

Description: The men's bike short can be worn as underwear, athletic shorts, or as a swimsuit. They are designed to be form fitting. We recommend .35mm gauge sheeting for proper stretch and fit, although other gauges can be used.

Difficulty level: Intermediate. There are several curves that beginners may find difficult to adhere.

Recommended gauge: .35mm

Video URL: <http://www.mjttrends.com/tutorial,DIY-Latex-Bikeshort>

Cut out the pattern

Step 1: Cut out each pattern piece along the solid lines.

Step 2: Place your pattern pieces face up (the side with the print on it) on top of your material.

Step 3: Cut out your material.

Step 4: Using post-it sign-here flags or scotch tape, mark the following seams at every 4 inches:

- Left leg front
- Left leg rear
- Right leg front
- Right leg rear
- Front left seam
- Front right seam
- Rear left seam
- Rear right seam

Glue the seams

Step 5: Apply glue to the front and rear seams and join. All seam widths should be $\frac{1}{4}$ inch. All seams will be a flat fell seam (the sheeting is laid directly on top of the other).

Step 6: Starting at the top of the left leg and the top left of the front, glue the two pieces together, matching up the 4 inch tape marks as you go.

Step 7: Starting at the top of the right leg and the top right of the front, glue the two pieces together, matching up the 4 inch tape marks as you go. You'll want to make sure that the left leg and right leg ends at the same place across from each other.

Step 8: Fold the left leg piece so that the bottom left overlays the bottom right. Apply adhesive and glue them together.

Step 9: Begin gluing the left leg rear to the left rear piece. Once finished, if the end pieces don't match up perfect, carefully trim away any excess.

Step 10: Repeat the process to adhere the right leg piece.

Glue the waistband

Step: 10 Apply scotch tape to the rear of the garment, 1 inch below the top. This will be used to ensure glue does not extend below the waistband. Locate the middle of the rear by laying the garment on it's front and measuring from the left to the right.

Starting $\frac{1}{4}$ of an inch to the left of the middle point, apply 4 inches of adhesive to the top 1 inch of the outside of the garment moving to the right.

Apply 4 inches of adhesive to the back side of the waistband and then adhere the waistband to the garment . Peel 4 inches of the scotch tape up where you just adhered the waistband.

Continue working across the garment in 4 inch increments until you reach the point where you started. Overlay the end of the waistband $\frac{1}{4}$ over the starting point. This should be the exact center of the rear.

Step 11: Wait 24 hours to let the adhesive cure. Then enjoy the RAD creation you just made!

Legend



Straight lines show where to cut



Dashed lines represent the space for the seam overlay