

# Weighted Vest Instructions

Fabric - any woven fabric of your choice

Lining - woven cotton or cotton-polyester blend such as broadcloth

Fusible interfacing

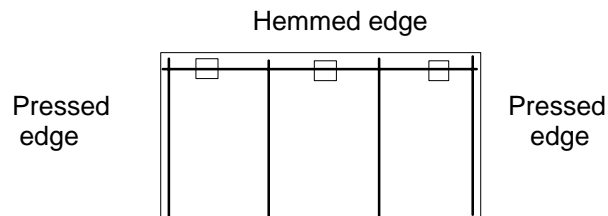
½ yard of ¾" sew-on hook and loop tape

Thread

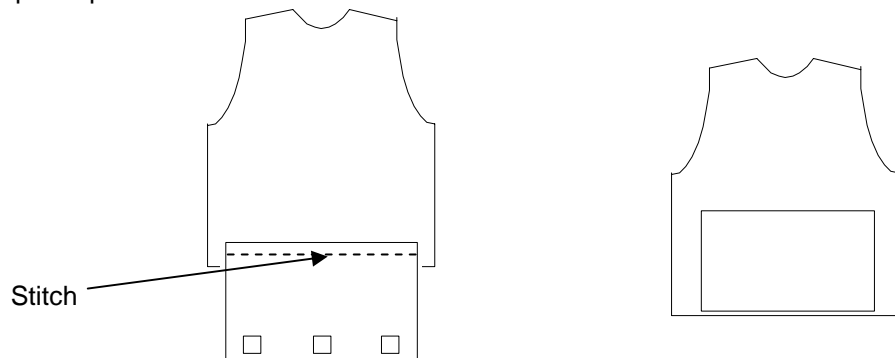
5-8 pounds modeling clay for weighting

Select a vest pattern that has a straight bottom edge and no darts or extra fullness in the front or back. One source is In Your Pocket Designs ([www.weightedvest.com](http://www.weightedvest.com)), which offers a pattern especially created for weighted vests.

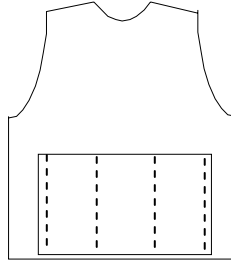
1. Cut one back (on fold) and two fronts from both the fabric and lining. Cut interfacing for the back neck edge and for the front neck/opening edge.
2. Cut pockets. Pockets may be different sizes, depending upon how much clay will be put in each one. A 6" X 6" finished pocket will comfortably hold 1# of clay. A 6" X 4" finished pocket will hold ½# of clay. Pocket sizes may be adjusted as needed for the amount of clay to be used as well as for the size of the vest.
3. For the back pocket:  
Measure the width of the bottom edge of the back pattern. Subtract 2". Cut a strip of lining fabric as long as the measurement and 7" wide.  
For the front pockets:  
Measure the width of the bottom edge of one side of the front pattern. Subtract 2.5". Cut two strips of lining fabric as long as the measurement and 7" wide.
4. To make the back pocket, narrow hem one long edge of the pocket. Turn under ¼" on each short edge and press.
5. Fold pocket into thirds. Along the hemmed edge, stitch a 1" long piece of hook tape to center of each third.



6. Lay the right side of the pocket on the right side of the lining as shown. Stitch pocket to lining using a ¼" seam. Turn pocket up and press.



7. Mark loop tape location on lining. Cut 1" pieces of loop tape and stitch into place.
8. Stitch short edges of pocket to lining. Stitch along one-third lines.



9. Make front pockets the same way, except they will be single pockets.
10. With right sides together, stitch the lining shoulder seams.
11. Following the manufacturer's instructions, fuse the interfacing to the fabric. Stitch the fabric shoulder seams.
12. Lay the fabric on lining, right sides together, matching shoulder seams.
13. Make sure the pieces lie flat together. Pin the bottom, armholes, and neck edges. Stitch, being sure to leave side seams open.
14. Trim, grade, and clip all seams.
15. Turn vest right side out.
16. With right sides together, stitch fabric at side seams, beginning 1" into the lining and ending 1" into the lining. Press seams open.
17. Turn in lining on seamline and hand or machine stitch.
18. Topstitch all edges  $\frac{1}{4}$ " from edge.
19. Stitch three 1" pieces of hook tape to the wrong side of one front edge. Overlap edge onto other front and mark tape placement. Stitch loop tape on marked locations.
20. Put modeling clay into plastic sandwich bags and put into vest pockets.