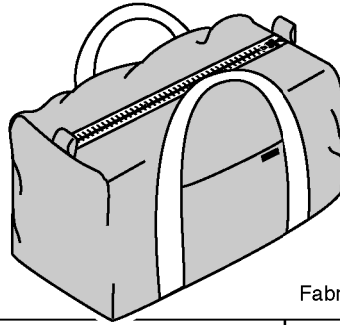


580

Also requires #507 Webbing

200 D SMALL SQUARE GYM BAG



®

506 E. Second Street • PO Box 268
Otterbein, IN 47970



Fabric is 100% nylon

www.haancrafts.com

v5

GENERAL INSTRUCTIONS

1. Cut a small scrap of fabric to check machine stitching. Use your sewing machine booklet for instructions to adjust the machine tension if needed.
2. The nylon fabric is coated on one side with urethane. The side with the coating is smoother and will be referred to as the **WRONG** side. The uncoated side is the **RIGHT** side. The printing is on the **RIGHT** side of the fabric.
3. Shaded areas in the illustrations indicate the **RIGHT** side of the fabric.



RIGHT SIDE



WRONG SIDE

4. Use a size 14 or 16 needle and 10 to 12 stitches per inch (5 stitches per cm). Hand sewing is not recommended because maximum strength will not be attained.
5. Whenever possible, confine your pinning to the seam allowance because pinholes may cause some loss of weatherproofing.
6. All pinning and stitching must be done with the **RIGHT** (shaded) sides of the fabric together, unless otherwise instructed.
7. Pin all seams before stitching, and remove pins as the stitching approaches them so you don't hit a pin with a needle.
8. All seam allowances are 1/4 inch, unless otherwise specified. Stitch each seam twice for maximum strength.
9. When beginning or ending a line of stitches, secure the stitching with 4 or 5 backstitches. To do this, take 4 stitches forward at the beginning of a stitching line, then stitch backwards to cover those stitches. Sew to the end of the stitching line, and then take 5 backward and 5 forward stitches.
10. The coated side of the fabric may stick to the throat plate or presser foot. If this happens, hold the fabric taut with one hand behind the presser foot and the other hand in front of the presser foot. Do not pull the fabric while sewing.
11. Placement lines for the webbing and label are slightly narrower than the webbing and label so the lines do not show on the finished bag.
12. This kit contains two spools of thread, one color for the fabric and the other for the webbing straps.
13. Do not iron the nylon fabric. The heat will ruin the waterproof coating. Wrinkles and creases will disappear on their own.

CARE INSTRUCTIONS

Sharp objects should not be carried inside the bag unless well wrapped. They could cut through the urethane coating and cause a leak. If the bag should develop a leak, repair with liquid seam sealer.

Most dirt can be wiped off with a damp cloth. If your bag gets extremely dirty, it can be machine washed with warm water and a mild detergent. Drip dry.

CONTENTS

Check the contents to be sure no parts are missing. If any parts are missing write to us at the address above and we will send the part immediately.

This kit should contain:

printed nylon fabric
pre-cut pocket
thread
label

Also requires #507 Webbing which should contain:

zipper
thread
narrow webbing

OTHER SUPPLIES NEEDED

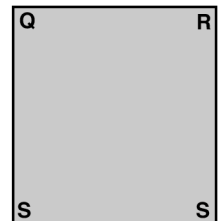
scissors
straight pins
pen or pencil
ruler

STEP BY STEP INSTRUCTIONS

Check off each step after completion.

1. Cut out the printed fabric along the solid lines.

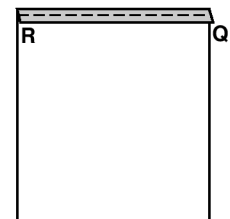
2. The **POCKET** is pre-cut. Label the corners of one short end with Q and R and the opposite end with S's as shown.



NOTE: For the next four steps use the fabric-colored thread.

POCKET

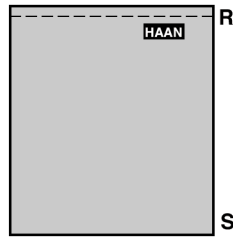
2. Fold 1/4 inch of the edge of the **POCKET** to the back side from R to Q.
3. Stitch close to the edge.



**fold back 1/4 inch
stitch close to edge**

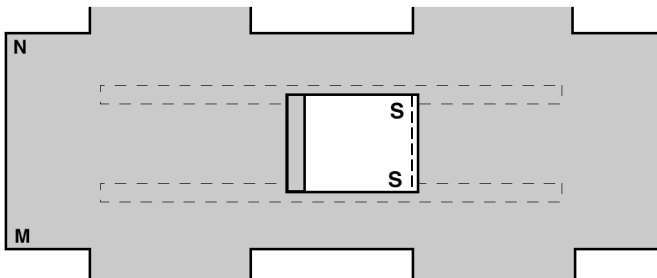
3. Pin the HAAN label to the right side of the POCKET about 1/2 inch from the hemmed edge and 1 inch from edge RS. The top of the label should be toward the hemmed edge of the pocket.
- Stitch around the label near all four edges.

right sides up
stitch around label



4. Lay the MAIN BODY right (printed) side up on a flat surface. Lay the POCKET right side down, with the edge from S to S along the placement line from S to S. The finished edge should point towards the end labelled MN.
- Stitch 1/4 inch from the edge of the pocket from S to S.

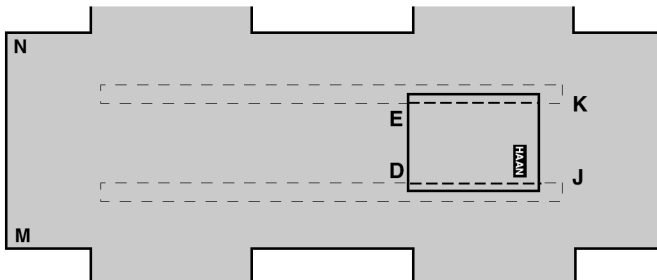
NOTE: It is very easy to catch extra fabric in the stitching. When putting the fabric on the sewing machine be careful that the extra fabric is away from the needle.



right sides together stitch 1/4 inch from the edge

5. Fold the POCKET up over the stitching so the finished edge is near K and J. The sides of the pocket should cover the dotted lines that run from D to J and E to K.
- Stitch close to the edge on each side of the pocket.

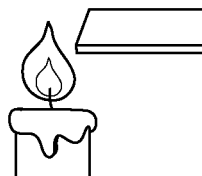
NOTE: The webbing will cover the unfinished edges of the pocket.



stitch close to the edges

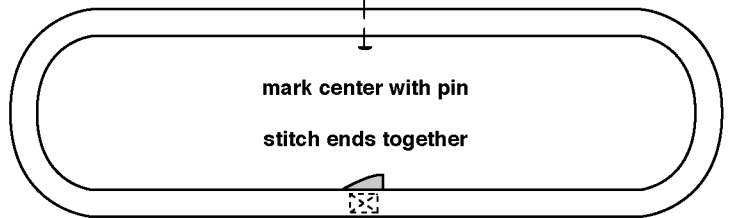
WEBBING

6. Cut the webbing into three pieces as follows:
- one long piece, about 72 inches long
- two short pieces, each about 2 1/2 inches long.
- Seal the ends of the webbing to prevent fraying. A few ways to do this include:
- Option 1:** Using Fray Block or Fray Check
- Option 2:** Melting the ends of the webbing slightly with a match, candle or lighter.



NOTE: Use the webbing-colored thread for the next three steps.

7. Fold the webbing in half so the ends are even, and mark the fold with a pin.
- Overlap the ends of the long webbing to form a circle, overlapping the ends two inches. Be sure the webbing doesn't twist.
- Sew the ends together, sewing an to hold securely.



ATTACH WEBBING

8. Pin the webbing circle to the right side of the fabric, centered over the webbing placement lines as follows:

- position the end with the over the webbing placement line so that
 - the portion which is on the top at the runs toward BC
 - the end at the is along line AD
- position the pin so it is one inch from line HE (toward GF) on the remaining webbing placement line
- be sure the webbing does not twist
- pin the webbing over the placement lines on both sides, placing pins at each end of the placement lines.

- Stitch close to the edge of the webbing from A to B, across to C, down to J, across to I and back to A, forming a rectangle. Pivot at each corner.

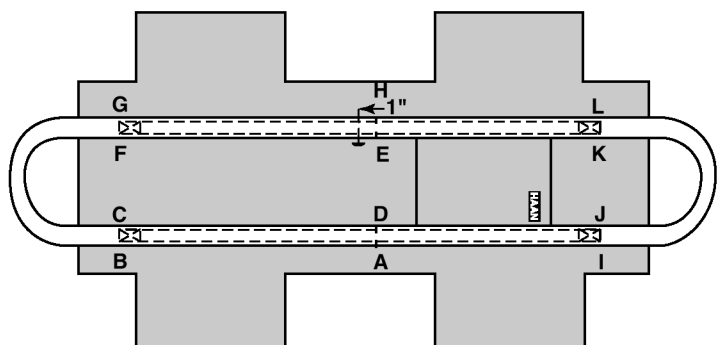
To pivot:

- stop stitching with the needle in the fabric at the corner
- lift the presser foot
- turn the fabric to align the next edge
- lower the presser foot
- continue stitching.

- Stitch the other end from E to E, pivoting at F, G, L and K.

- Stitch a 2-inch near each end of the stitching to reinforce.

place end with at line AD
place pin 1 inch from line HE



stitch very close to edges
reinforce ends

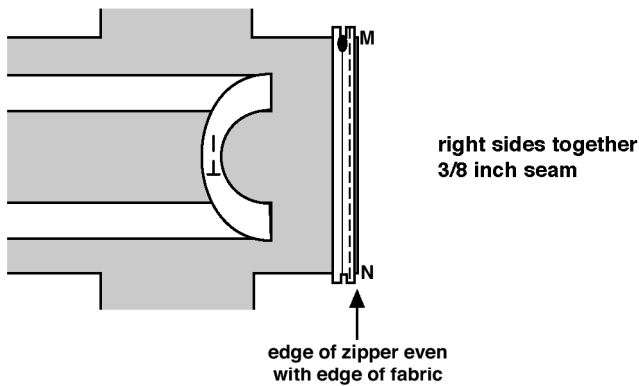
NOTE: Use the fabric-colored thread for the remaining steps.

ZIPPER

9. Attach the zipper foot to your sewing machine and position it so the foot is to the right of the needle.

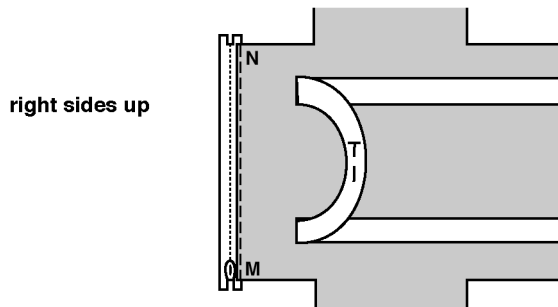


- Pin the straps back so they won't be caught in the stitching.
- Pin the zipper to the fabric as follows:
 - right sides together
 - right edge of zipper tape even with the edge of the fabric from M to N so that the zipper overlaps the fabric
 - zipper pull near M
 - zipper stops the same distance from the ends of the fabric.



- Stitch close to the zipper coils (about a 3/8 inch seam).
- NOTE:** To keep your line of stitching even:
- start stitching with the zipper open for a few inches
 - leave the needle in the fabric, raise the presser foot and close the zipper
 - lower the presser foot and resume stitching.

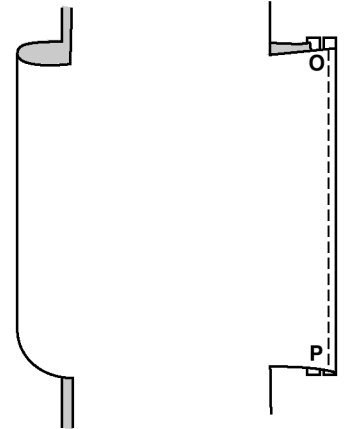
10. Fold the bag back away from the zipper along the stitching line and finger press so it lays flat.
- Stitch through the fabric and the zipper tape close to the fold.



- Stitch again 1/8 inch from the previous stitching.
11. Lay the fabric right side up. Fold the free end over so the fabric covers the zipper and is wrong side out.

- Pin the free zipper tape to the edge of the fabric between O and P as follows:
 - right sides together
 - edge of fabric even with the edge of the zipper tape
 - center the zipper between O and P.

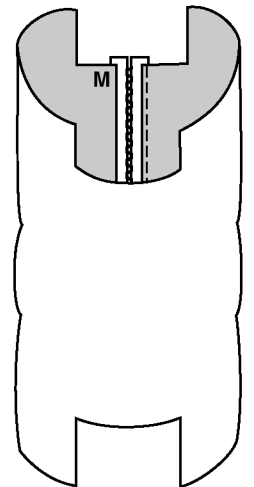
- Stitch close to the zipper coils from O to P, opening the zipper as before for easier stitching.



- Fold the fabric back away from the zipper along the stitching line and finger press. You may find it easier to do this with the bag right side out.

- Stitch close to the fold.

NOTE: This is easiest to stitch with the tube wrong side out. Stitch inside the tube, and pull the excess fabric out of the way as you stitch.

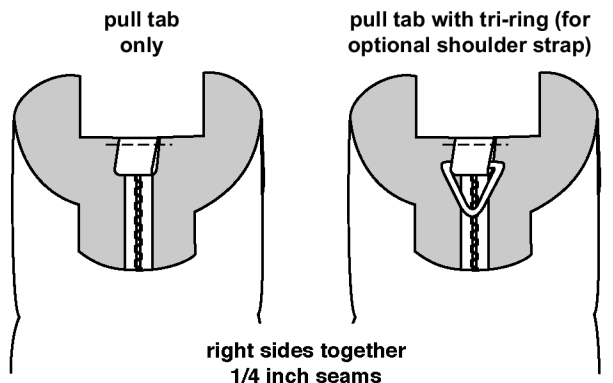


- Stitch again, about 1/8 inch from the previous stitching.

PULL TABS

NOTE: If you are adding the optional shoulder strap, attach the tri-rings to the pull tabs following the instructions that came with the strap.

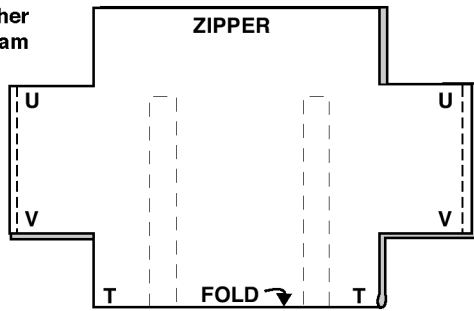
12. Fold the two 2 1/2 inch pieces of webbing in half so that seared (melted) edges are even.
- Place the folded tabs at the ends of the bag, centered over the zipper. Seared edges should be even with the edge of the fabric.
 - Stitch across the pull tabs, about 1/4 inch from the seared edges.



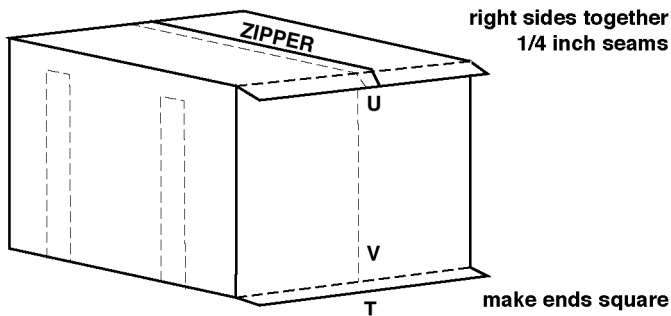
ENDS

- 13. Fold the bag in half between lines T so that right sides are together and the U's and V's match. The edges should be even.

right sides together
1/4 inch seam



- Pin and stitch from U to V on each side.
- 14. Working on one corner at a time, fold so that the side seams at V match lines T on the bottom of the bag and the center of the zipper matches seams U.



- Stitch across the ends 1/4 inch from the edge. You will be sewing two seams on each end of the bag.
- Clip loose thread ends.
- Turn the bag right side out.

Congratulations! You're done! Now pack your bag and go have some fun!

LAYOUT

