



Gina Renee Designs

Helping You Create Clothes that make You Feel Great

by providing Fashionable Sewing Patterns that Fit

Bodice/Tops/Dresses Fitting Guide

(use #topsfitting, #bodicefitting, & @GinaReneeDesigns on Instagram)

COPYRIGHT © GINA RENEE 2020

I PUT THIS FREE FITTING GUIDE TOGETHER AS A **“THANK YOU”** TO THE 50,000+ FOLLOWERS WHO HAVE WATCHED MY **FITTING-CORRECTION VIDEOS** ON INSTAGRAM AND FACEBOOK.

YOU HAVE KEPT ME GOING OVER THE LAST YEAR MAKING OVER **85 FITTING VIDEOS**. I WISH, SO MUCH, THAT I HAD THIS **AMAZING SEWING COMMUNITY** WHEN I STARTED TO SEW 30 YEARS AGO. **YOU INSPIRE ME** AND SO MANY OTHERS TO CREATE BEAUTIFUL ITEMS.

WE ARE **PROUD OF CREATING** AND THE JOY WE HAVE FROM **SEWING ENRICHES US**. WE CONTINUALLY LEARN SO MUCH WITH EACH NEW ITEM WE SEW, WHETHER IT'S ABOUT FITTING, WORKMANSHIP, DESIGN, FABRICS OR **FINDING OUR STYLE**.

THIS PAST YEAR, I'VE FOCUSED ON **LEARNING HOW TO TEACH**. PASSING ON WHAT I'VE LEARNED OVER THE LAST 17 YEARS OF WORKING IN THE GARMENT INDUSTRY. I'VE LEARNED HOW TO MAKE EACH STEP **SIMPLE AND CONCISE**. AND EACH TIME I THINK I'VE GIVEN ENOUGH VIDEOS TO EXPLAIN THE MULTITUDE OF WAYS WE CAN CORRECT THE FITTING, THERE ARE **COUNTLESS MORE WAYS** THAT POP UP IN MY HEAD.

IF THERE IS ANYTHING, I'VE LEARNED OVER THE YEARS IN PATTERN MAKING, IT'S THAT THERE IS **NOT ONE WAY TO DO IT**. I CHALLENGE YOU TO THINK OUTSIDE OF THE BOX. THERE IS NOT ONE RIGHT-WAY. THERE MAY BE A BETTER WAY.

THIS GUIDE INCLUDES THE TOP **5 MOST-LIKED FITTING VIDEOS** FROM MY INSTAGRAM ACCOUNT **@GINARENEEDESIGNS**. IF YOU WANT THE COMPLETE COLLECTION, I'M WRITING A FITTING BOOK WHICH WILL BE AVAILABLE SOON.

IF YOU'VE DOWNLOADED THIS FREE GUIDE FROM **WWW.GINARENEEDESIGNS.COM**, YOU'LL START RECEIVING A FEW EMAILS FROM ME. ONE OF THOSE EMAILS WILL BE ABOUT THE **FITTING BOOK THAT WILL BE RELEASED** (HOPEFULLY LATER THIS YEAR!). SO, YOU'LL BE THE FIRST TO KNOW WHEN IT'S READY!

I HOPE YOU **ENJOY MAKING PATTERNS FIT** YOU PERFECTLY.

YOUR BODY IS PERFECT.

IT'S THE PATTERNS THAT AREN'T.

IT'S TIME TO MAKE CLOTHES THAT FIT YOUR PERFECT BODY!



Table of Contents

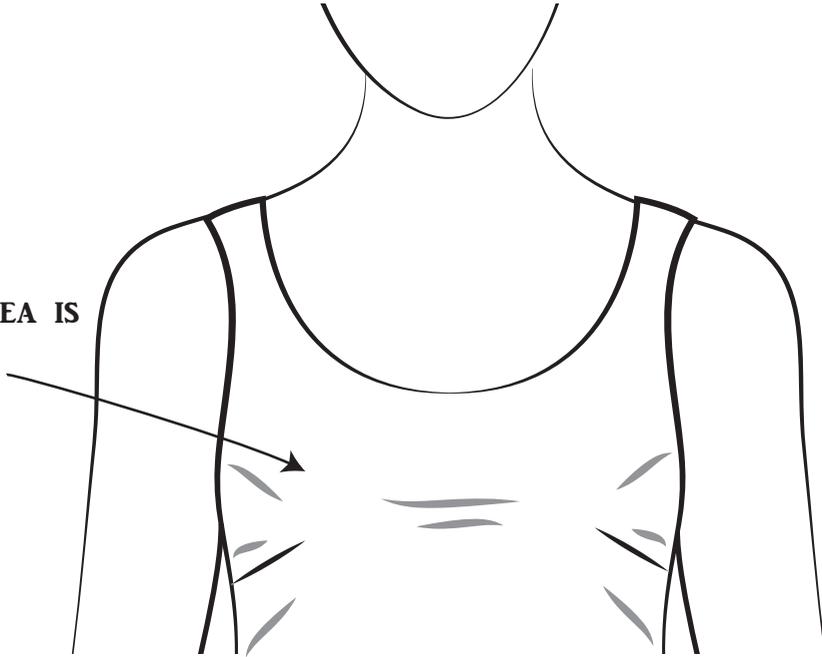
TOPIC	PAGE(S)
FULL BUST ADJUSTMENT.....	3-5
SMALL BUST ADJUSTMENT.....	6-8
ACROSS SHOULDER TOO WIDE.....	9-11
ACROSS SHOULDER TOO NARROW.....	12-13
ARMHOLE TOO HIGH.....	14-15


**DO
 WHAT
 YOU
 LOVE**

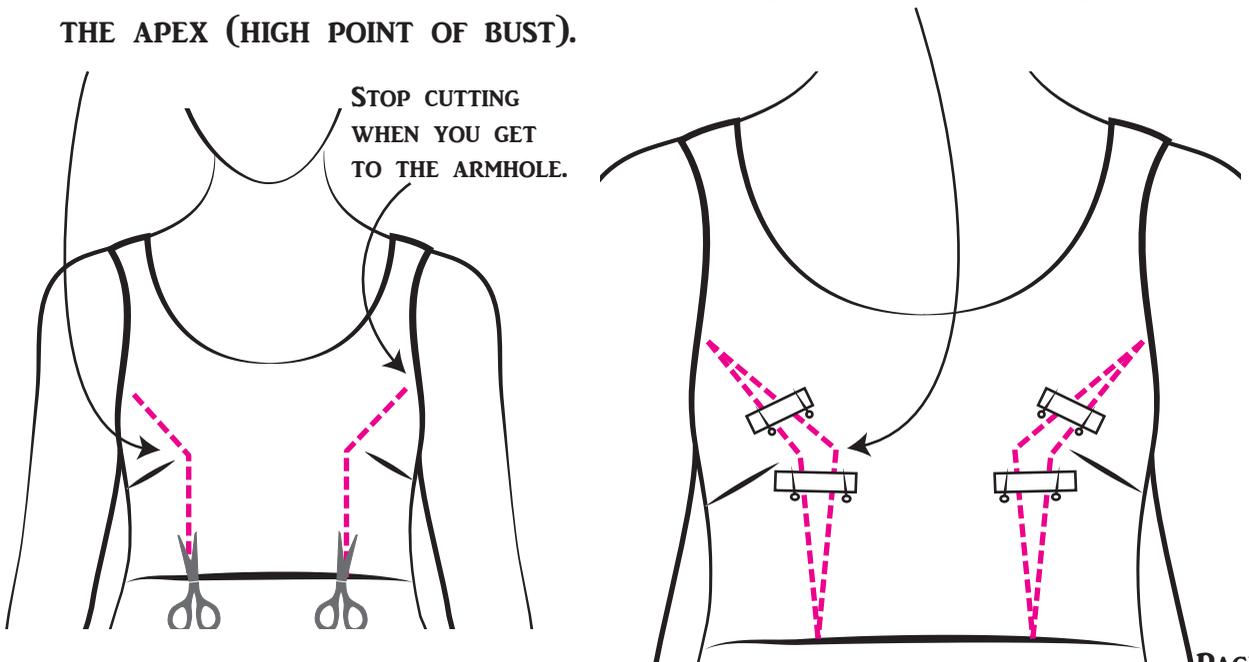

Full Bust Adjustment (FBA)

A) IDENTIFY THE ISSUE - THE BUST IS TIGHT, THERE IS GAPING AT THE NECKLINE, ARMHOLE OR PULLING AROUND THE BUST.

THE BUST AREA IS TOO TIGHT!



B) CUTTING, TAPING & PINNING THE PROBLEM (WHEN YOU'VE ALREADY SEWN A MUSLIN/TOILE): CUT THE IN THE FRONT BUST AREA TO ZERO (MEANING STOP CUTTING) AT THE WAIST AND THE ARMHOLE. ALLOW IT TO RELAX. TAPE IT OPEN AND MEASURE THE AMOUNT THAT YOU'VE OPENED AT THE APEX (HIGH POINT OF BUST).

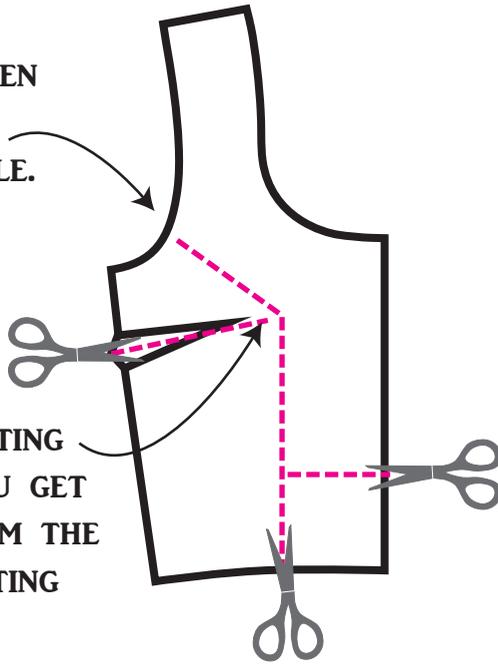


Full Bust Adjustment - (continued)

C) CORRECTING THE PROBLEM: CUT/SLASH THE PATTERN AS SHOWN

STOP CUTTING WHEN YOU GET 1/16" FROM THE ARMHOLE.

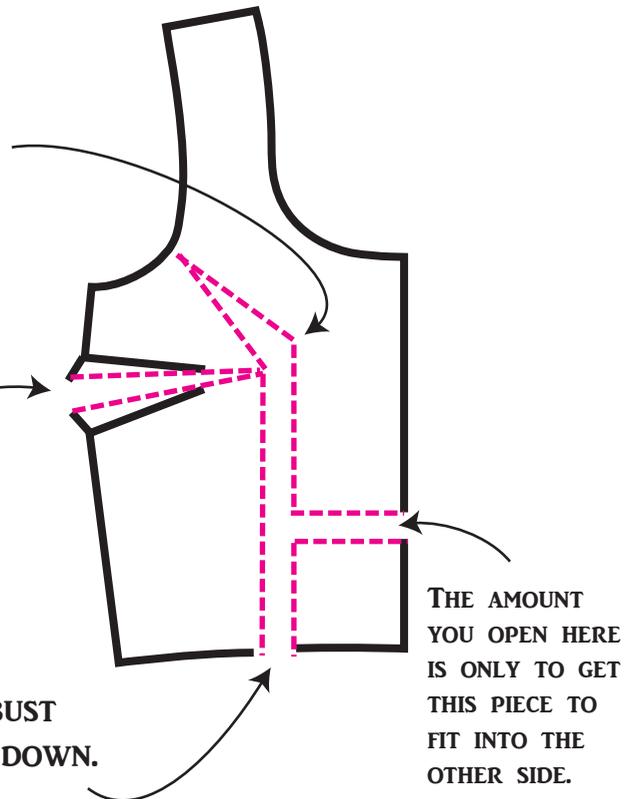
STOP CUTTING WHEN YOU GET 1/16" FROM THE BUST CUTTING LINE.



OPEN (SPREAD) THE PATTERN AS SHOWN. AT THE APEX, YOU'LL MAKE SURE THIS AMOUNT YOU'VE OPENED IS THE SAME AMOUNT YOU'VE MEASURED ON YOUR MUSLIN. (OR THE SAME AMOUNT YOU NEED BASED ON YOUR PATTERN MEASUREMENTS).

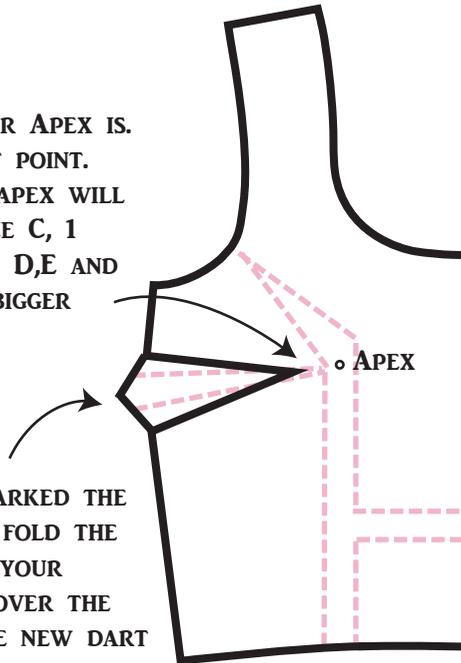
THIS AMOUNT IS AUTOMATICALLY DETERMINED ONCE YOU MAKE THE VERTICAL BUST LINE PARALLEL.

YOU'LL MAKE THE VERTICAL BUST LINE PARALLEL ALL THE WAY DOWN.



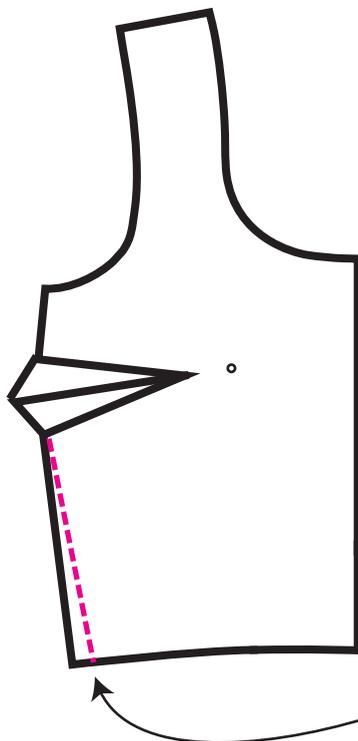
Full Bust Adjustment - (continued)

YOU'LL MARK WHERE YOUR APEX IS. THEN RE-DRAW THE DART POINT. THE DISTANCE FROM THE APEX WILL BE 1" AWAY FOR CUP SIZE C, 1 1/2" AWAY FOR CUP SIZES D,E AND 2" AWAY FOR CUP SIZES BIGGER THAN E.

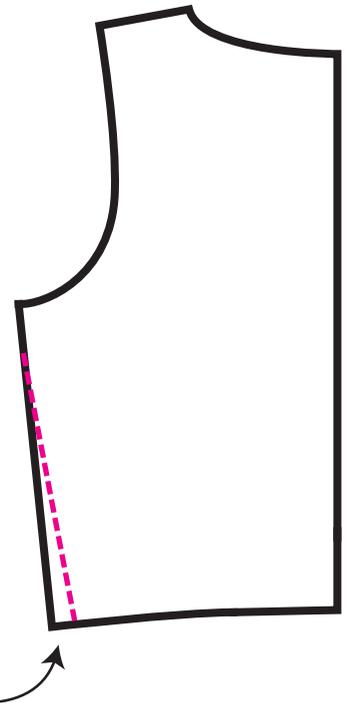


AFTER YOU'VE MARKED THE NEW DART LEGS, FOLD THE DART SHUT. USE YOUR TRACING WHEEL OVER THE DART TO GET THE NEW DART SIDE SEAM SHAPING.

BACK PANEL



SINCE YOU'VE INCREASED THE WAIST (BY OPENING THE FRONT PARALLEL LINE DOWN FROM THE APEX), YOU MAY NEED TO REDUCE FROM THE SIDE SEAM AT THE WAIST. YOU WOULD REMOVE HALF THE AMOUNT FROM THE FRONT AND HALF FROM THE BACK ON THE SIDE SEAM.

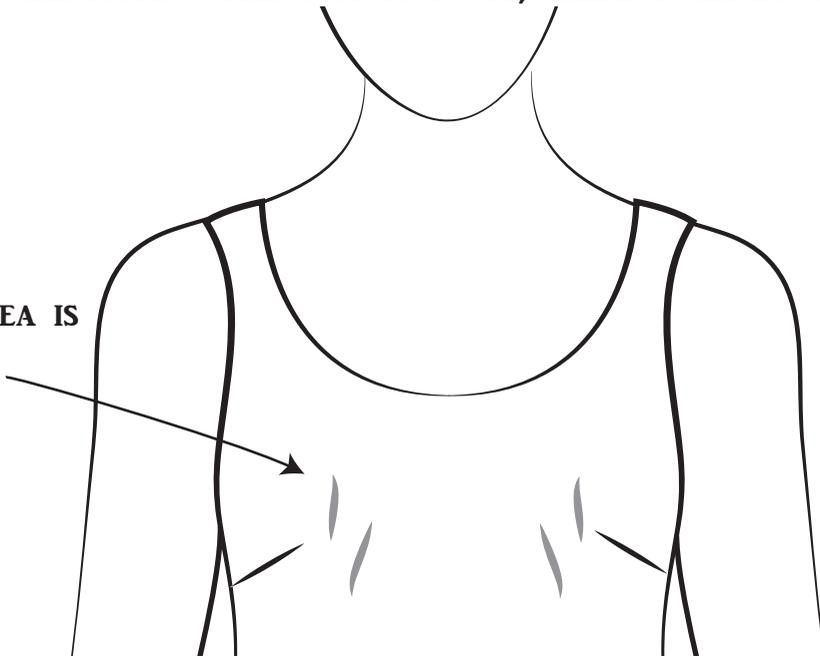


Small Bust Adjustment (SBA)

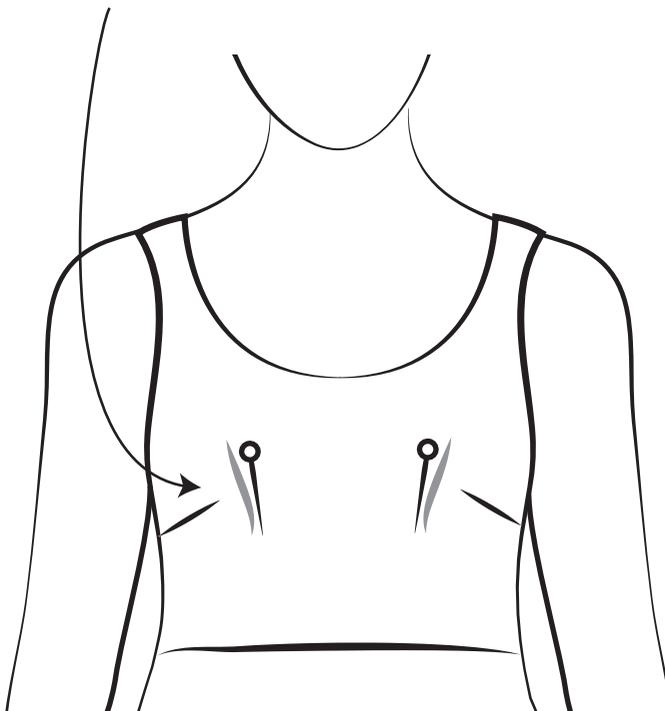
FOLLOW THIS CORRECTION FOR STYLES WITH DARTS OR NO DARTS (WHEN YOU WANT TO ADD DARTS).

A) IDENTIFY THE ISSUE - THE BUST IS LOOSE, THERE IS EXCESS AT THE BUST AREA.

THE BUST AREA IS TOO LOOSE!



B) PINNING THE PROBLEM (WHEN YOU'VE ALREADY SEWN A MUSLIN/TOILE): PIN THE EXCESS AREA YOU HAVE AT THE FRONT BUST AREA AND MEASURE THE AMOUNT YOU'VE PINNED.



Small Bust Adjustment - (continued)

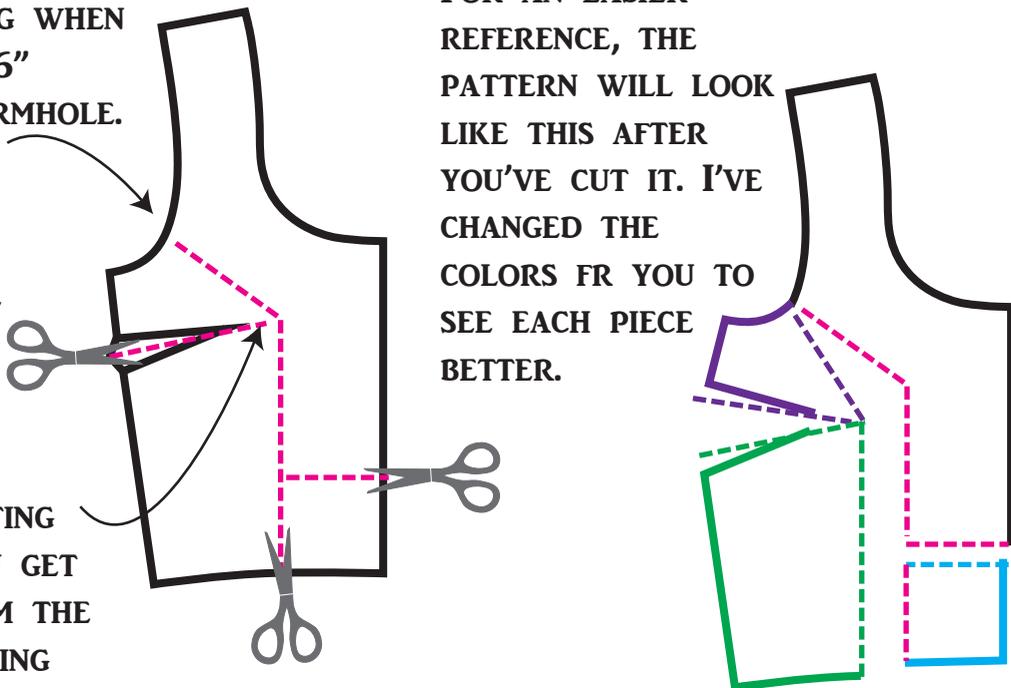
C) CORRECTING THE PROBLEM: CUT/SLASH THE PATTERN AS SHOWN.

STOP CUTTING WHEN YOU GET 1/16" FROM THE ARMHOLE.

IF YOU HAVE NO DART, THEN YOU'LL CUT IN THE AREA WHERE A DART WOULD NORMALLY BE.

STOP CUTTING WHEN YOU GET 1/16" FROM THE BUST CUTTING LINE.

FOR AN EASIER REFERENCE, THE PATTERN WILL LOOK LIKE THIS AFTER YOU'VE CUT IT. I'VE CHANGED THE COLORS FOR YOU TO SEE EACH PIECE BETTER.

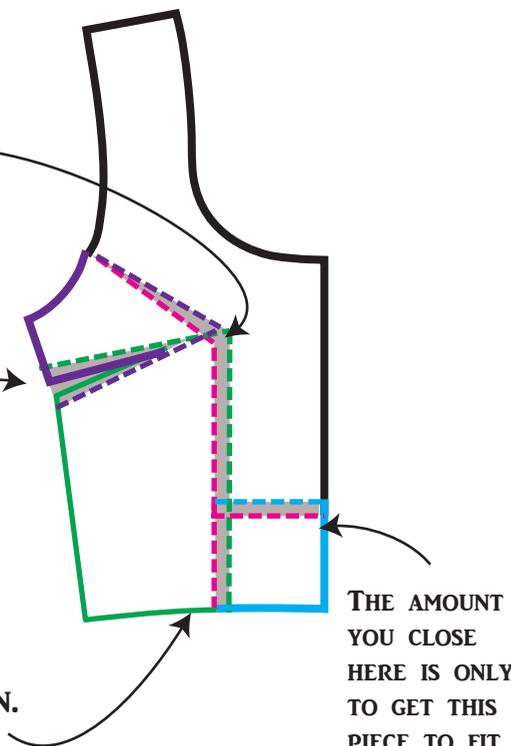


CLOSE THE PATTERN AS SHOWN BY OVERLAPPING THE BUST THE AMOUNT YOU'VE MEASURED ON YOUR MUSLIN.

THIS AMOUNT IS AUTOMATICALLY DETERMINED ONCE YOU MAKE THE VERTICAL BUST LINE PARALLEL.

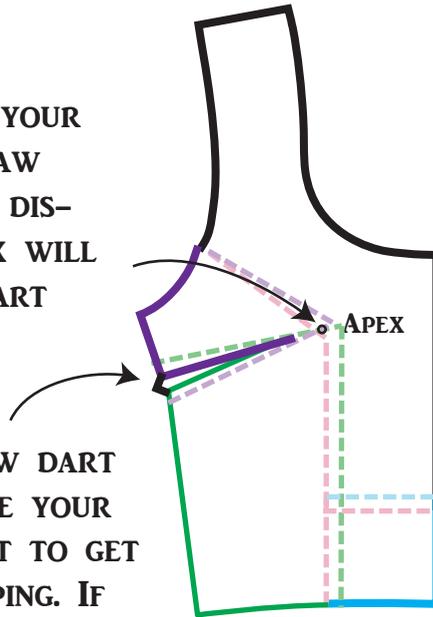
YOU'LL MAKE THE VERTICAL BUST LINE PARALLEL ALL THE WAY DOWN.

THE AMOUNT YOU CLOSE HERE IS ONLY TO GET THIS PIECE TO FIT INTO THE OTHER SIDE.



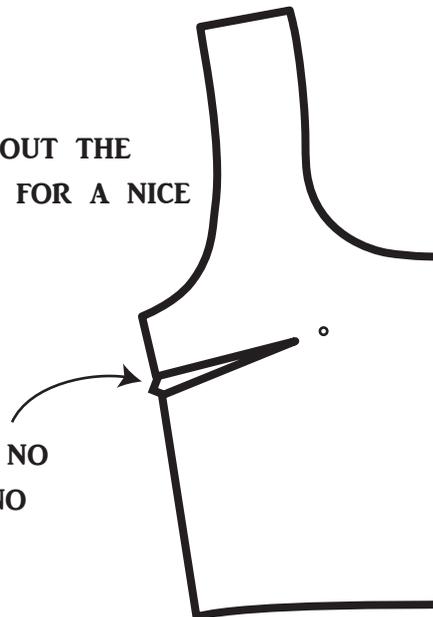
Small Bust Adjustment - (continued)

YOU'LL MARK WHERE YOUR APEX IS. THEN RE-DRAW THE DART POINT. THE DISTANCE FROM THE APEX WILL BE $3/4$ " FOR YOUR DART POINT TO YOUR APEX.



AFTER YOU'VE MARKED THE NEW DART LEGS, FOLD THE DART SHUT. USE YOUR TRACING WHEEL OVER THE DART TO GET THE NEW DART SIDE SEAM SHAPING. IF YOUR OVERLAPPED PIECES SHOW NO DART, THEN YOU CAN SKIP THE DART AND ELIMINATE IT.

SMOOTH OUT THE ARMHOLE FOR A NICE CURVE.



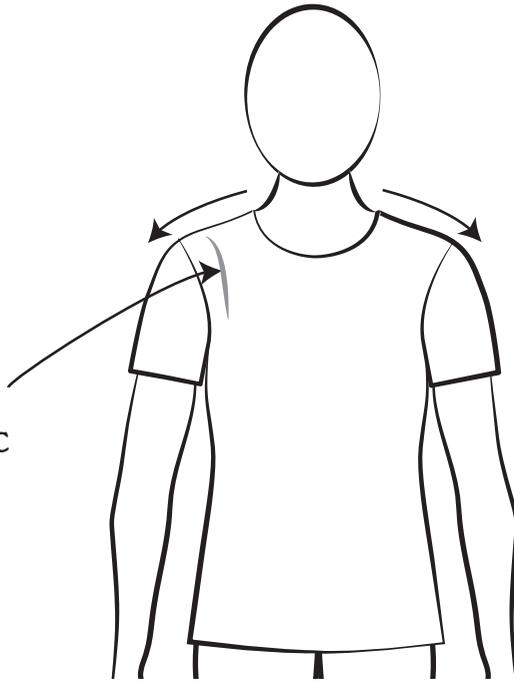
YOUR DART DEPTH WILL NOW BE LESS DEEP. IN STYLES WHERE YOU HAVE NO DART, THERE WOULD BE NO DART!

WITH THIS CORRECTION, THE WAIST BECOMES SMALLER, DUE TO THE OVERLAPPING OF THE PARALLEL VERTICAL LINE. IF YOU NEED THE WAIST TO BECOME BIGGER, YOU WOULD SIMPLY ADD TO THE SIDE SEAM ON THE FRONT AND BACK PANELS AT THE WAIST AREA.

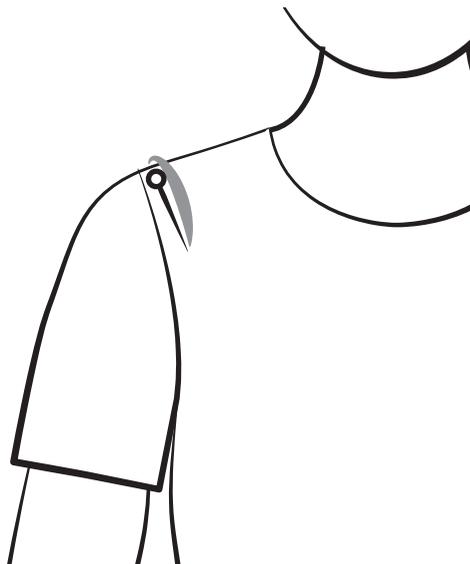
Across Shoulder too Wide

A) IDENTIFY THE ISSUE - AFTER IDENTIFYING THE SHOULDER BONE, DOES THE ACROSS SHOULDER SEAM LAY TOO LOW? MEANING, IS THE ARMHOLE SEAM TOO FAR ONTO THE ARM?

**OFTEN THERE IS
TOO MUCH FABRIC
HERE.**



B) PIN THE ACROSS SHOULDER AREA IN AT THE LOW POINT SHOULDER (LPS), UNTIL YOU ARE HAPPY WITH THE LOCATION OF THE ARMHOLE SEAM. MEASURE THE AMOUNT YOU'VE PINNED.



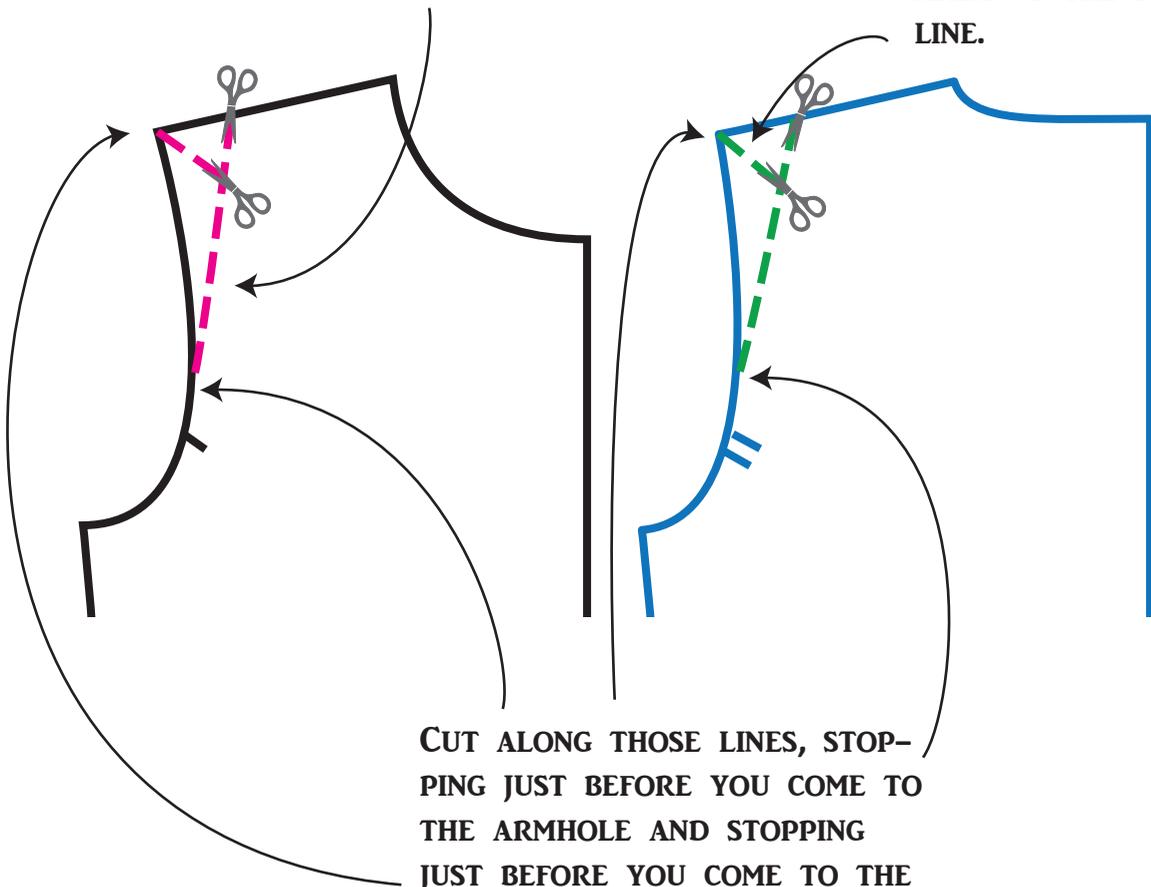
Across Shoulder too Wide - (continued)

C) CORRECTING THE PROBLEM - CUT THE PATTERN WITH LINES AS SHOWN.

REMEMBER THAT FOR EACH LAYER OF CLOTHING, THE ACROSS SHOULDER CAN HAVE A LITTLE EASE TO ACCOUNT FOR THE LAYERS UNDERNEATH.

MARK YOUR BODICE PATTERN WITH A STRAIGHT LINE FROM ABOUT 1/3 OF THE WAY UP THE SHOULDER SEAM TO THE CURVE OF THE ARMHOLE.

DRAW A SECOND LINE FROM THE LPS TO THE MIDWAY AREA OF THE FIRST LINE.

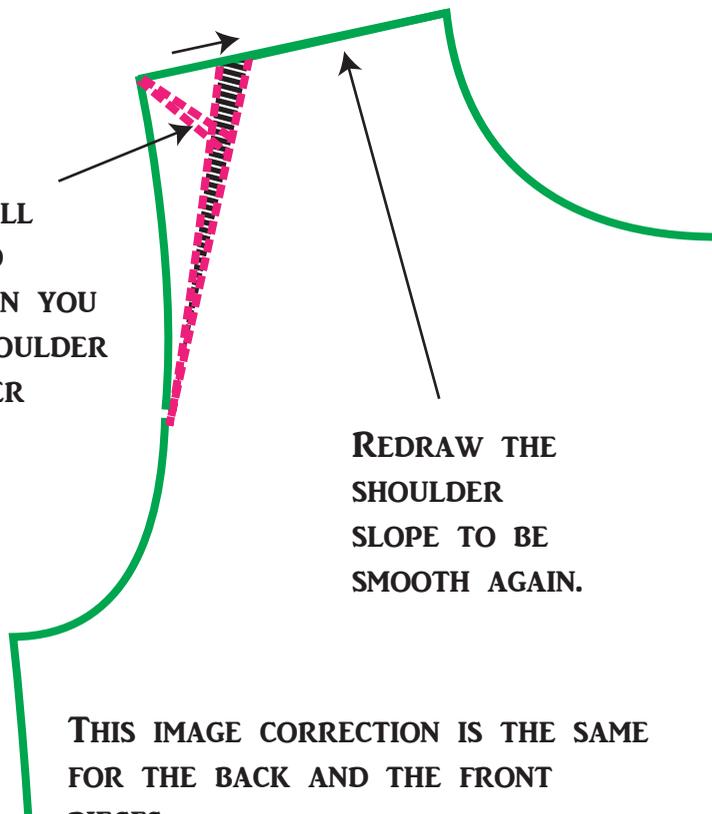


CUT ALONG THOSE LINES, STOPPING JUST BEFORE YOU COME TO THE ARMHOLE AND STOPPING JUST BEFORE YOU COME TO THE LOW POINT SHOULDER.

Across Shoulder too Wide- (continued)

FOLD THE PATTERN OVER AS MUCH AS YOU'VE PINNED ON THE GARMENT. THIS IS THEN REDUCING THE SHOULDER WIDTH.

THIS AREA WILL OPEN EVER SO SLIGHTLY WHEN YOU ALIGN THE SHOULDER SEAM TOGETHER

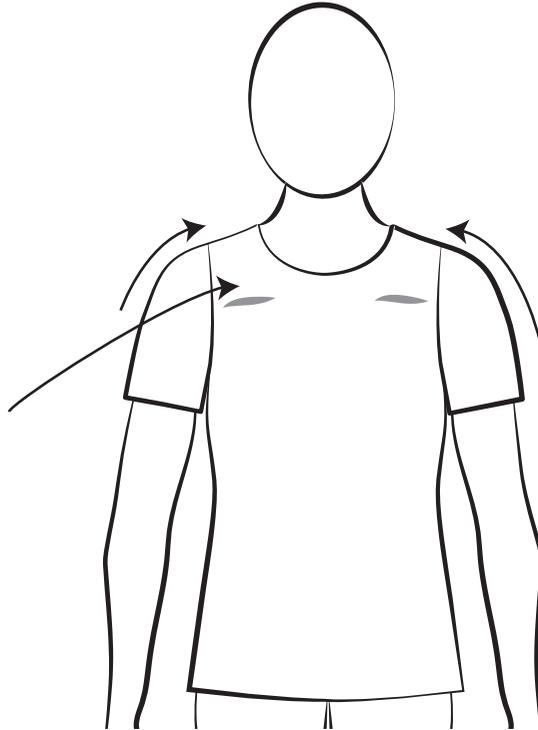


THIS IMAGE CORRECTION IS THE SAME FOR THE BACK AND THE FRONT PIECES.

FOR THIS CORRECTION, THERE DOES NOT NEED TO BE ANY SLEEVE CORRECTION SINCE THE ARMHOLE MEASUREMENT REMAINS THE SAME.

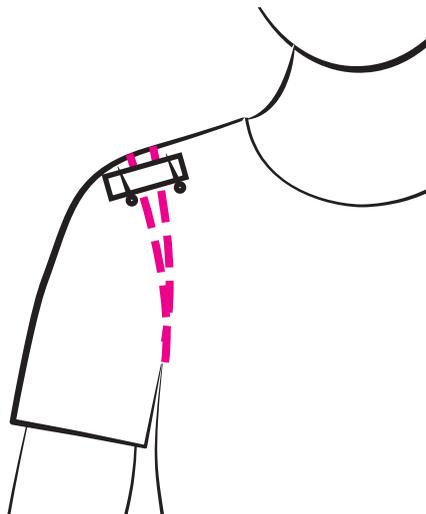
Across Shoulder too Narrow

A) IDENTIFY THE ISSUE - AFTER IDENTIFYING THE SHOULDER BONE, IS THE ACROSS SHOULDER SEAM TOO HIGH? MEANING, IS THE ARMHOLE SEAM TOO FAR ONTO THE BODY?



OFTEN IT'S TOO TIGHT HERE AND THE ACROSS SHOULDER IS TOO NARROW.

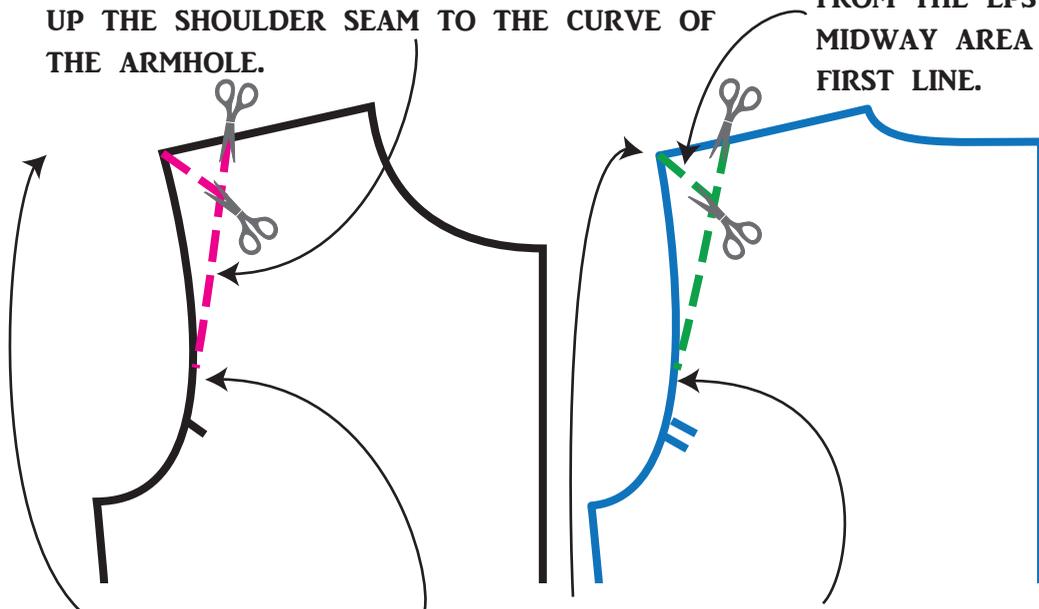
B) CUT OPEN THE ACROSS SHOULDER AREA AT THE LOW POINT SHOULDER (LPS), UNTIL YOU ARE HAPPY WITH THE LOCATION OF THE ARMHOLE SEAM. TAPE IT OPEN IN PLACE AND MEASURE THE AMOUNT YOU'VE OPENED.



Across Shoulder too Narrow - (continued)

MARK YOUR BODICE PATTERN WITH A STRAIGHT LINE FROM ABOUT 1/3 OF THE WAY UP THE SHOULDER SEAM TO THE CURVE OF THE ARMHOLE.

DRAW A SECOND LINE FROM THE LPS TO THE MIDWAY AREA OF THE FIRST LINE.



CUT ALONG THOSE LINES, STOPPING JUST BEFORE YOU COME TO THE ARMHOLE AND STOPPING JUST BEFORE YOU COME TO THE LOW POINT SHOULDER.

SLASH AND SPREAD (CUT AND OPEN) AS MUCH AS YOU'VE TAPED OPEN YOUR GARMENT.

THIS AREA WILL CLOSE SLIGHTLY WHEN YOU ALIGN THE SHOULDER SEAM TOGETHER

REDRAW THE SHOULDER SLOPE TO BE SMOOTH

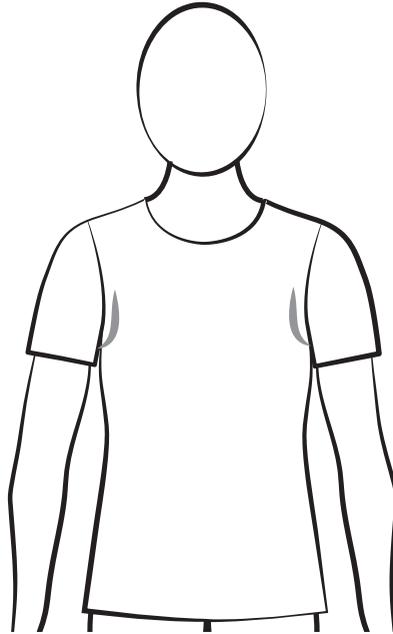
THIS IMAGE CORRECTION IS THE SAME FOR THE BACK AND THE FRONT PIECES.

FOR THIS CORRECTION, THERE DOES NOT NEED TO BE ANY SLEEVE CORRECTION SINCE THE ARMHOLE MEASUREMENT REMAINS THE SAME.

Armhole too High

A) IDENTIFY THE ISSUE

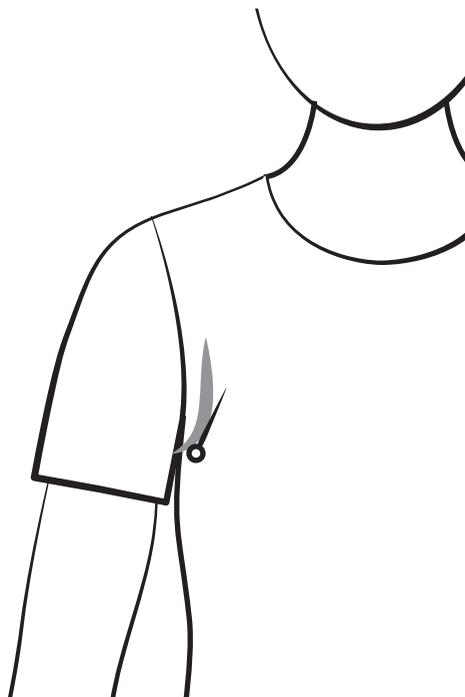
NOTICE HOW THE GARMENT FEELS WHEN YOU WEAR IT. IS THE ARMHOLE FEELING TOO HIGH AND ARE YOU NOTICING DRAG LINES UNDER THE ARMHOLE?



B) PINNING THE EXCESS

PIN UNTIL YOU'RE HAPPY WITH THE FEELING OF THE ARMHOLE. MEASURE THE AMOUNT YOU'VE PINNED AT THE UNDER ARMHOLE (AT SIDE SEAM AREA).

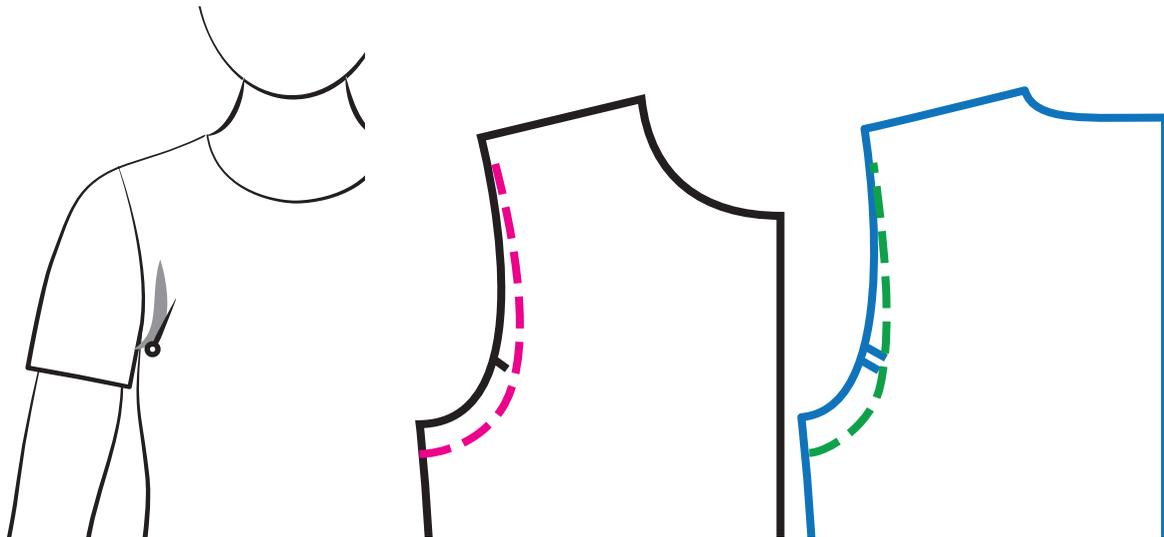
LIFT YOUR ARM TO MAKE SURE YOU CAN STILL MOVE OK. IF NOT, THEN REDUCE THE AMOUNT PINNED.



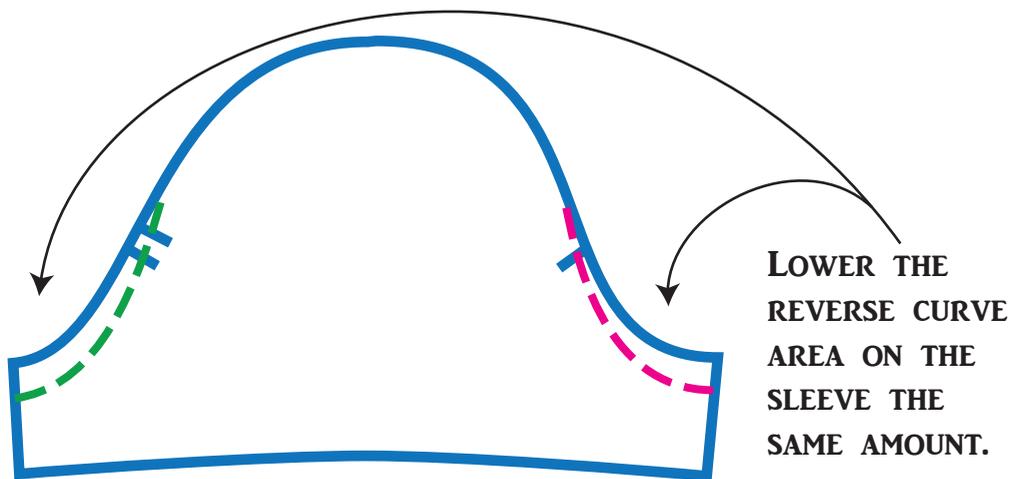
Armhole too High

C) CORRECTING THE PROBLEM

LOWER (SCOOP) THE FRONT ARMHOLE THE SAME AMOUNT AND LOCATIONS YOU'VE PINNED. THEN LOWER THE SLEEVE AMOUNT THE SAME AT THE UNDER ARMHOLE.

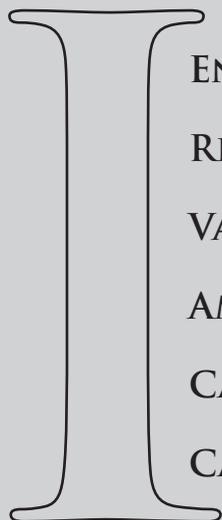


LOWER BOTH THE FRONT AND BACK BODY PANELS TO KEEP THE PATTERN BALANCED.





Gina Renee designs sewing patterns for YOU.



ENJOY *Creativity.*

REALIZE HOW *Talented* I AM.

VALUE MY *Unique* CREATIONS.

AM *Proud* OF MY SEWING SKILLS.

CAN PASS ON SEWING *Knowledge* TO OTHERS.

CAN KEEP *Hand-Crafted* ITEMS FOR GENERATIONS.

Gina Renee Designs

PROMOTES THE ART OF SEWING TO CREATE A MORE SUSTAINABLE AND CREATIVE WORLD

JOIN THE SEWING COMMUNITY GROUP ON *Instagram* OR FACEBOOK!

BY SEARCHING FOR "GINA RENEE DESIGNS"

SIGN UP TO BE INFORMED OF NEW RELEASES AT WWW.GINARENEEDESIGNS.COM

AND DON'T FORGET TO PIN YOUR FAVORITE PATTERNS TO PINTEREST!

HELPING YOU CREATE CLOTHES THAT MAKE YOU FEEL GREAT
BY PROVIDING FASHIONABLE SEWING PATTERNS THAT FIT.

PROUD
of my
CREATION

COPYRIGHT © GINA RENEE 2020.

All rights reserved. No part of this guide can be copied, filmed or reproduced in any way without written consent of Gina Renee Designs.