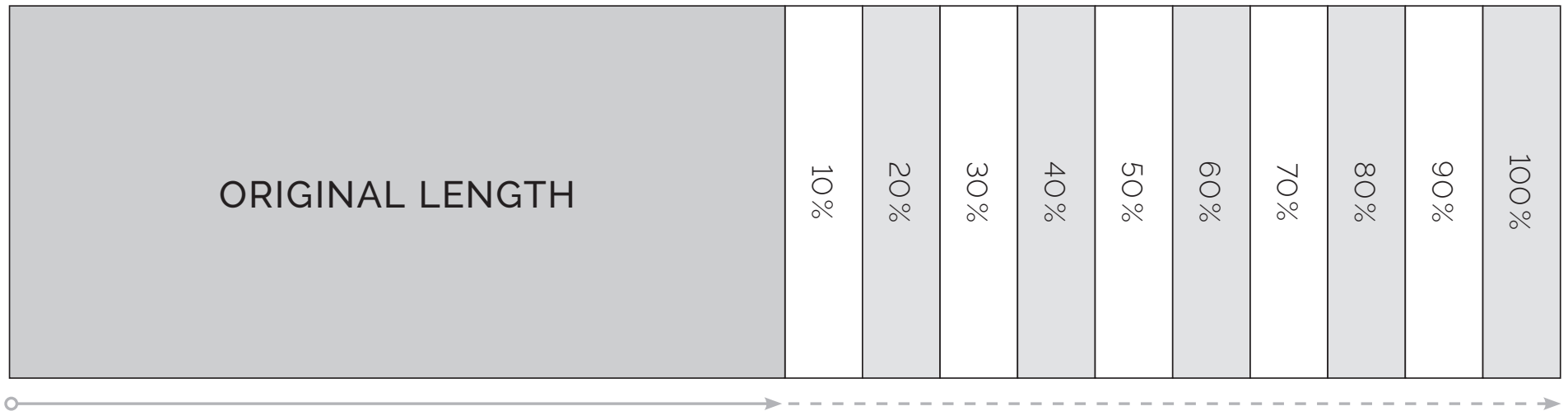


Stretch Percentage Guide

This guide can be used to determine the stretch percentage and recovery of knit fabric. To determine the stretch percentage, hold the fabric at the indicated marks and stretch until you feel resistance. Try not to overstretch. Note your fabrics stretch percentage. To determine the fabrics recovery, release the stretched end and note whether it returns back to its original size. If it does not then note the percentage recovery.



Alternatively, measure a swatch width ways (normal width), then stretch it to its maximum and measure again (stretched width). Then calculate:

$$(\text{stretched width}) \div (\text{normal width}) - 1 = \text{stretch percentage}$$

