

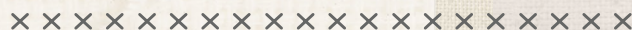


# SHAPE UP



# ANGLES

FREE PATTERN



A DIVISION OF AGF







FINISHED SIZE | 74" x 76"

## FABRIC REQUIREMENTS

Fabric <b>A</b>	DDR-25441	$\frac{3}{8}$ yd.
Fabric <b>B</b>	DDR-25442	$\frac{3}{4}$ yd.
Fabric <b>C</b>	DDR-25444	$\frac{5}{8}$ yd.
Fabric <b>D</b>	DDR-25445	$\frac{1}{2}$ yd.
Fabric <b>E</b>	DDR-25446	$\frac{3}{4}$ yd.
Fabric <b>F</b>	DDR-25447	$\frac{1}{2}$ yd.
Fabric <b>G</b>	DDR-25448	$\frac{3}{8}$ yd.
Fabric <b>H</b>	DDR-25449	$\frac{3}{4}$ yd.
Fabric <b>I</b>	DDR-25451	$\frac{3}{4}$ yd.
Fabric <b>J</b>	PE-408	3 yd.
Fabric <b>K</b>	PE-446	$\frac{1}{4}$ yd.
Fabric <b>L</b>	PE-411	$\frac{1}{4}$ yd.
Fabric <b>M</b>	PE-488	$\frac{1}{3}$ yd.

### BACKING FABRIC

DDR-25445 5 yds (*Suggested*)

### BINDING FABRIC

Fabric **A** DDR-25441 (*Included*)

## CUTTING DIRECTIONS

*$\frac{1}{4}$ " seam allowances are included.*

*WOF means width of fabric.*

*RSF means right side of fabric.*

- One (1)  $12\frac{1}{2}$ " x  $7\frac{1}{2}$ " rectangle from fabric **B**.
- One (1)  $9\frac{1}{2}$ " x  $5\frac{1}{2}$ " rectangle from fabric **B**.
- One (1)  $13$ " x  $3\frac{1}{2}$ " rectangle from fabric **B**.
- Three (3)  $6\frac{1}{2}$ " x  $3\frac{1}{2}$ " rectangles from fabric **B**.
- One (1)  $12$ " x  $4\frac{1}{2}$ " strip from fabric **B**.
- Six (6)  $3\frac{1}{2}$ " squares from fabrics **B**, **F** and **L**.
- Four (4) templates **a** from fabrics **B**, **E** and **H**.
- Twenty-four (24)  $3\frac{1}{2}$ " squares from fabric **C**.
- One (1)  $18\frac{1}{2}$ " x  $3\frac{1}{2}$ " strip from fabric **C**.
- One (1)  $23$ " x  $2\frac{1}{2}$ " strip from fabric **C**.
- Four (4)  $6\frac{1}{2}$ " x  $3\frac{1}{2}$ " rectangles from fabric **C**.
- One (1)  $6$ " x  $2\frac{1}{2}$ " rectangle from fabric **C**.
- Two (2)  $8\frac{1}{2}$ " x  $5\frac{1}{2}$ " rectangle from fabric **D**.
- Seven (7)  $6\frac{1}{2}$ " x  $3\frac{1}{2}$ " rectangles from fabric **D**.
- One (1)  $12$ " x  $3\frac{1}{2}$ " rectangle from fabric **D**.
- One (1)  $10\frac{1}{2}$ " x  $4\frac{1}{2}$ " rectangle from fabric **D**.
- One (1)  $9\frac{1}{2}$ " x  $3\frac{1}{2}$ " rectangle from fabric **D**.
- One (1)  $9$ " x  $5\frac{1}{2}$ " rectangle from fabrics **D** and **M**.
- One (1)  $14\frac{1}{2}$ " square from fabric **E**.
- One (1)  $14\frac{1}{2}$ " x  $6\frac{1}{2}$ " rectangle from fabrics **E** and **F**.
- One (1)  $11\frac{1}{2}$ " x  $6\frac{1}{2}$ " rectangle from fabric **E**.
- One (1)  $14\frac{1}{2}$ " x  $9$ " rectangle from fabric **E**.
- One (1)  $12\frac{1}{2}$ " x  $2$ " rectangle from fabric **E**.
- Two (2) templates **a** from fabric **F**.
- Three (3)  $6\frac{1}{2}$ " x  $3\frac{1}{2}$ " rectangles from fabric **F**.
- One (1)  $6\frac{1}{2}$ " x  $5\frac{1}{2}$ " rectangle from fabric **F**.
- One (1)  $16$ " x  $5\frac{1}{2}$ " rectangle from fabric **F**.
- One (1)  $14\frac{1}{2}$ " x  $6\frac{1}{2}$ " strip from fabric **F**.
- One (1)  $6\frac{1}{2}$ " x  $3\frac{1}{2}$ " rectangle from fabric **G**.
- One (1)  $8\frac{1}{2}$ " x  $4\frac{1}{2}$ " rectangle from fabric **G**.
- One (1)  $10\frac{1}{2}$ " x  $5\frac{1}{2}$ " rectangle from fabric **G**.





- Repeat the previous steps for the remaining flying geese combinations.
- Refer to the diagram below for combinations and quantities, when you are done set aside.















<b>KBK</b>		1
<b>LBL</b>		2
<b>FCF</b>		1
<b>KCK</b>		2
<b>KDK</b>		1
<b>CDC</b>		5
<b>LDL</b>		1
<b>CFC</b>		2
<b>BFB</b>		1
<b>FGF</b>		1
<b>CKC</b>		1
<b>FLF</b>		1
<b>BLB</b>		2
<b>CLC</b>		4

DIAGRAM 4

XXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXX

- Now that you got all the flying geese combinations, it is time to construct the six different flying geese strip combinations.

FLYING GEESE STRIP 1

- **BFB - BLB - CDC - CLC - CKC.**



FLYING GEESE STRIP 2

- **BLB - KBK - CLC - FLF.**



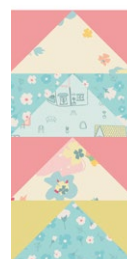
FLYING GEESE STRIP 3

- **CDC - CFC - LDL - FCF.**



FLYING GEESE STRIP 4

- **LBL - CDC - LBL - KCK.**









- Press.
- Voila! panel #1 for section #1 is done.



### Panel #2

- Move on with panel #2.
- Take one  $14\frac{1}{2}$ " x  $6\frac{1}{2}$ " rectangle from fabric **F**, one  $6\frac{1}{2}$ " x 3" strip from fabric **J** and the FLYING GEESE STRIP 5.
- Attach them as shown in the diagram below.

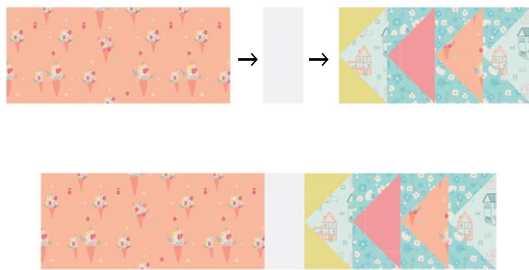


DIAGRAM 15

- Bring two 29" x  $2\frac{1}{2}$ " strips from fabric **J**.
- Attach them to the top and bottom edge.
- Press and set aside.

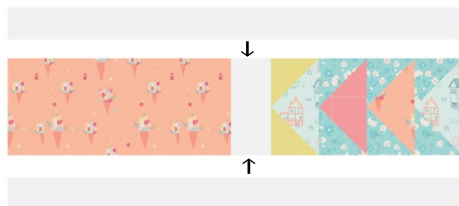


DIAGRAM 16

- Take one  $16\frac{1}{2}$ " x  $2\frac{1}{2}$ " strip from fabric **I**, one 2" x  $2\frac{1}{2}$ " rectangle from fabric **J** and one  $3\frac{1}{2}$ " x  $2\frac{1}{2}$ " rectangle from fabric **I**.
- Attach them in the order **IJI**.
- Press and set aside.



DIAGRAM 17

- Take one  $9\frac{1}{2}$ " x  $4\frac{1}{2}$ " rectangle from fabric **H**, one  $4\frac{1}{2}$ " x 2" from fabric **J** and one  $10\frac{1}{2}$ " x  $4\frac{1}{2}$ " rectangle from fabric **D**.
- Attach them in the order **HJD**.
- Press.

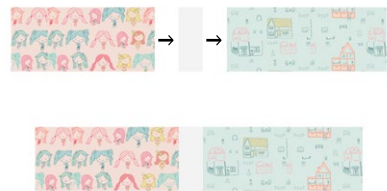


DIAGRAM 18

- Take the last two sewn pieces and one 21" x  $2\frac{1}{2}$ " strip from fabric **J**.
- Attach them together as shown in the diagram below.
- Press.

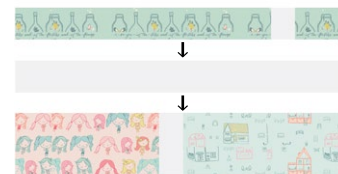


DIAGRAM 19

- Now, bring one  $8\frac{1}{2}$ " x  $2\frac{1}{2}$ " strip from fabric **J**.
- Attach it to the right side of the sewn piece.
- Press.

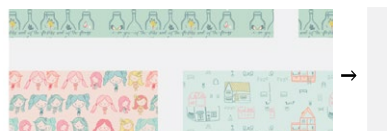


DIAGRAM 20



Panel #3

- Move on with panel #3.
- Take one 6½" x 3" rectangle from fabric **G**, one 6½" x 2½" strip from fabric **J** and one 14½" x 6½" rectangle from fabric **E**.
- Attach them in the order **GJE**.
- Press and set aside.

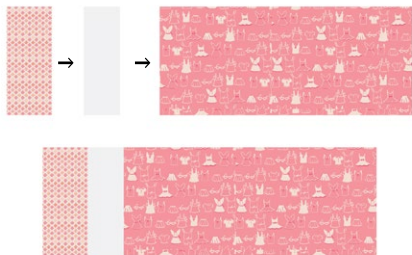


DIAGRAM 26

- Now, take one 9" x 5½" rectangle from fabrics **D**, one 5½" x 2½" strip from fabric **J** and 8½" x 5½" rectangle from fabric **I**.
- Attach them in the order **DJI**.
- Press.

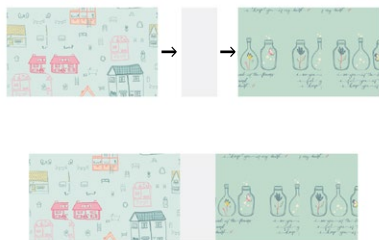


DIAGRAM 27

- Bring the sewn pieces for panel #3 and one 19" x 6" rectangle from fabric **G**, three 19" x 2½" strips from fabric **J** and one 19" x 2" strip from fabric **J**.
- Attach them as shown in the diagram below.

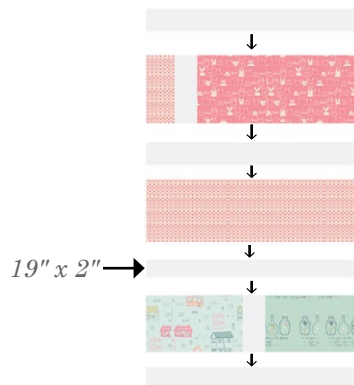


DIAGRAM 28

- Press.
- Voila! panel #3 for section #1 is done.



DIAGRAM 28

SECTION #1 ASSEMBLY

- Attach the three panels together in the order panel #1 - panel #2 - Panel #3

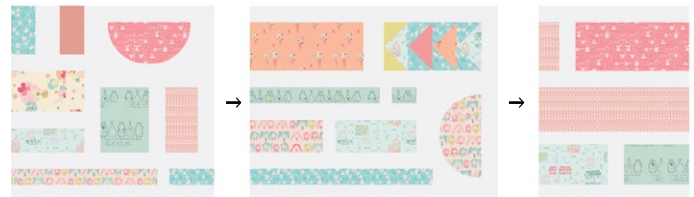


DIAGRAM 29

- Press and set aside.



SECTION #2

- Move forward with section #2.

Panel #1

- Section #2 is divided in two different panels.
- To start with panel #2 take FLYING GEESE STRIP 3 and one 6½" x 3½" strip from fabric **J**.
- Attach the **J** strip on the right side of the FLYING GEESE STRIP 3 .
- Press.

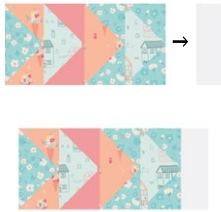


DIAGRAM 30

- Bring two  $14\frac{1}{2}$ " x  $2\frac{1}{2}$ " strips from fabric **J**.
- Attach the **J** strips to the top and bottom of the previous sewn piece.
- Press and set aside.

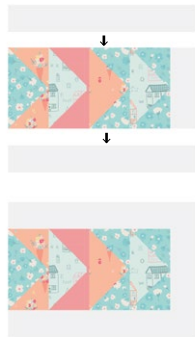


DIAGRAM 31

- Take one  $8\frac{1}{2}$ " x  $7\frac{1}{2}$ " rectangle from fabric **I**, one  $8\frac{1}{2}$ " x  $2\frac{1}{2}$ " strip from fabric **J** and one  $8\frac{1}{2}$ " x  $5\frac{1}{2}$ " rectangle from fabric **D**.
- Attach them in the order **IJD**.
- Press.

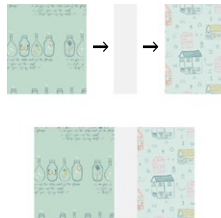


DIAGRAM 32

- Take one  $14\frac{1}{2}$ " x  $2\frac{1}{2}$ " strip from fabric **J**, and attach it to the top edge.
- Press.

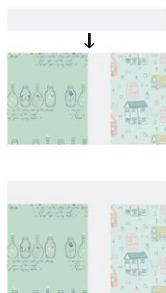


DIAGRAM 33

- x
- Now, bring the sewn piece in diagram 31 and one  $14\frac{1}{2}$ " square from fabric **E**.
  - Attach them as shown in the diagram below and press.



DIAGRAM 34

- Take one  $34\frac{1}{2}$ " x  $2\frac{1}{2}$ " strip from fabric **J**.
- Attach it to the right side of the piece.
- Press and set aside.



DIAGRAM 35

- Take one  $12\frac{1}{2}$ " x  $3\frac{1}{2}$ " strip from fabric **M** and one  $12\frac{1}{2}$ " x  $2\frac{1}{2}$ " strip from fabric **J**.
- Attach them in the order **MJ**.
- Press and set aside.



DIAGRAM 36



- Now, bring two 20" x 2½" strips from fabric **J** and attach them to the bottom and top sides.
- Press and set aside.

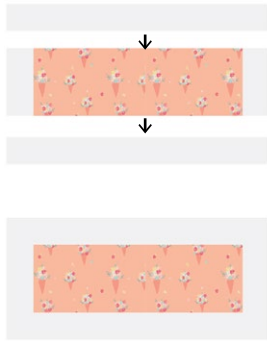


DIAGRAM 43

- Take the FLYING GEESE STRIP 6, one **JB** half circle block, three 12½" x 2½" strips from fabric **J** and one 12½" x 2" strip from fabric **E**.
- Attach them in the order **J - FG6 - J- E- J-JB**.
- Press.

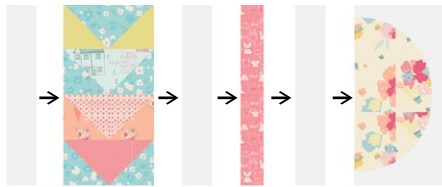


DIAGRAM 44

- Bring the piece sewn in diagram 42 and one 20" x 2½" strip from fabric **J**.
- Attach them as shown in the diagram below.
- Press and set aside.



DIAGRAM 45

- Take **JE** half circle block, one 6½" x 2½" strip from fabric **J** and one 6½" x 6" rectangle from fabric **I**.
- Attach them in the order **JE - J - I**.

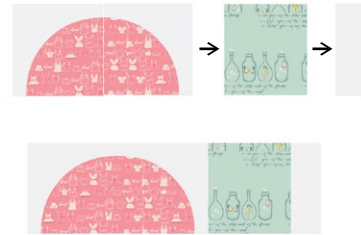


DIAGRAM 46

- Now, bring one 20" x 2½" strip from fabric **J** and one 20" x 3½" rectangle from fabric **I**.
- Attach them as shown in the diagram below.

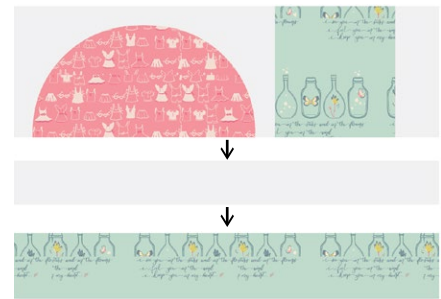


DIAGRAM 47

- Bring the piece sewn in diagram 44 and attach it to the top.
- Press.



DIAGRAM 48





- Bring back the sewn piece in diagram 49 and attach on top of the previous sewn piece as shown in the diagram below.



DIAGRAM 55

- Press.
- Voila! panel #1 for section #2 is done.



DIAGRAM 56

Panel #2

- For panel #2 start with
- To start with panel #2 take one (1) 4½" x 3½" rectangle from fabric I one 3½" x 2½" rectangle from fabric J and one (1) 13" x 3½" rectangle from fabric B.
- Attach them in the order IJB.
- Press.



DIAGRAM 57

- XXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXX
- Now bring two 19" x 2½" strips from fabric J and attach them to the top and bottom of the previous sewn piece.
  - Press and set aside.



DIAGRAM 58

- Take one 9" x 5½" rectangle from fabric M and one 9" x 2½" strip from fabric J.
- Attach them as shown in the diagram below.
- Press.

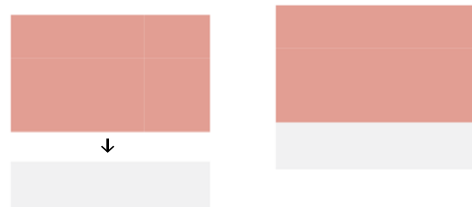


DIAGRAM 59

- Now bring one 8½" x 7½" rectangle from fabric G and one 7½" x 2½" strip from fabric J.
- Attach them as shown in the diagram below.
- Press.

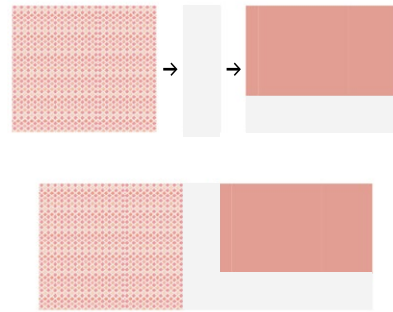


DIAGRAM 60

- Bring back the sewn piece in diagram 58 and attach it on top of the previous sewn piece as shown in the diagram below.
- Press and set aside.

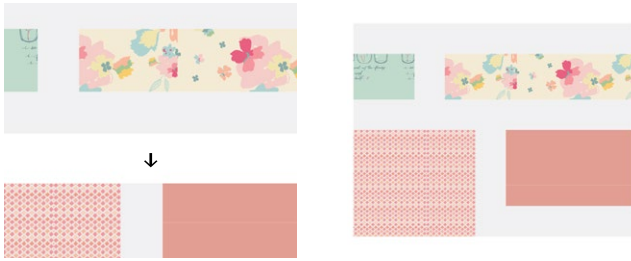


DIAGRAM 61

- Take one 11" x 4½" rectangle from fabrics **M** & **I** and two 11" x 2½" strips from fabric **J**.
- Attach them in the order **JMJI**.
- Press.

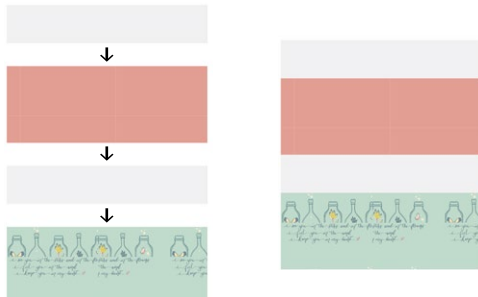


DIAGRAM 62

- Now bring one 12½" x 2½" strip from fabric **J** and the FLYING GEESE STRIP 4.
- Attach them as shown in the diagram below.
- Press and set aside.

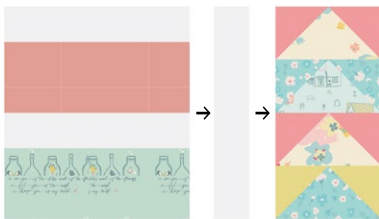


DIAGRAM 63

- Take one 14½" x 9" rectangle from fabric **E**, one 14½" x 2½" strip from fabric **J** and one 14½" x 8½" rectangle from fabric **H**.
- Attach in the order **EJH**.
- Press.



DIAGRAM 64

- Now bring one 19" x 2½" strip from fabric **J** and attach to the top of **EJH**.
- Press.



DIAGRAM 65

- Bring back the sewn pieces in diagrams 61 and 63.
- Attach them as shown in the diagram below.

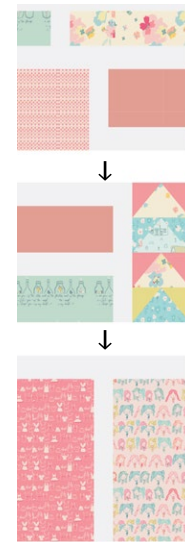
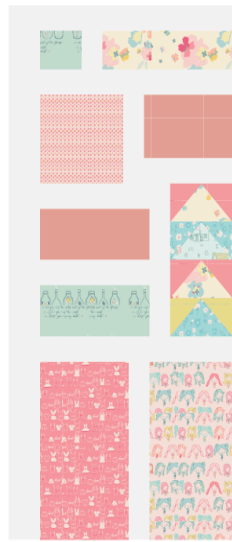


DIAGRAM 66

- Press.
- Voila! panel #2 for section #2 is done.



### SECTION #2 ASSEMBLY

- Attach the two panels together in the order panel #1 - panel #2



DIAGRAM 67

- Press and set aside.



DIAGRAM 68

### SECTION #3

- Move forward with section #3.

#### Panel #1

- Section #3 is divided in three different panels.
- To start with panel #1 take FLYING GEESE STRIP 2, two 6½" x 2½" strip from fabric **J**, one 6½" x 5½" rectangle from fabric **F** and one 11½" x 6½" rectangle from fabric **E**.
- Attach them in the order FLYING GEESE STRIP 2 - **J** - **F** - **J** - **E**.
- Press.

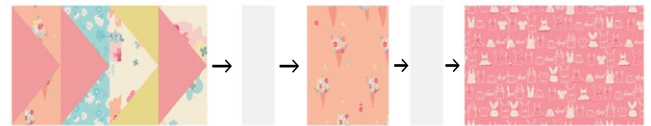


DIAGRAM 69

- Now, bring two 32½" x 2½" strip from fabric **J**.
- Attach them as shown in the diagram below.

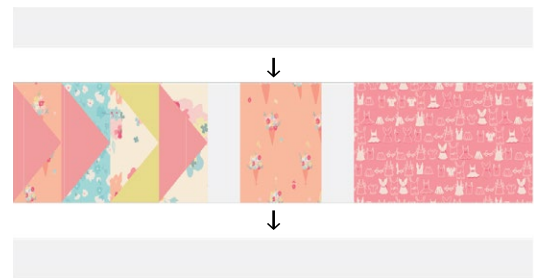
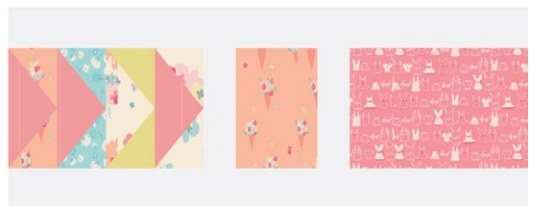


DIAGRAM 70

- Press.
- Voila! panel #1 for section #3 is done.



Panel #2

- To start with panel #2 take three 10½" x 2½" strips from fabric **J**, one 10½" x 8" rectangle from fabric **H** and one 10½" x 5½" rectangle from fabric **G**.
- Attach them in the order **JHJGJ**.

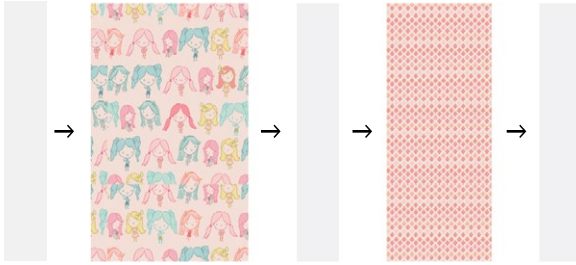


DIAGRAM 70

- Press.
- Voila! panel #2 for section #3 is done.



Panel #3

- To start with panel #3 take one 12" x 2½" strip from fabric **J**, one 12" x 1½" strip from fabric **J**, one 12" x 4½" rectangle from fabric **B** and one 12" x 3½" rectangle from fabric **I**.
- Attach them in the order **JBJI**.
- Press and set aside.



DIAGRAM 71



- Take one **JH** half circle block and two 12½" x 2½" strip from fabric **J**.
- Attach the **J** strips to the top and bottom of **JH** half circle block.
- Press

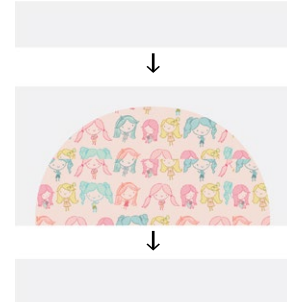


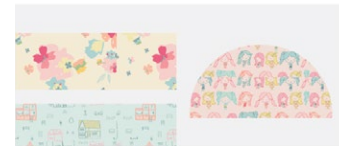
DIAGRAM 72

- Bring back the sewn piece in diagram 71 and attach them as shown in the diagram below.



DIAGRAM 73

- Press.
- Voila! panel #3 for section #3 is done.



SECTION #3 ASSEMBLY

- Attach the three panels together in the order panel #1 - panel #2 - panel #3.



DIAGRAM 74

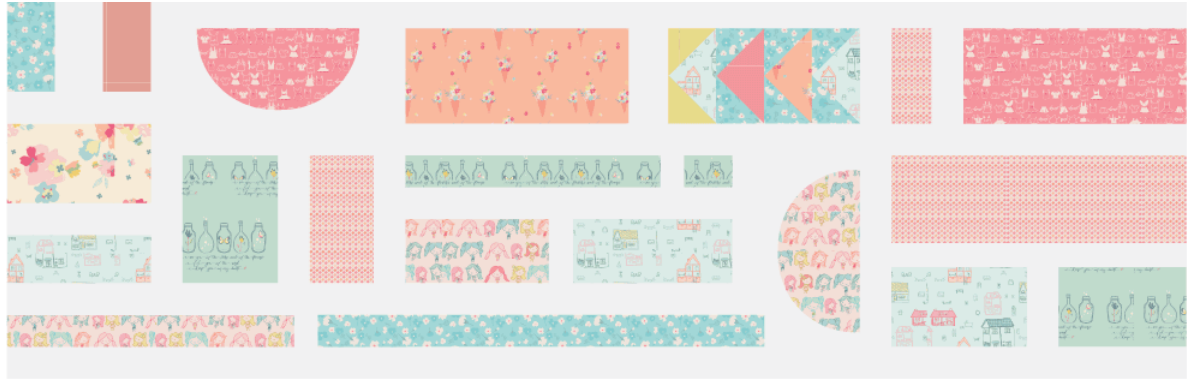
- Press and set aside.



# TOP ASSEMBLY

*Sew all rights sides together with 1/4" seam allowance.*

- Attach the three sections together in the order section #1 - section #2 - section #3.



## QUILT ASSEMBLY

*Sew rights sides together.*

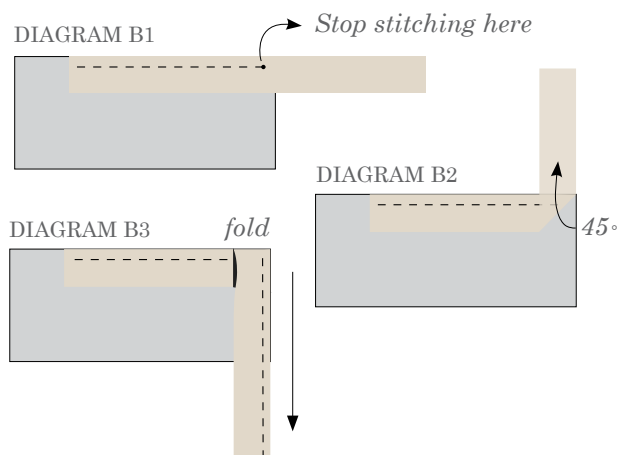
- Place **BACKING FABRIC** on a large surface wrong side up. Stretch it with masking tape against that surface.
- Place **BATTING** on top of backing fabric.
- Place **TOP** on top of the batting with right side facing up. Smooth away wrinkles using your hands.
- Pin all layers together and baste with basting thread, using long stitches. You can also use safety pins to join the layers.
- Machine or hand quilt starting at the center and working towards the corners. Remember that quilting motifs are a matter of personal preference. Have fun choosing yours!
- After you finished, trim excess of any fabric or batting, squaring the quilt to proceed to bind it.

- Stop stitching before you reach the last 5 or 6 inches. Cut the threads and remove the quilt from under the machine presser foot. Lay the loose ends of the binding flat along the quilt edge, folding the ends back on themselves where they meet. Press them together to form a crease. Using this crease as the stitching line, sew the two open ends of the binding with right sides together (you can help yourself marking with a pencil if the crease is difficult to see).
- Trim seam to  $\frac{1}{4}$ " and press open. Complete the sewing. Turn binding to back of the quilt, turn raw edge inside and stitch by hand using blind stitch.

## BINDING

*Sew rights sides together.*

- Cut enough strips  $1\frac{1}{2}$ " wide by the width of the fabric **A** to make a final strip 310" long. Start sewing the binding strip in the middle of one of the sides of the quilt, placing the strip right side down and leaving an approximated 5" tail. Sew with  $\frac{1}{4}$ " seam allowance (using straight stitch), aligning the strip's raw edge with the quilt top's raw edge.
- Stop stitching  $\frac{1}{4}$ " before the edge of the quilt (**DIAGRAM B 1**). Clip the threads. Remove the quilt from under the machine presser foot. Fold the strip in a motion of  $45^\circ$  and upward, pressing with your fingers (**DIAGRAM B2**). Hold this fold with your finger, bring the strip down in line with the next edge, making a horizontal fold that aligns with the top edge of the quilt (**DIAGRAM B3**). Start sewing at  $\frac{1}{4}$ " of the border, stitching all the layers. Do the same in the four corners of the quilt.



XX

*Congratulations  
& enjoy*

XX



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NOTE: While all possible care has been taken to ensure the accuracy of this pattern, We are not responsible for printing errors or the way in which individual work varies.

Please read instructions carefully before starting the construction of this quilt. If desired, wash and iron your fabrics before starting to cut.

