

# STRETCH GUIDE



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Your square of fabric should  
measure

10cm x 10cm

which is  
3.94 decimal inches  
or

3 <sup>15</sup>/<sub>16</sub> inch

↓  
Minimal  
stretch

25%

↓  
Moderate  
stretch

50%

↓  
Very  
stretchy

75%

↓  
Super  
stretchy

100%

Take note of what the fabric does when it is released after stretching.  
If it does not return to original size, your garment may stretch or sag after  
use