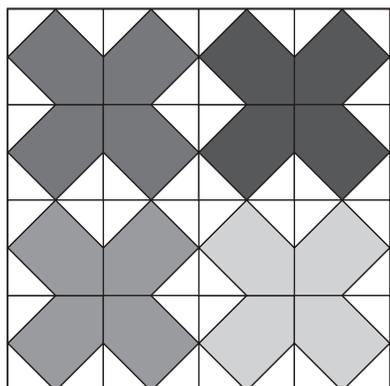




SCAN ME



Cross Training

by Jenelle Kent of Pieces to Treasure

The Cross Training Block combines squares with three corner units to create a striking, interlocking design. The crisp lines and repeating shapes give the block a sense of order and movement, reflecting strength and balance.

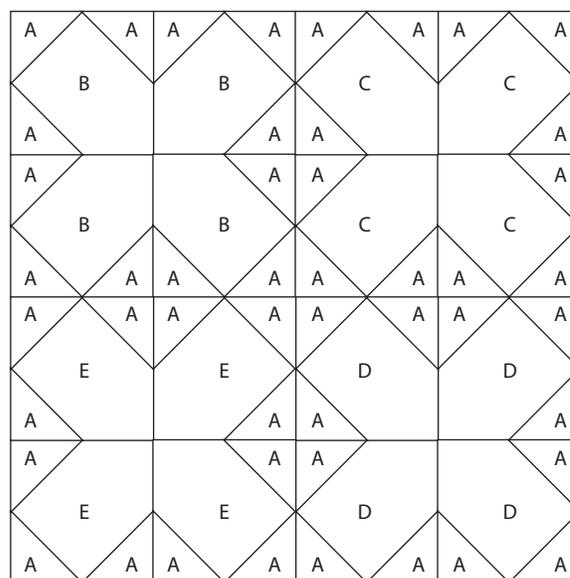
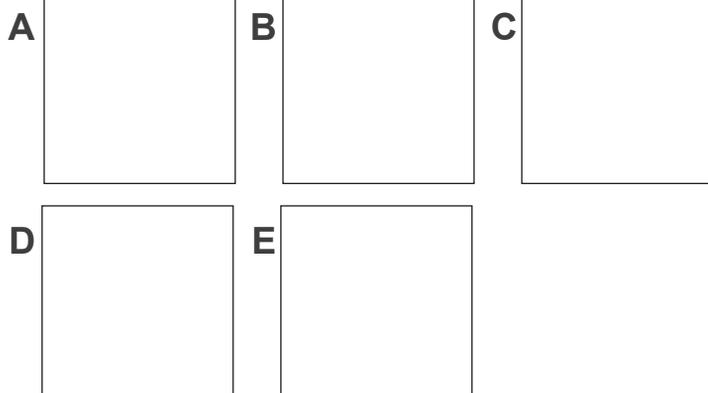
 @piecestotreasure

 <https://www.piecestotreasure.com/>

Cutting Instructions

Qty	9" finished block
48	1 5/8" squares (A)
4	2 3/4" squares (B)
4	2 3/4" squares (C)
4	2 3/4" squares (D)
4	2 3/4" squares (E)

My Swatches



Use this block to plan color and fabric placement!

Don't want to wait for more blocks?

See your local quilt shop to purchase the My Favorite Color is Still Moda pattern, which we are drawing from for BH6!

MY FAVORITE COLOR
 IS STILL *moda*



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Piecing Instructions

Step 1

On the wrong side of each A square, draw a line from one corner to the opposing corner as shown.

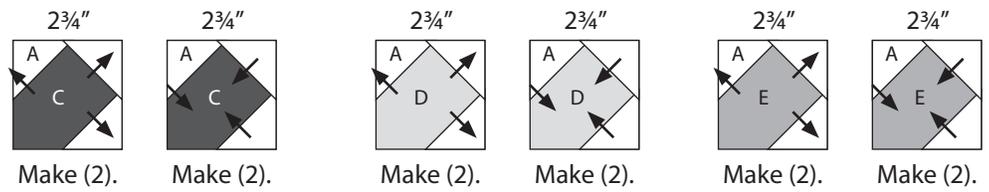
Line up (2) A squares with opposite corners of B square, right sides together, as shown. Stitch on the line, or just a thread's width outside the line. Trim away $\frac{1}{4}$ " seam allowance, and press to the A triangles.

Repeat on third corner. Make (2) A-B Diagonal Post units with seams pressed OUT to the A triangles.

Make (2) A-B Diagonal Post units with seams pressed IN to the B squares, so the seams will nest when assembled.

Repeat all steps to also make (4) A-C, (4) A-D, and (4) A-E Diagonal Post units, each with half of the seams pressing OUT and half pressing IN.

Trim units to $2\frac{3}{4}$ ".



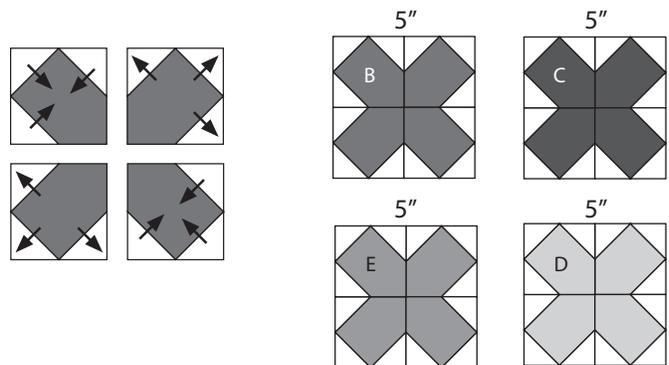
Step 2

Lay out A-B Diagonal Post units as shown, so that the seam direction alternates around the unit.

Join to form the A-B X unit, noting how the seams nest together nicely. Press seams open.

Repeat to make A-C, A-D, and A-E X units.

Trim units to 5".

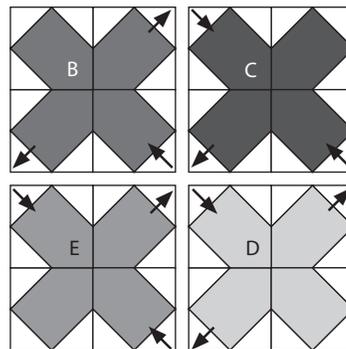


Step 3

Lay out X units as shown, so that the angled seam directions alternate where the units join.

Join X units to form the block. Press seams open.

Trim to $9\frac{1}{2}$ ".





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Additional Coloring Blocks

