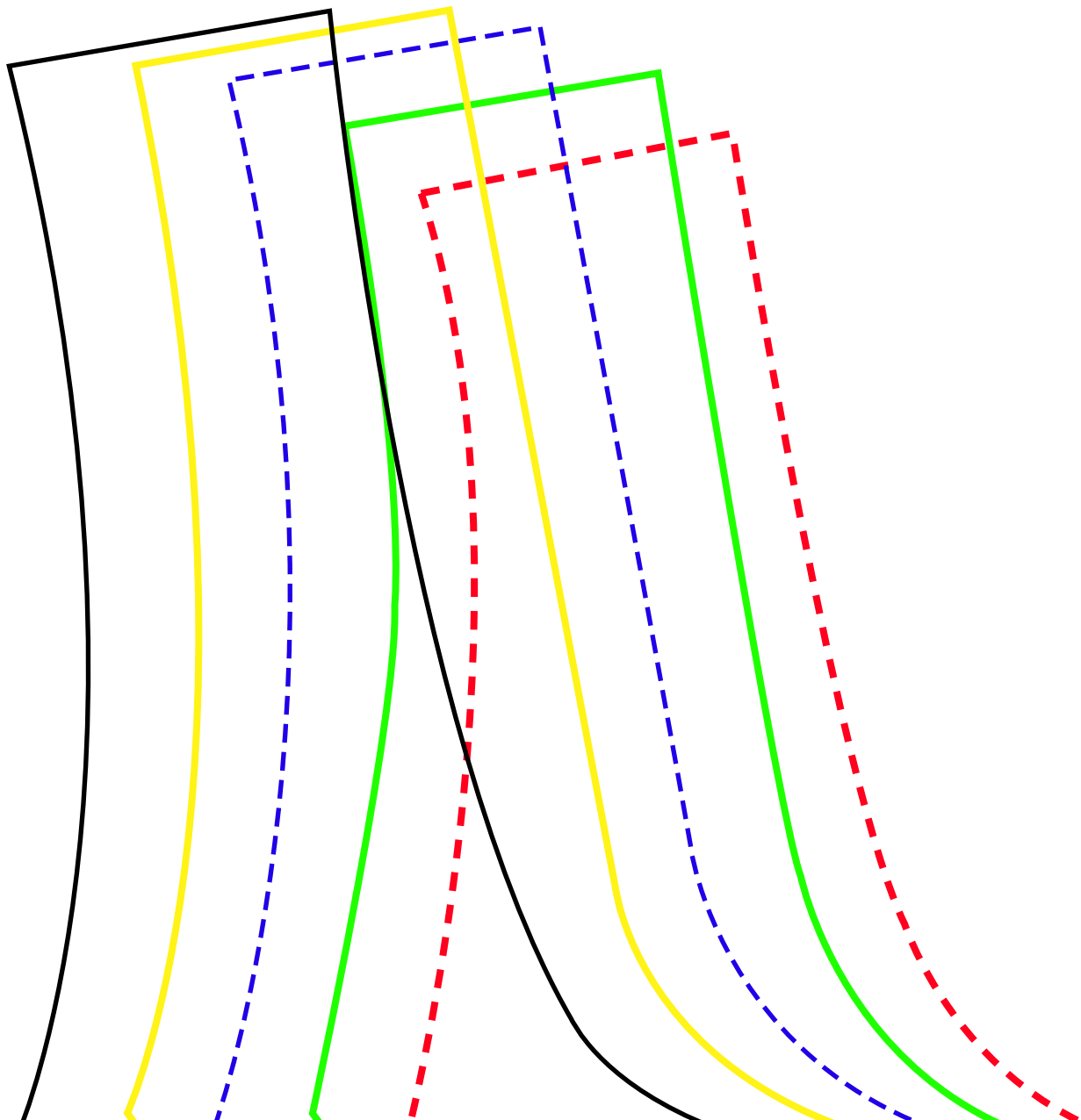


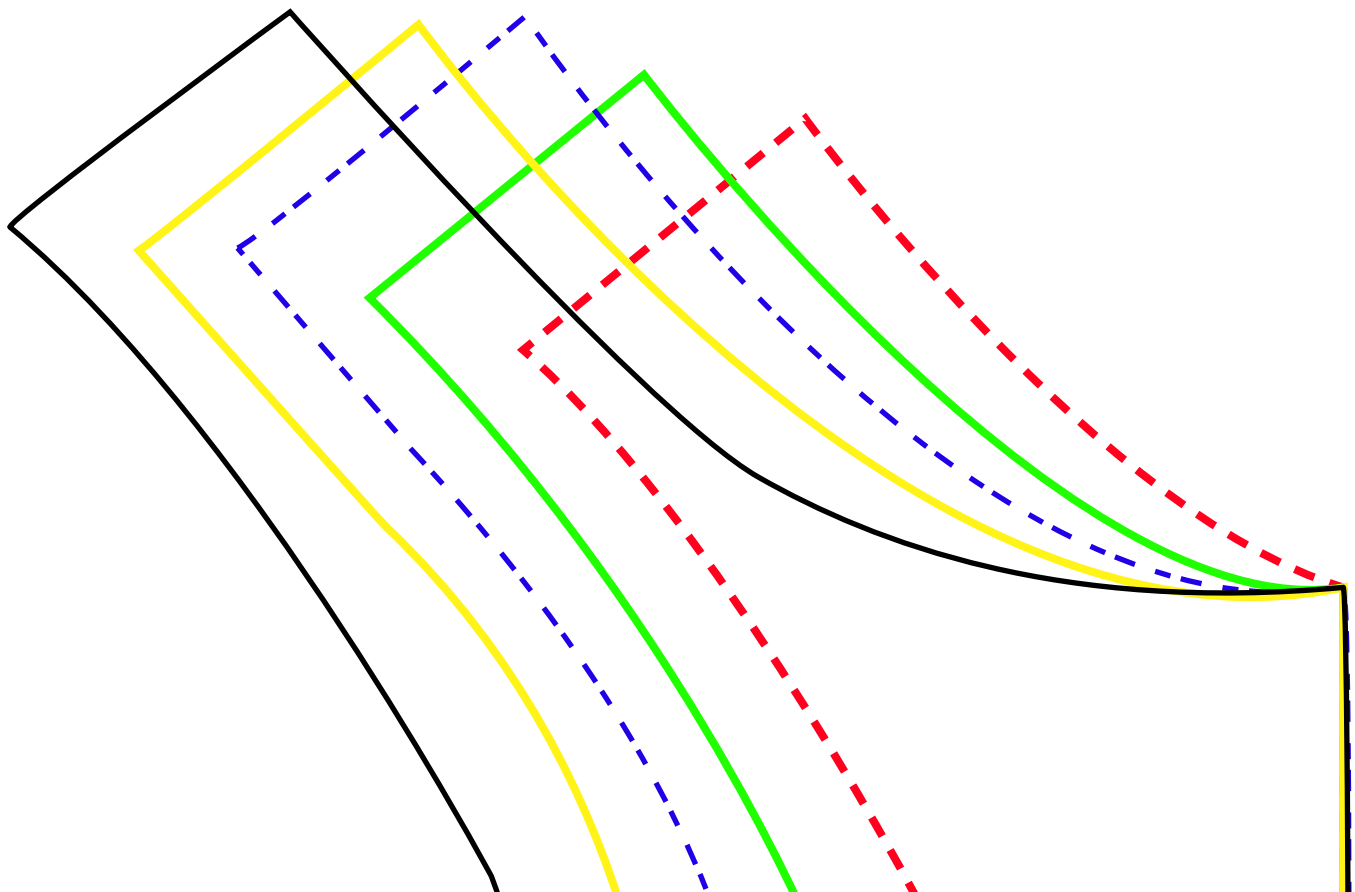
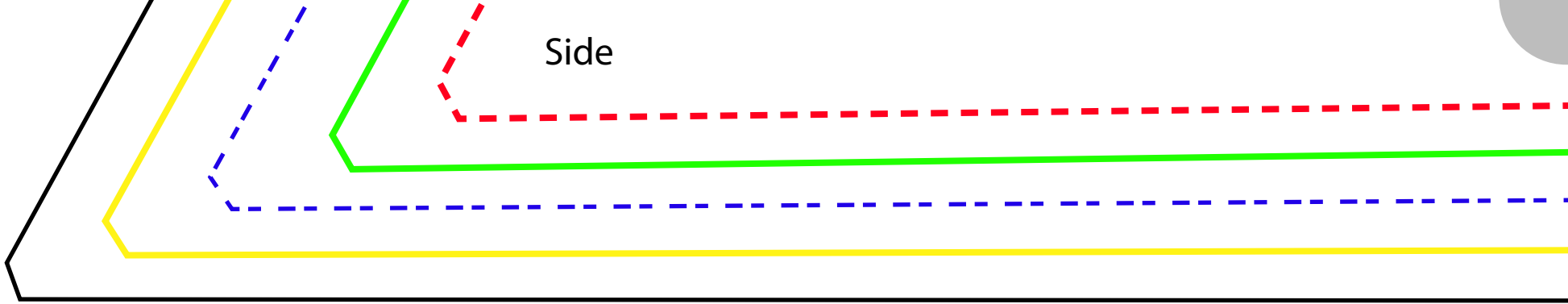
Side/ Back
Cut One on Fold
So-Sew-Easy.com
Piece #3/4

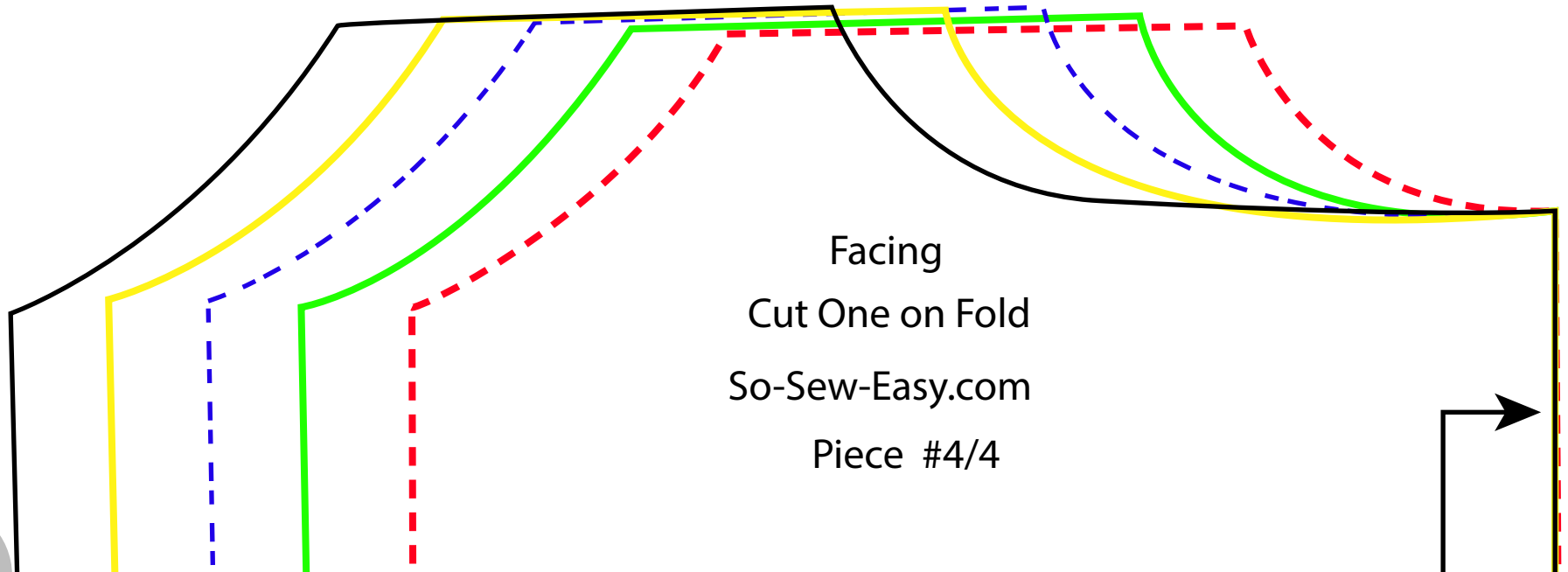
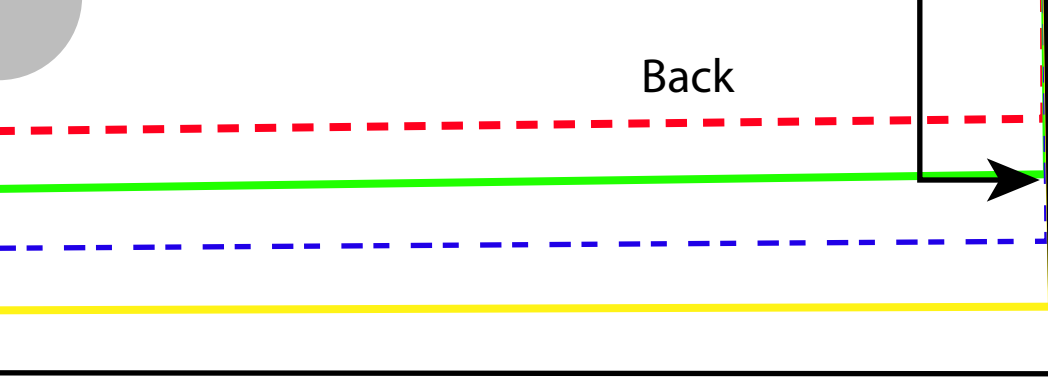
- M 
- L 
- XL 
- 2XL 
- 3XL 

Please find all detailed instructions @ so-sew-easy.com

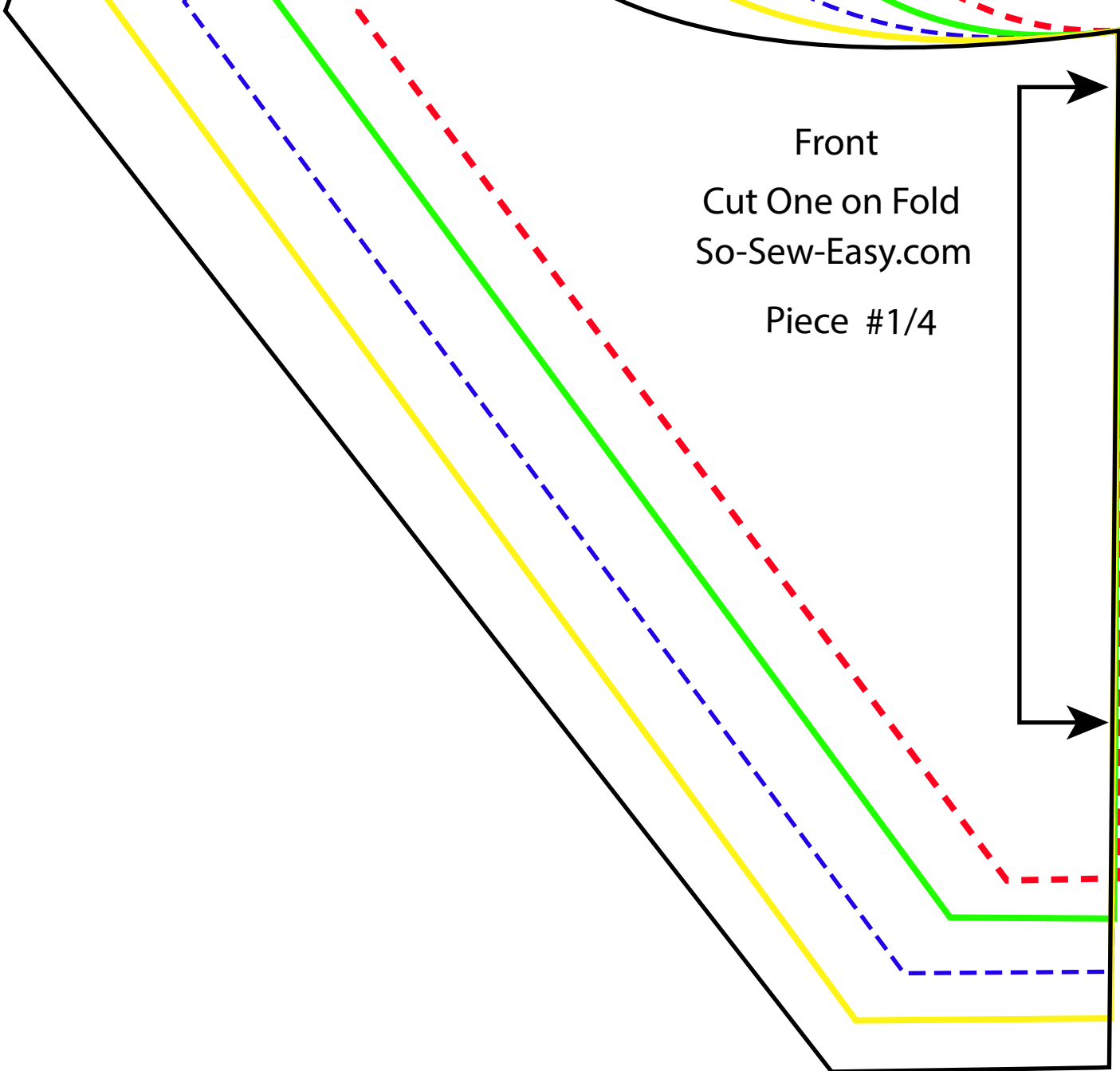


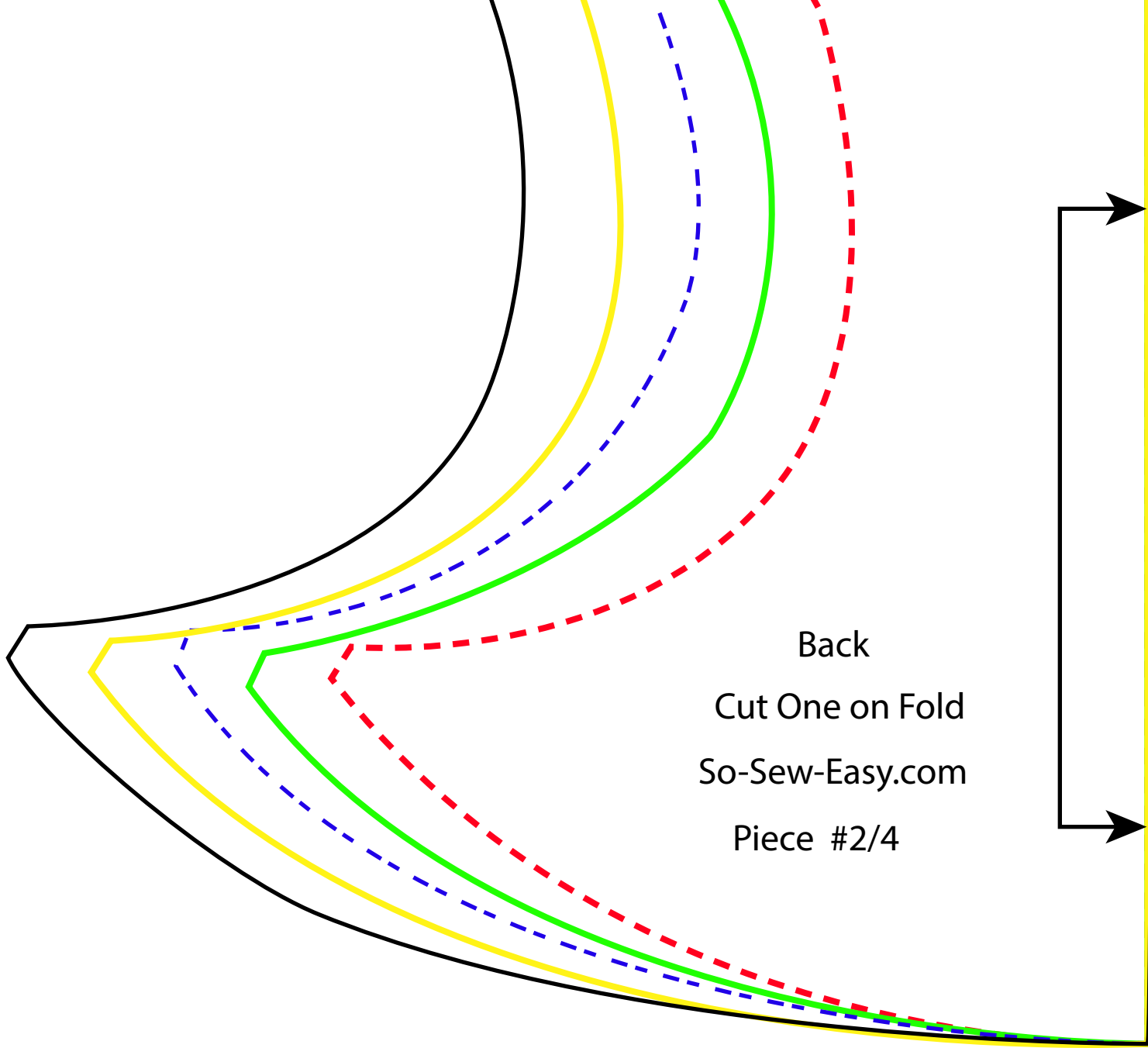






Front
Cut One on Fold
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Piece #1/4





Back

Cut One on Fold

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Piece #2/4

