# Sew a gym bag

**Instructions No. 3423**

Difficulty: Advanced

Working time: 2 Hours

Gym bags are currently not only only super trendy, but also extremely practical. They are perfect for adding a personal touch to an outfit. With these instructions, you can sew your own gym bag quickly and easily. Whether for sports, school or as a fashion accessory - this do-it-yourself gym bag is a great eye-catcher and unique.



**Step 1: Cut and reinforce the fabric**

Start by cutting the fabric to the desired dimensions. We use a prefabricated bag base with a width of 77 cm and a height of 48 cm as a guide. The fabric is reinforced in the middle with iron-on fleece to ensure stability. Exceptions are 12 cm at the top and bottom, which remain without fleece.




**Step 2: Sew on the bottom of the bag**

Now sew the bag bottom, which is already pre-punched, to the right side of the fabric. This is done by hand to achieve a precise result.



**Step 3: Sew the gym bag together**

Fold the bag in the middle so that the outside is inside. Sew the bag together up to the 12 cm mark using a zig-zag stitch. This marking remains open for the paracord cord and the bottom of the bag.



**Step 4: Iron, sew and secure**

The upper part of the gym bag is now finished. The edges are doubled and ironed and then fixed with a small triangle as shown in the picture.





**Step 5: Attach the ribbons**

Mark 7 cm from the top edge, fold the fabric over twice and iron it. Then sew this section to the bottom edge to create the drawstring for the paracord ribbons. Pull the straps through using a safety pin .



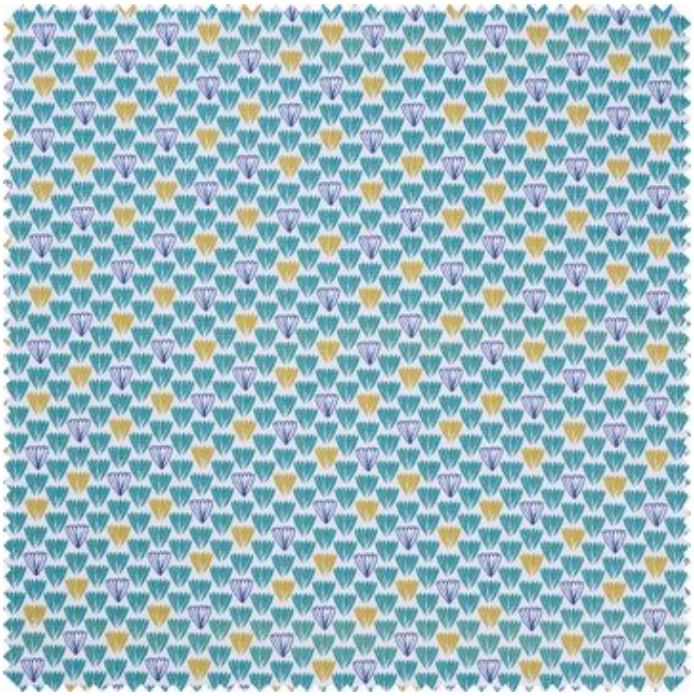




**Step 6: Sew the gym bag together at the end**

Turn the bag inside out and secure the bottom with pins. Now sew the bottom neatly in place. Your gym bag is finished!

Must Have



## Cotton fabric "Oasis"

Motif size: 1.5 cm
Fabrics by the meter
Grammage: 115 g/m²
Width: 150 cm

**6,95 €** (1 m2 = 4,63 €)

Item details

Quantity: − 0.2 + Add to cart

# Article information:

| Article number | Article name | Qty |
|---|---|---|
| 16848 | Cotton fabric "Oasis" | 1 |
| 11409 | Imitation leatherBrown | 1 |
| 347489 | VBS Iron-on fleece - Adhesive fleece, approx. 90 x 25 cm | 1 |
| 576796-62 | Paracord cordLight Brown/White | 1 |
| 36202301 | Prym scissors Professional tailor scissors | 1 |
| 360296 | Glass head-Pins Prym, 48 mm | 1 |
| 393508 | VBS Sewing thread set "Assorted colours" | 1 |