

Listen to music or talk on your phone as you go hands-free by creating a quick and easy armband for your electronic device. It's so easy to do with VELCRO[®] Sticky Back for Fabrics rectangles. This amazing VELCRO[®] product allows you to create your own removable armband that you can wear and wash when needed.

Some plastic cases are designed to prevent adhesives from sticking, so you need to test your device. You can use this armband with the cell phone holder on page 22.

Materials:

VELCRO[®] Sticky Back for Fabrics, rectangle, black Fabric, ¼ yard MP3-Player or other cellular case of your choice Steam-a-Seam 2[®] Double Stick Fusible Web, tape, ½"

Tools:

Iron, rotary cutter, large cutting mat, quilting ruler, Westcott Brand Non-Stick scissors, measuring tape

Instructions:

1. Measure around your bicep and then add 2-inches to that measurement.
2. Cut the fabric 3 ½-inches wide by the length of the predetermined measurement from step 2.
3. Fold both of the long sides of the fabric with a ½-inch fold and then iron a crease into the fabric to create a finished hem. Cut a piece of the fusible web the length of the fabric. Press the fusible web onto one of the folds. Fold the fabric lengthwise, so that the edges touch and then iron along the edge of the fabric so that the fusible web holds the fabric together. You will now have a fabric tube.
4. Rotate the tube so the seam is in the middle of the band. Iron the fabric tube so the sides are creased.
5. Tuck in one of the edges on one side of the band and then close the edge with a piece of fusible web. Repeat this step on the other open end of the band.



Project and Photography
by Theresa Cifali

6. Lay the band down so that the seam is up. Cut a ½ by 1-inch piece of VELCRO[®] tape and then press the loop side firmly onto the right end of the band.
7. Flip the band over and then firmly press the hook side onto the left end of the band.
8. Cut a 2 by 1-inch piece from the VELCRO[®] rectangle. Attach the hook side to the middle of the band and the loop side to the back of the electronic device.
9. Attach the case to the armband. Test that the case and your electronic device are secure to the armband and will not fall. You may need to apply additional VELCRO[®] material to the electronic device.