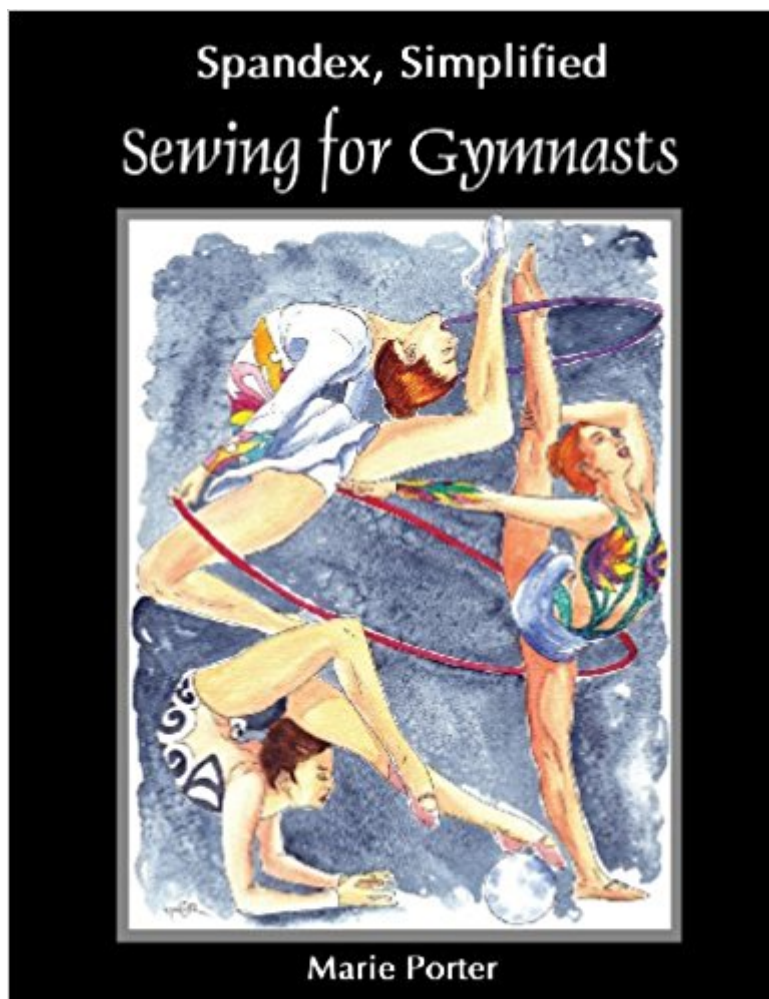


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# Spandex Simplified: Sewing For Gymnasts



## Synopsis

Sewing for Gymnasts is the third title in Marie Porter's Spandex Simplified series, and is all about designing and creating spectacular and durable leotards for gymnasts of all disciplines - Artistic Gymnastics, Rhythmic Gymnastics, Trampoline, Tumbling, Acrobatic Gymnastics, Aerobic Gymnastics, and more. This book is appropriate for beginner to advanced levels of sewing ability, and is written from both a designer, and former "performance" athlete's point of view. It will teach everything from the basics, to tricks of the trade. Spandex Simplified : Sewing for Gymnasts will prepare the reader to design and make almost any design of practice or competition leotard imaginable - artistic and rhythmic are both covered. Given the cost of decent competition leotards, this manual can more than pay for itself with the savings from just one project! The entire book is written completely in layman's terms and carefully explained, step by step. Only basic sewing knowledge and talent is required. Learn everything from measuring, to easily creating ornate applique designs, to embellishing the finished suit in one book! Please note: As spandex patterning and sewing techniques are largely the same across many styles of costuming, a large portion of each Sewing with Spandex title is the same/similar to the other Sewing with Spandex titles. We recommend consulting the Table of Contents for each book you're considering:

- Basic Principles of Leotard Design - Proper Fit & Safety Considerations - Figure Flaw Camouflage - Designing for the Gymnast - Designing for the Music - Visibility - Functionality - Colour Theory - Unity - Selecting Fabrics
- Pattern Alterations - Measuring - Using a Pattern - Sizing a Pattern - Adding Length - Removing Length - Adjusting Curve of the Back - Adjusting the Butt Length - Base Pattern Alteration Final Notes
- Sewing Techniques - In the Beginning - Cutting the Fabric - Seams - Elastic Application - Thread Colour Selection - Colour Blocking - Applique - Lace Overlays - Lining - Piping - Hems - Zippers - Closures - Making Straps - Hems
- Leotard Assembly - Basic Leotard & Singlet Assembly - Basic Skirted Leotard Assembly - Tights & Shorts - Unitards & Biketards - Applying a Sleeve
- Style Techniques - Backs and necklines - Sleeves - Skirts
- Embellishments - Hand Painting - Foil Embossing - Glitter - Sequins - Crystals
- Accessories - Scrunchies - Grip Bags
- Proper Care of Leotards
- Resources
- Note Pages

## Book Information

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## Customer Reviews

Marie Porter began sewing spandex costumes as a way to finance her figure skating training, starting at age 11. By the time she took an extended break from the fashion industry at the ripe old age of 25, she had created stretchy works of art for various entertainers, Olympic athletes, the Canadian national synchro swimteam, WWE wrestlers, and more. Marie wrote "Sewing for Skaters and Gymnasts and Dancers... Oh My!" at the age of 21 - the first sewing manual of its kind. Due to popular demand, it was followed by "The Skating Dress Style Book" a year later - focusing on pattern alteration techniques for style. She was soon touring North America, teaching people her techniques in seminars. 10 years later, those basic, black and white photocopied manuals - featuring hand drawn sketches - were combined, expanded on, and updated to become "Sewing for Skaters" - one of the first books in the Spandex Simplified series. Upgraded with more information, full colour photography, and digital sketches, the Spandex Simplified series is THE go-to resource for anyone looking to sew with spandex. Michael Porter (Who goes by "Porter") is a food and commercial photographer located in Minneapolis, Minnesota. Porter's work has appeared in local, national, and international magazines, in catalogs, corporate websites, and as well as in many online media outlets. He is responsible for the vast majority of photos on the Celebration Generation blog, as well as all of the photography in Celebration Generation books. In addition to being an awesome husband and photographer to Marie, Porter is Celebration Generation's "Chief Engineering Officer", responsible for all custom builds, equipment repairs, and warp engine emergencies. His most recent large scale project is rebuilding the Porter house kitchen after the tornado... using lumber milled from the 100+ year old black walnut tree that landed on the house! In his spare time, Porter is an avid homebrewer and is pursuing a degree in engineering.

I have been sewing for 18 years and I was looking to start constructing gymnast apparel. This book is helpful has some good pointers.

If you have read one of her books, you have, literally, read them all! This is the second book I bought, and paid way too much for! There were 4 extra pages in this book, 4! The first book was very helpful and worth, almost, the price. These books go for over \$50.00 each! I was happy with the information I got from it and was looking forward to learning more. The cover was different, so and so was the title. I thought there were more secrets to the art of sewing with spandex, if there are, they weren't in this book. Buy one of her books, but don't buy another!!!!

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Spandex Simplified: Sewing for Gymnasts Sewing: Absolute Beginners Guide to Sewing with Speed, Creativity and Mastery (Sewing 101, Sewing Mastery) Spandex Simplified: Sewing for Skaters Sewing: An Amazing Hand Sewing Guide for Complete Beginners to Sew by Hand and Learn About Sewing Gertie's New Book for Better Sewing:: A Modern Guide to Couture-Style Sewing Using Basic Vintage Techniques (Gertie's Sewing) A Lion's Tale: Around the World in Spandex The Ultimate Guide to Being a Superhero: A Kid's Manual for Saving the World, Looking Good in Spandex, and Getting Home in Time for Dinner Gymnastics Psychology: The Ultimate Guide for Coaches, Gymnasts and Parents I Can Do Gymnastics: Essential Skills for Beginning Gymnasts (Spalding Sports Library) Little Girls in Pretty Boxes: The Making and Breaking of Elite Gymnasts and Figure Skaters American Gymnasts: Gold Medal Dreams Sewing (5th Edition): Sewing For Beginners - Quick & Easy Way To Learn How To Sew With 50 Patterns for Beginners! Sewing School: 21 Sewing Projects Kids Will Love to Make Sewing School 2: Lessons in Machine Sewing; 20 Projects Kids Will Love to Make Sewing Clothes Kids Love: Sewing Patterns and Instructions for Boys' and Girls' Outfits Sewing (5th Edition): Sewing for Beginners - Quick & Easy Way to Learn How to Sew Sewing, 2nd Edition: The Definitive Guide to Sewing for Beginners Sewing: The Ultimate Guide to Mastering Sewing for Beginners in 30 Minutes or Less! Sewing Secrets from the Fashion Industry: Proven Methods To Help You Sew Like the Pros (Rodale Sewing Book)

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