

Description: The men's tank top can be worn for athletic wear, club wear, or casual wear. A tight fit ensures a muscular style. We recommend .35mm gauge for proper stretch, but a thinner or thicker gauge can be used.

Difficulty level: Beginner to intermediate.

Recommended gauge: .35mm

Video Tutorial: <http://www.mjtrands.com/tutorial,DIY-mens-latex-tanktop>

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.

Glue the shoulder straps

Step 4: Glue the front shoulder strap to the rear shoulder straps using a ¼ inch seam.

Glue the trim

Step 5: Apply adhesive to the backside of the front neck trim. Apply a ¼ inch of adhesive to the front neck area where the trim will go. Starting at the middle of the neck, work your way to the shoulders.

Step 6: Repeat the above for the rear neck trim and arm hole trim. If you come up short at the ends, peel up and start over again.

Glue Side Seams

Step 8: Adhere the side seams using a ¼ inch seam width.

Step 9 Wait 24 hours for your glue to cure. Enjoy!

Legend



Straight lines show where to cut.



Dashed lines represent the space for the seam overlay