

AMERICAN MUSCLE

• A Free Project Sheet •
• NOT FOR RESALE •

QUILT 1



Featuring fabrics from the **American Muscle** collection by **Chelsea Designworks** for **STUDIOe fabrics**

Fabric Requirements

- (A) 5343-78 2/3 yard
- (B) Ink-45** 3/8 yard
- (C) Oyster-35** 1 1/8 yards
- (D) 5342-88 2/3 yard
- (E) Pepper-31** 1/4 yard
- (F) 5341-77 1/2 yard
- (G) 5335-78 1/4 yard
- (H) 5340-78 3/8 yard
- (I) 5342-77 3/8 yard
- (J) 5339-78 1/4 yard

- (K) 5338-78 1/4 yard
- (L) 5333-78 2/3 yard
- (M) 1351-Red Delicious+ 1/4 yard
- (N) 5337-78 5/8 yard*
- Backing
5334-78 4 1/4 yards

* Includes Binding
** Peppered Cottons Collection
+ Just Color! Collection

Additional Supplies Needed

Batting 58" x 73" (Recommended:
Air Lite® Colour Me 100% Cotton)
Piecing and sewing thread
Quilting and sewing supplies

Quilt designed by Heidi Pridemore
Finished Quilt Size 50" x 65"
Skill Level: Advanced Beginner

Please check our website for pattern updates before starting this project.

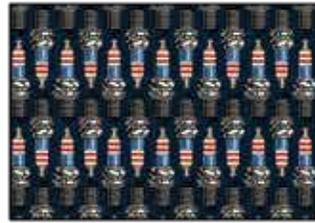
Fabrics in the Collection



Garage Collage - Patriotic
5333-78



On-Coming Cars - Patriotic
5334-78



Spark Plugs - Patriotic
5335-78



Tossed Muscle Cars - Patriotic
5336-78



Tire Tracks Stripe - Patriotic
5337-78



Furry Dice - Patriotic
5338-78



Multi Stars - Patriotic
5339-78



Flag - Patriotic
5340-78



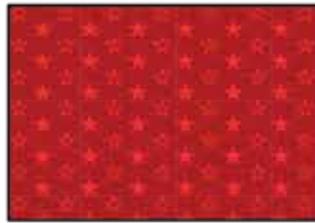
Tone-on Tone Car Parts - Navy
5341-77



Mini Stars - Light Blue
5342-11



Mini Stars - Navy
5342-77



Mini Stars - Red
5342-88



10" Blocks - Patriotic
5343-78

Select Fabric from
Peppered Cottons



Ink
Ink-45



Oyster
Oyster-35



Pepper
Pepper-31

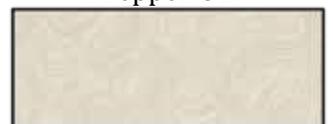
Select Fabric from
Just Color!



Chambray
1351-Chambray



Red Delicious
1351-Red Delicious



Stone
1351-Stone

Cutting

Cutting Instructions

Please note: All strips are cut across the width of fabric (WOF) from selvage to selvage edge unless otherwise noted.

WOF= Width of Fabric • LOF = Length of Fabric

Fabric A (5343-78 10" Blocks - Patriotic):

- Fussy cut (6) 9 ½" squares, each centered on a car scene.

Fabric B (Ink-45 Peppered Cottons – Ink), cut:

- (3) 1 ½" x WOF strips, sub-cut (12) 1 ½" x 9 ½" strips.
- (4) 1 ½" x WOF strips, sub-cut (12) 1 ½" x 11 ½" strips.

Fabric C (Oyster-35 Peppered Cottons – Oyster), cut:

- (24) 1 ½" x WOF strips.

Fabric D (5342-88 Mini Stars – Red), cut:

- (2) 1 ¾" x WOF strips, sub-cut (24) 1 ¾" x 3" strips.
- (1) 1 ¾" x WOF strip, sub-cut (24) 1 ¾" squares.
- (8) 1 ½" x WOF strips.

Fabric E (Pepper-31 Peppered Cottons – Pepper), cut:

- (4) 1 ½" x WOF strips.

Fabric F (5341-77 Tone-on-Tone Car Parts – Navy), cut:

- (2) 1 ¾" x WOF strips, sub-cut (24) 1 ¾" x 3" strips.
- (1) 1 ¾" x WOF strip, sub-cut (24) 1 ¾" squares.
- (4) 1 ½" x WOF strips.

Fabric G (5335-78 Spark Plugs – Patriotic), cut:

- (1) 3" x WOF strip, sub-cut (4) 3" squares.
- (2) 1 ¾" x WOF strips, sub-cut (32) 1 ¾" squares.

Fabric H (5340-78 Flag – Patriotic), cut:

- (1) 3" x WOF strip, sub-cut (8) 3" squares.
- (3) 1 ¾" x WOF strips, sub-cut (64) 1 ¾" squares.

Fabric I (5342-77 Mini Stars – Navy), cut:

- (3) 1 ¾" x WOF strips, sub-cut (32) 1 ¾" x 3" strips.
- (2) 1 ¾" x WOF strips, sub-cut (32) 1 ¾" squares.

Fabric J (5339-78 Multi Stars – Patriotic), cut:

- (1) 3" x WOF strip, sub-cut (2) 3" squares.
- (1) 1 ¾" x WOF strip, sub-cut (16) 1 ¾" squares.

Fabric K (5338-78 Furry Dice – Patriotic), cut:

- (1) 3" x WOF strip, sub-cut (6) 3" squares.
- (2) 1 ¾" x WOF strips, sub-cut (48) 1 ¾" squares.

Fabric L (5333-78 Garage Collage – Patriotic), cut:

- (2) 9 ½" x WOF strips, sub-cut (6) 9 ½" squares.

Fabric M (1351-Red Delicious Just Color! – Red Delicious), cut:

- (3) 1" x WOF strips, sub-cut (12) 1" x 9 ½" strips.
- (3) 1" x WOF strips, sub-cut (12) 1" x 10 ½" strips.

Fabric N (5337-78 Tire Tracks Stripe – Patriotic), cut:

- (6) 2 ½" x WOF strips for the binding.

Backing (5334-78 On-Coming Cars – Patriotic), cut:

- (2) 73" x WOF strips. Sew the strips together and trim to 58" x 73" to make the back.

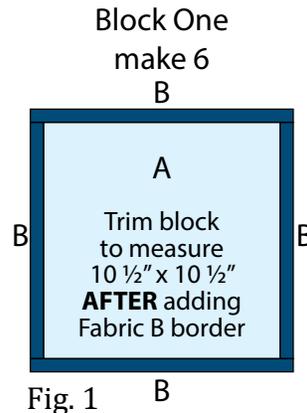
Sewing

Sew using a $\frac{1}{4}$ " seam allowance with right sides together (RST) unless otherwise indicated. Always press towards the darker fabric while assembling, unless otherwise noted by the arrows.

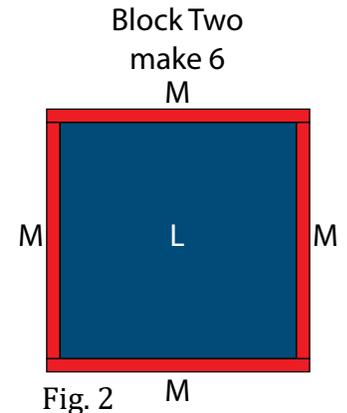
Block Assembly

Note: The arrows in figures represent the fabric print direction. Pay attention to the direction of the fabric and unit orientations when assembling the various components.

1. Sew (1) $1\frac{1}{2}$ " x $9\frac{1}{2}$ " Fabric B strip to each side of (1) $9\frac{1}{2}$ " Fabric A square. Sew (1) $1\frac{1}{2}$ " x $11\frac{1}{2}$ " Fabric B strip to the top and to the bottom of the Fabric A square. **Trim the block to measure $10\frac{1}{2}$ " square** to make (1) Block One square (Fig. 1). Repeat to make (6) Block One squares total.



2. Sew (1) 1 " x $9\frac{1}{2}$ " Fabric M strip to each side of (1) $9\frac{1}{2}$ " Fabric L square. Sew (1) 1 " x $10\frac{1}{2}$ " Fabric M strip to the top and to the bottom of the Fabric L square to make (1) Block Two square (Fig. 2). Repeat to make (6) Block Two squares.



3. Place (1) $1\frac{3}{4}$ " Fabric G square on the left side of (1) $1\frac{3}{4}$ " x 3 " Fabric D strip, right sides together (Fig. 3). Sew across the diagonal of the square from the upper right corner to the lower left corner (Fig. 3). Flip open the triangle formed and press (Fig. 4). Trim away the excess fabric from behind the triangle, leaving a $\frac{1}{4}$ " seam allowance.

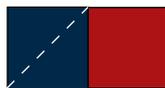


Fig. 3



Fig. 4



Fig. 5

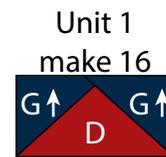


Fig. 6

4. Place another $1\frac{3}{4}$ " Fabric G square on the right side of the $1\frac{3}{4}$ " x 3 " Fabric D strip, right sides together (Fig. 5). Sew across the diagonal of the square from the upper left corner to the lower right corner (Fig. 5). Flip open the triangle formed and press. Trim away the excess fabric from behind the triangle, leaving a $\frac{1}{4}$ " seam allowance to make (1) Unit 1 strip (Fig. 6).

5. Repeat Steps 3-4 to make (16) Unit 1 strips total.

6. Repeat Steps 3-4 and refer to Figures 7-9 for fabric identification, placement and seam direction to make (32) Unit 2 strips, (24) Unit 3 strips and (8) Unit 4 strips.

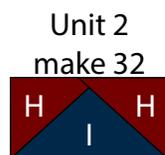


Fig. 7

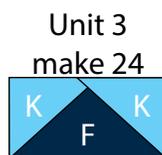


Fig. 8

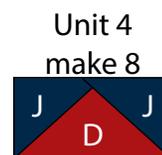


Fig. 9

7. Sew (1) 1 3/4" Fabric D square to each end of (1) Unit 1 strip to make the top row. Repeat to make the bottom row. Sew (1) Unit 1 strip to each side of (1) 3" Fabric G square to make the middle row. Sew the (3) rows together lengthwise to make (1) Unit 5 square (Fig. 10). The block should measure 5 1/2" square. Repeat to make (4) Unit 5 squares total.

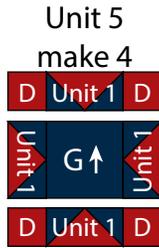


Fig. 10

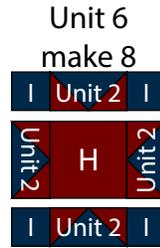


Fig. 11

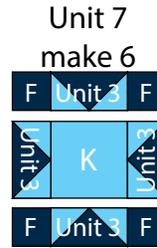


Fig. 12

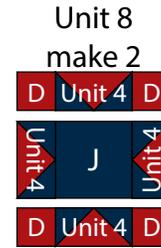


Fig. 13

9. Sew together (1) 1 1/2" x WOF Fabric C strip, (1) 1 1/2" x WOF Fabric F strip, (1) 1 1/2" x WOF Fabric C strip, (1) 1 1/2" x WOF Fabric D strip and (1) 1 1/2" x WOF Fabric C strip lengthwise and in that order left to right to make (1) Strip Set 1 (Fig. 14). Repeat to make (4) Strip Set 1's total.

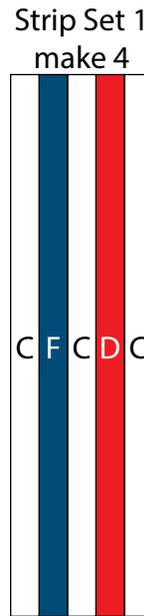


Fig. 14

10. Cut the (4) Strip Set 1's into (16) 5 1/2" x 10 1/2" Unit 9 rectangles (Fig. 15).

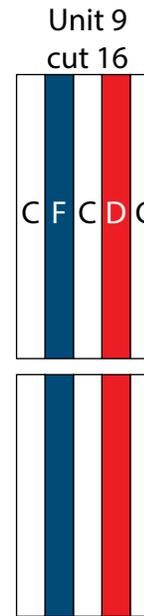


Fig. 15

11. Repeat Steps 9-10 and refer to Figures 16-17 for fabric identification and placement to make (15) 5 1/2" x 10 1/2" Unit 10 rectangles.

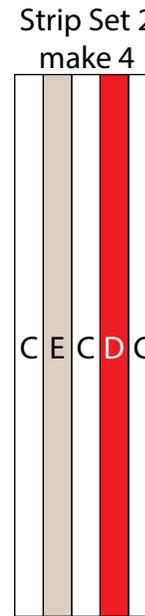


Fig. 16

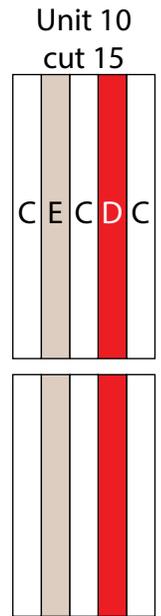


Fig. 17

Quilt Top Assembly

(Follow the Quilt Layout while assembling the quilt top.)

12. Sew together (1) Unit 5 square, (1) Unit 10 rectangle, (1) Unit 6 square, (1) Unit 10 rectangle, (1) Unit 6 square, (1) Unit 10 rectangle and (1) Unit 5 square, in that order from left to right, to make Sashing Row One. Repeat to make Sashing Row Five.

13. Repeat Step 12 and refer to the Quilt Layout component identification, placement and orientation to make Sashing Row Two, Sashing Row Three and Sashing Row Four.

14. Sew together (1) Unit 9 rectangle, (1) Block One square, (1) Unit 9 rectangle, (1) Block Two square, (1) Unit 9 rectangle, (1) Block One square and (1) Unit 9 rectangle, lengthwise and in that order from left to right, to make Pieced Row One.

15. Repeat Step 14 and refer to the Quilt Layout for component identification, placement and orientation to make Pieced Row Two, Pieced Row Three and Pieced Row Four.

16. Sew together Sashing Row One, Pieced Row One, Sashing Row Two, Pieced Row Two, Sashing Row Three, Pieced Row Three, Sashing Row Four, Pieced Row Four and Sashing Row Five, in that order from top to bottom, to make the quilt top.

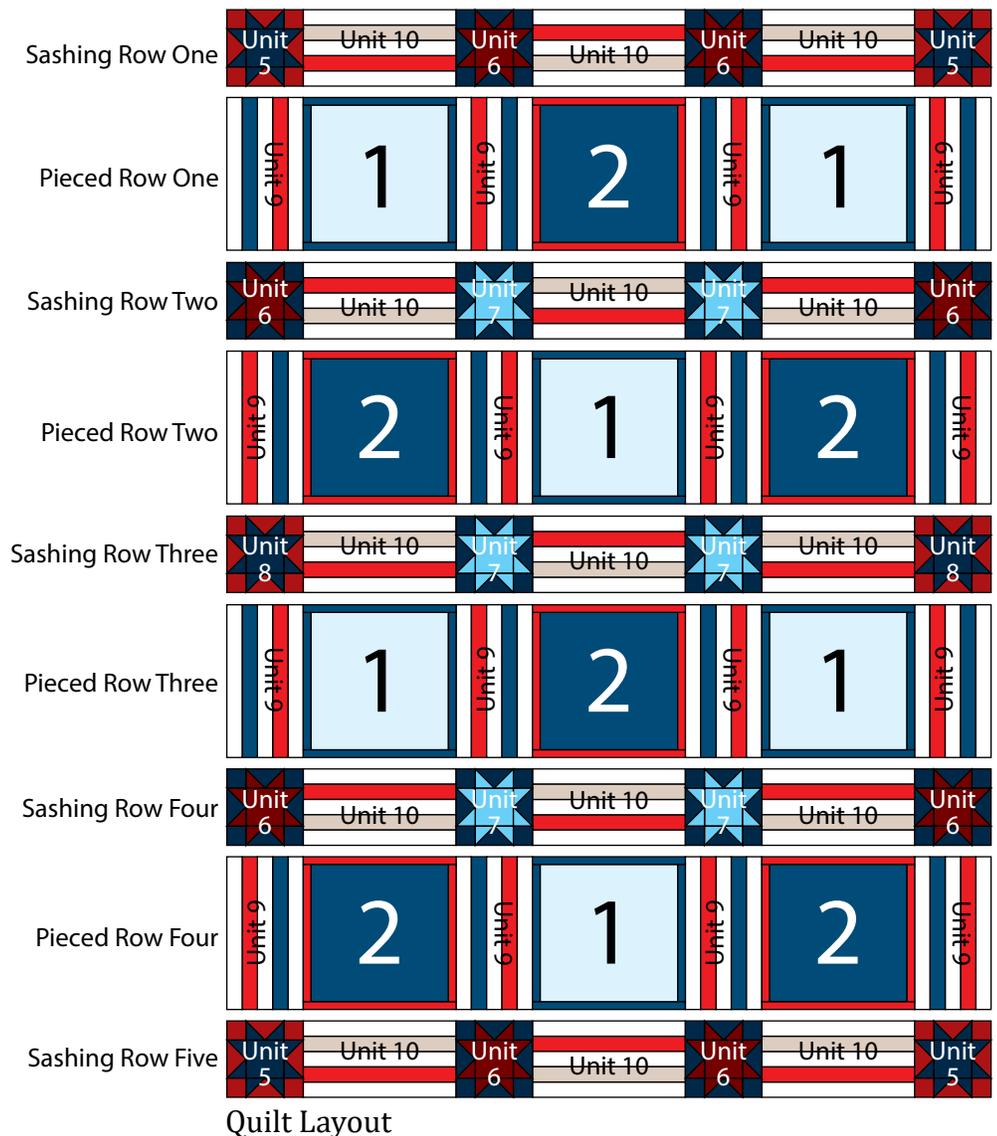
Layering, Quilting and Finishing

17. Press the quilt top and 58" x 73" backing well. Layer backing (wrong side up), batting, pressed quilt top (right side up) and baste. Quilt as desired and trim excess batting and backing when quilting is complete.

Binding

18. Cut the ends of the (6) Fabric N binding strips at a 45-degree angle and sew end to end to make (1) continuous piece of binding. Fold in half lengthwise and press wrong sides together.

19. Sew the binding to the front of the quilt, raw edges together. Turn the folded edge to the back, and hand stitch in place.



Every effort has been made to ensure that all projects are error free. All the information is presented in good faith, however no warranty can be given nor results guaranteed as we have no control over the execution of instructions. Therefore, we assume no responsibility for the use of this information or damages that may occur as a result. When errors are brought to our attention, we make every effort to correct and post a revision as soon as possible. Please make sure to check www.studioefabrics.net for pattern updates prior to starting the project. We also recommend that you test the project prior to cutting for kits. Finally, all free projects are intended to remain free to you and are **not for resale**.