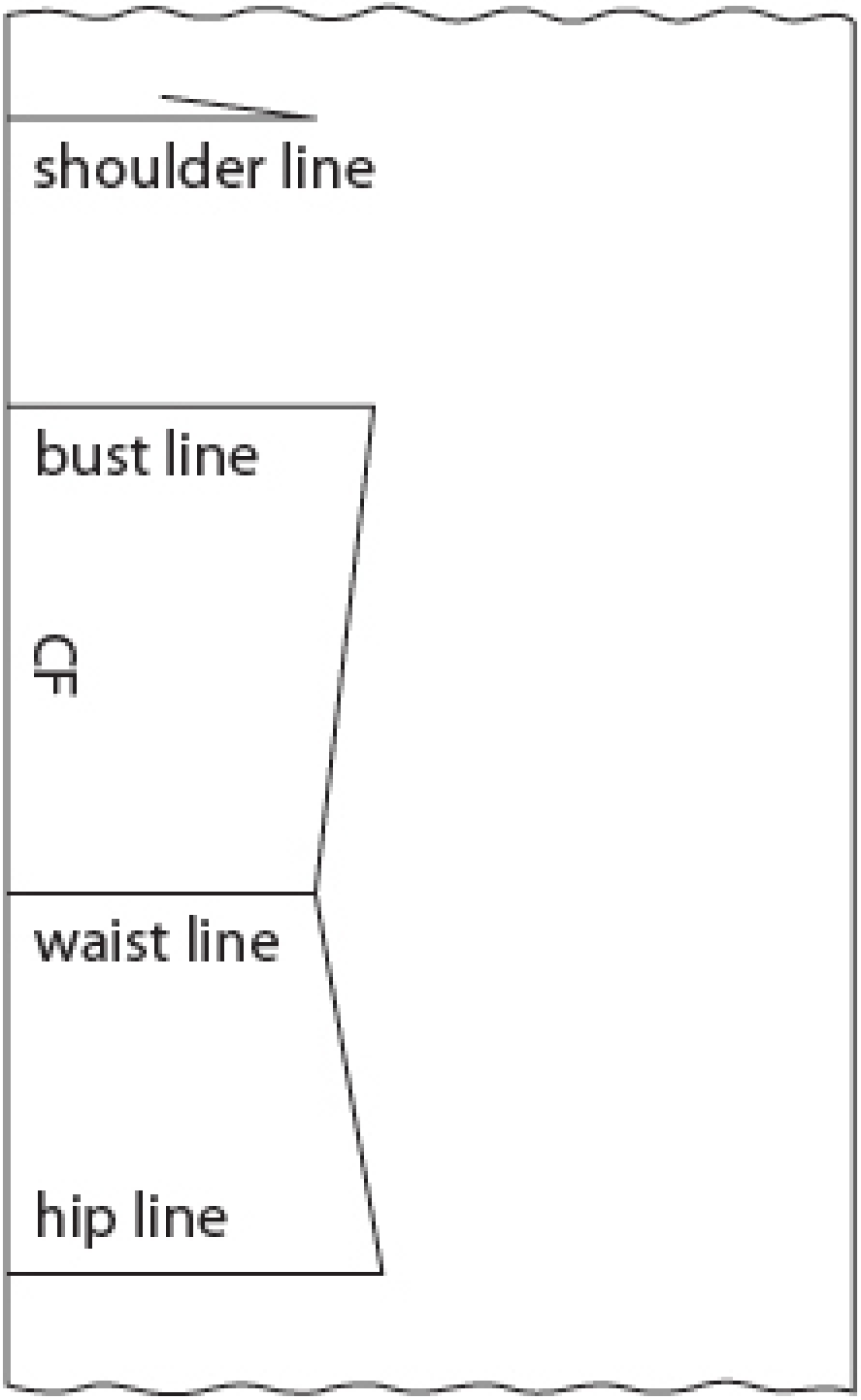
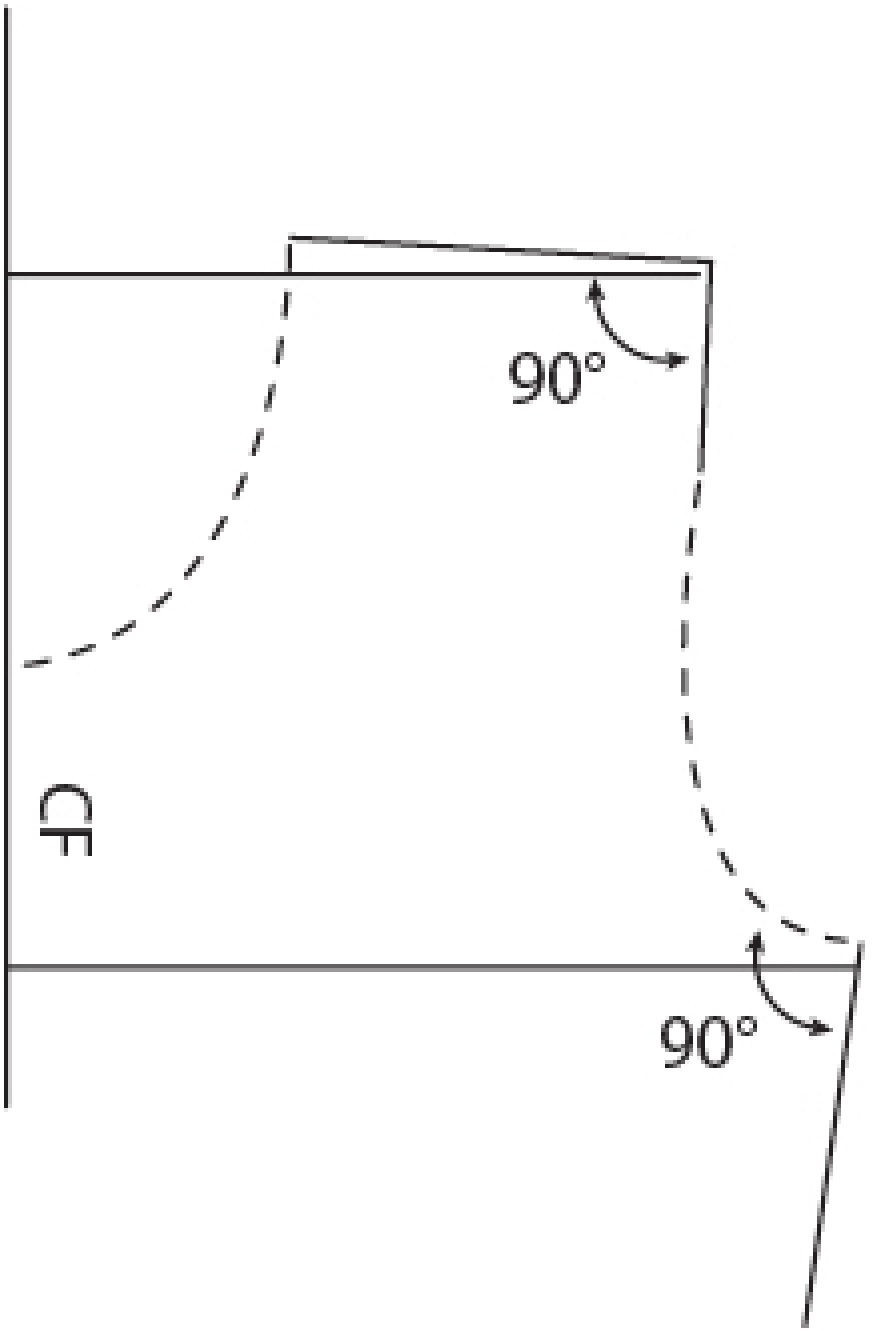
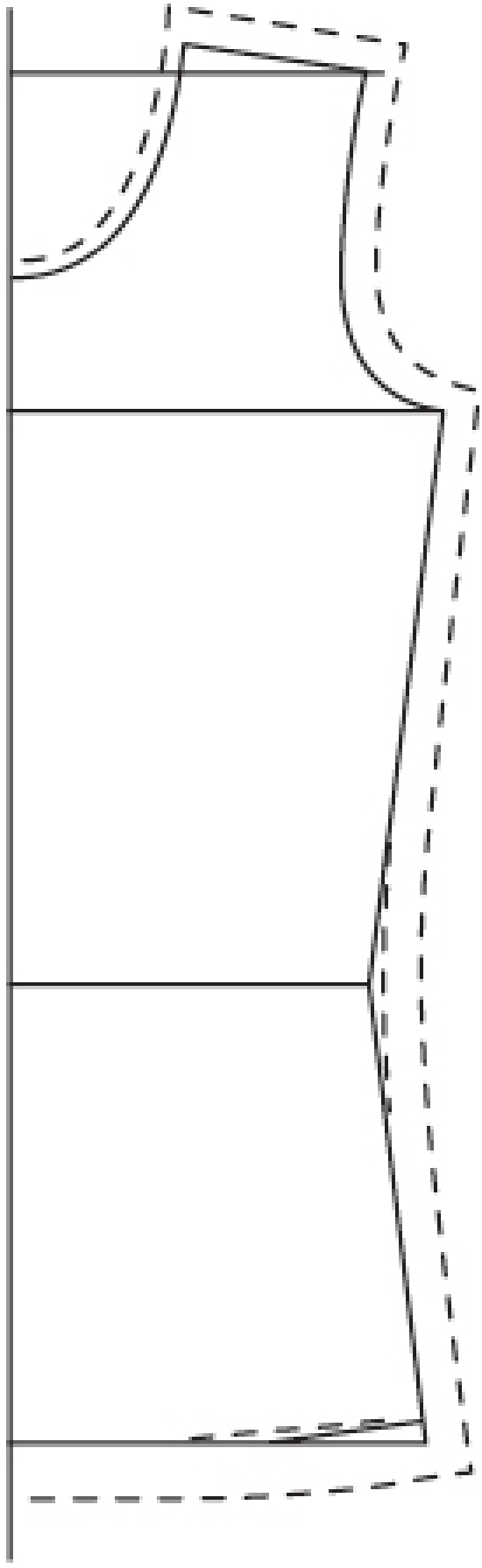
make the front shirt



steps 1–9

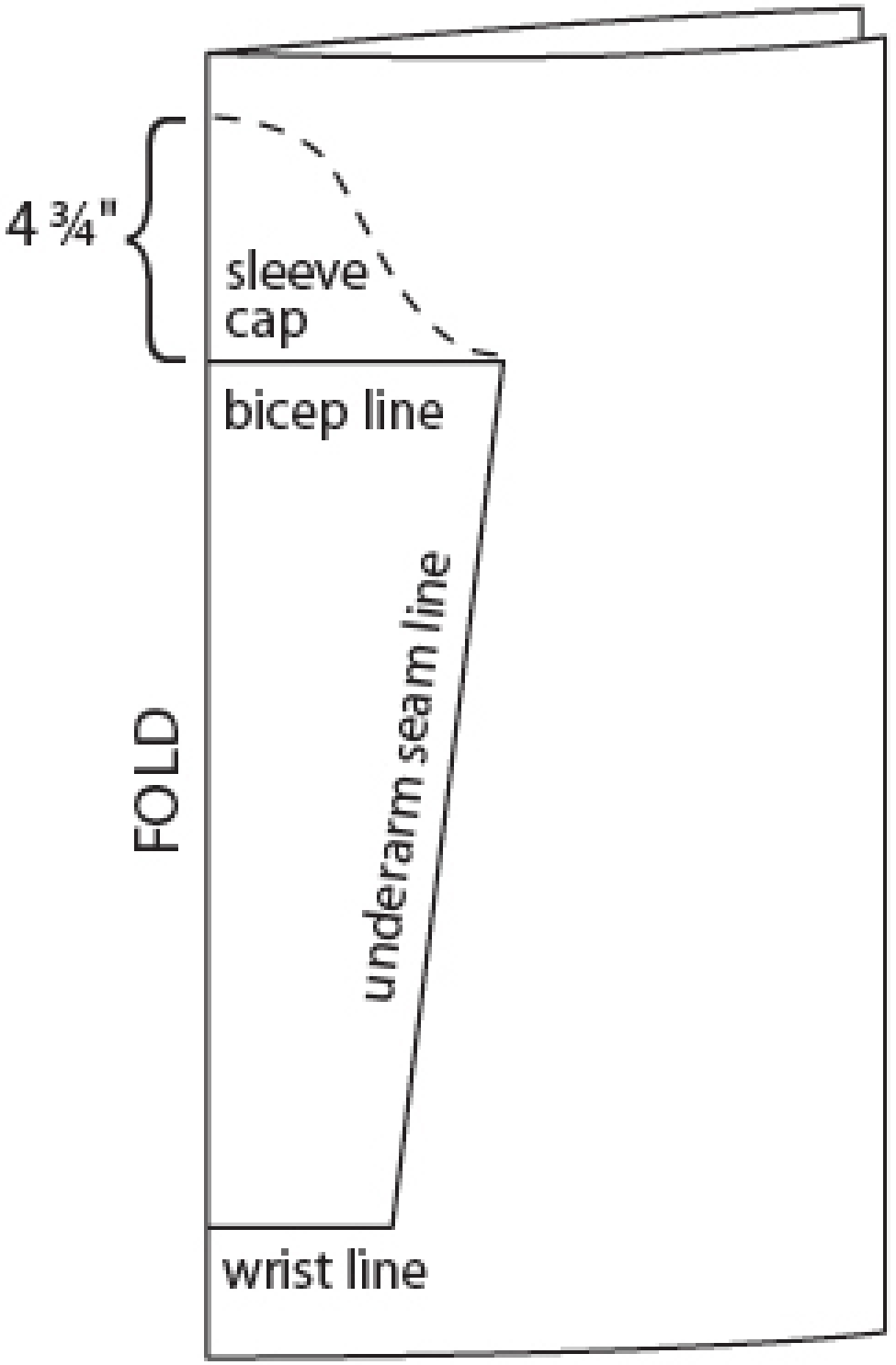


steps 10–11

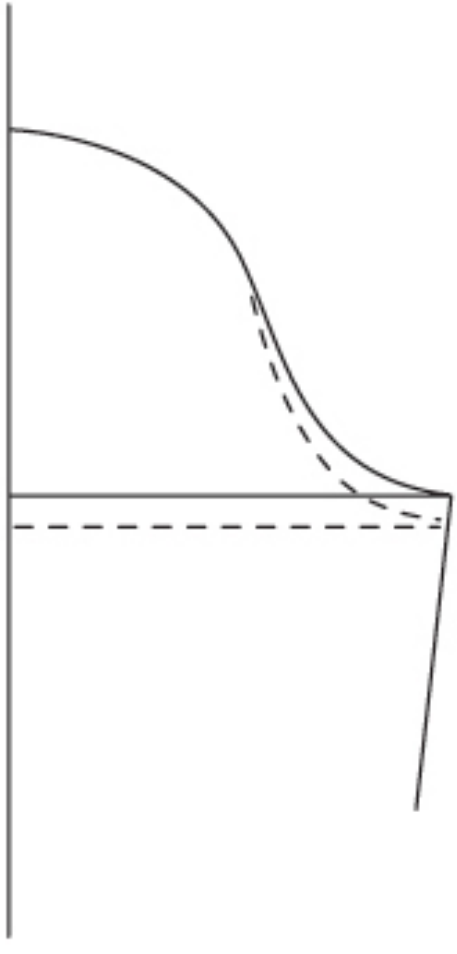


steps 12–14

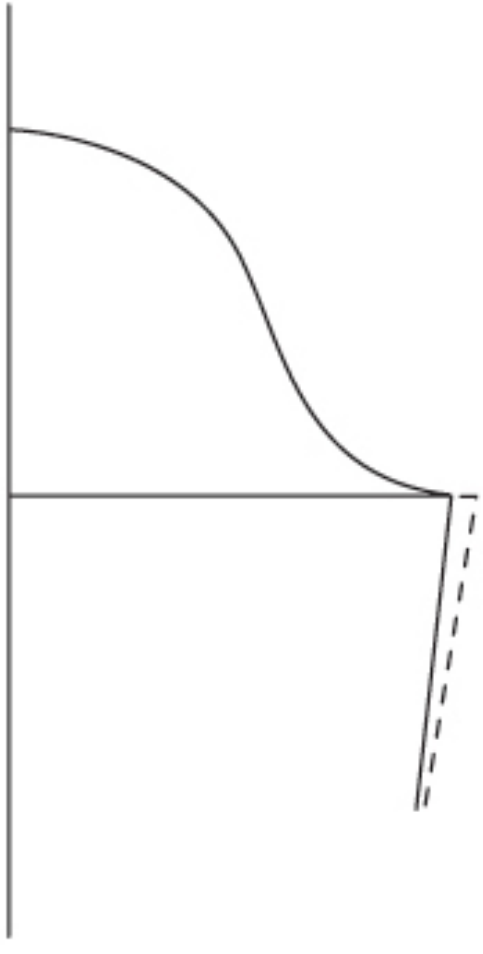
make the sleeve



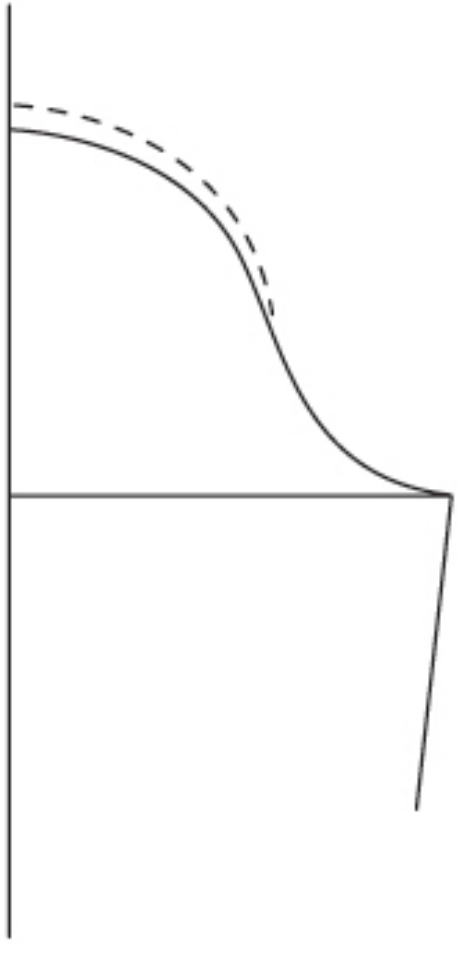
steps 1-3



lowering the
bicep line

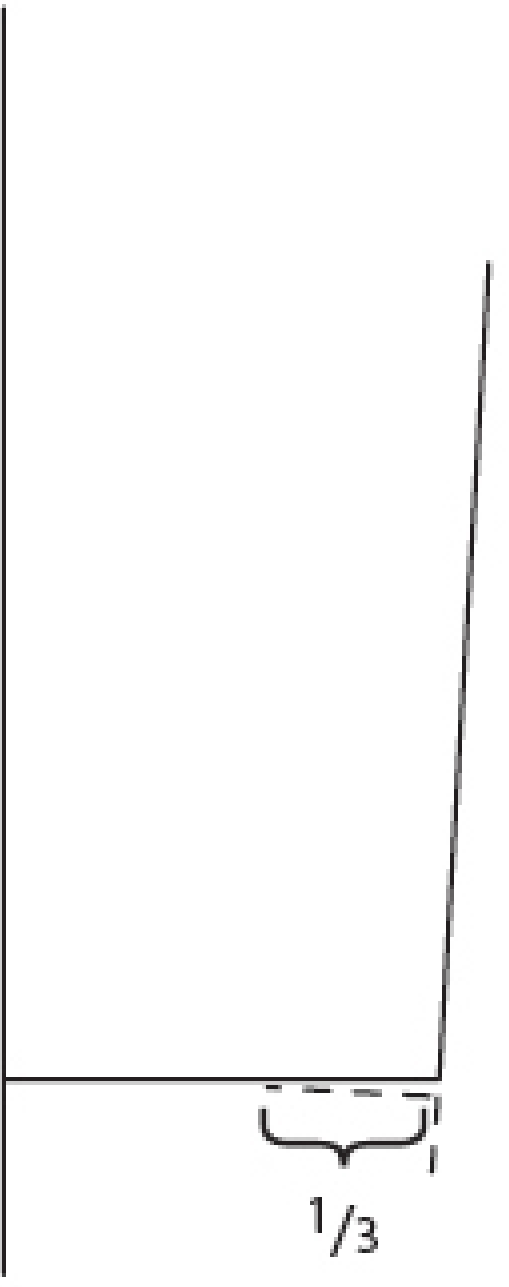


increasing the
bicep width



beefing up
upper curve

step 4



step 5