

TRACKSUIT «POWER» FOR BOYS



INSTRUCTIONS FOR SEWING

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—
ПРО ШИТЬЕ



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TO SEW THE SHIRT YOU NEED :

- french terry,
- single jersey, (if you want to make the lining and the hood thinner),
- 2x2 rib knit fabric or ribbing,
- ready-made pipping (you can do it yourselves),
- fusible interfacing,
- eyelets 8 mm (0.3") 4 pcs.,
- cording 2 pcs., 120 -130 cm (47,2 - 51,1"),
- elastic band 3,5 cm (1,38"),
- matching threads,
- kantenband or formband.

A

Check the pattern for amount of fabric to take, according to your size. The required length of the elastic is indicated on the pants waistband patterns. Note: if the width of the fabric differs from the one specified in the table, the length of the cut is likely to be different. Before beginning your sewing project, wash the fabric on warm, dry and iron it.

B

Let us start the cutting. Print and glue all the paper patterns. When printing, do not forget to check the size of the test square.

C

Put the paper pattern pieces onto the fabric. It is important to check that the grain is straight. Pin the paper pattern pieces to the fabric gently and cut the fabric along them. Note: seam allowance is included. Transfer any necessary marks from the pattern onto the wrong side of your fabric.

NOW YOU HAVE ALL THE PEACES:

HOODIE PIECES



- ① front - cut 1 on the fold (from french terry)
- ② back - cut 1 on the fold (from french terry)
- ③ sleeve - cut 2 (from french terry)
- ④ hood side part cut 2 from french terry and cut 2 from single jersey
- ⑤ hood center part cut 1 from french terry and cut 1 from single jersey
- ⑥ hood front part - cut 1 from french terry and cut 1 from single jersey
- ⑦ pocket - cut 1 from french terry
- ⑧ hem band - cut 1 on the fold from 2x2 rib knit
- ⑨ sleeve cuff - cut 2 from from 2x2 rib knit

PATTERN PIECES



- ① front panel - cut 2 (from french terry)
- ② back panel - cut 2 (from french terry)
- ③ pocket - cut 4 (from single jersey)
- ④ pant leg cuff - cut 2 from 2x2 rib knit

You can cut the hood lining and the pockets from single jersey, as indicated in the tutorial, or you can use french terry. I decided to use only french terry for my tracksuit.

NOW WE CAN START SEWING

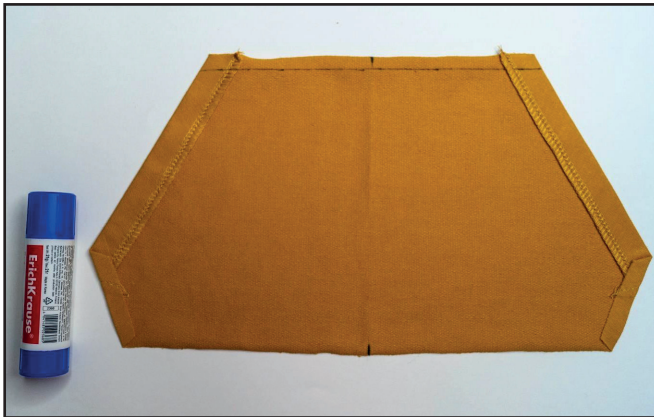
SEWING HOODIE

1



Finish the curved edges of the pocket with a serger, fold 2 cm (0.8") of them to the wrong side and press them. Topstitch the folded edges down 1,5 cm (0.6") from the edge. Press the pocket.

2



On the wrong side of your pocket draw a line along the top edge 1 cm (0.4") from the edge, as it is shown on the photo. Fold 1 cm (0.4") of the side edges to the wrong side and press them. Pin or glue them.

3

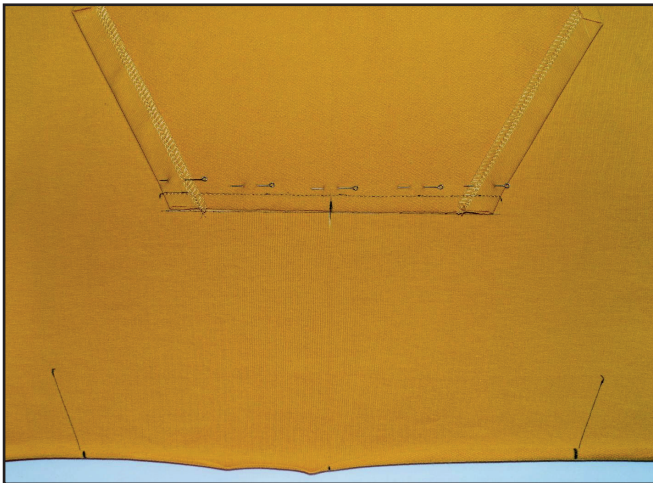


Transfer marks of pocket place from the pattern onto the front part. Draw a parallel line 1 cm (0.4") under the seam line.

NOTE

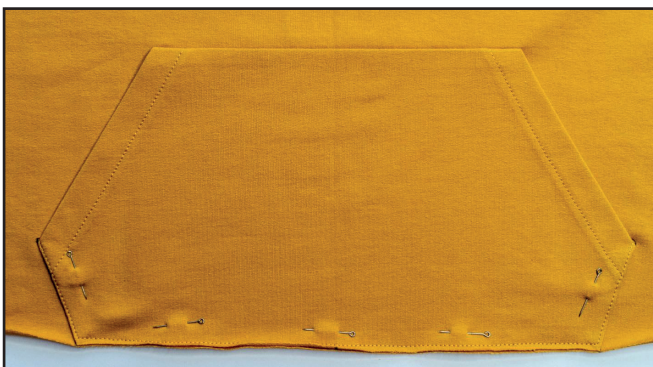
If you do not have a serger, you can use stretch stitches available on your sewing machine, or at least, zigzag stitch.

4



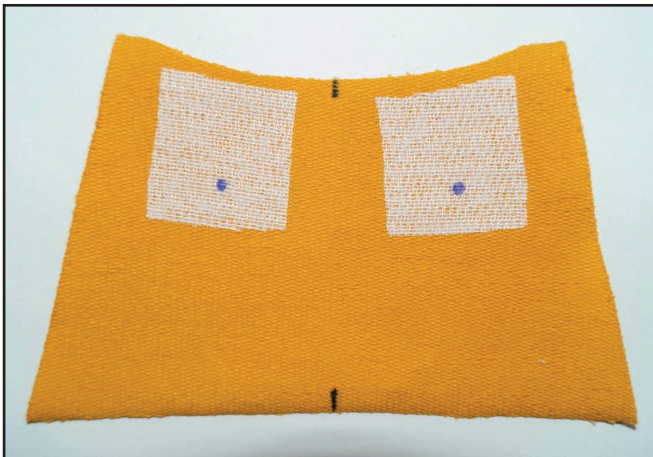
Turn the pocket upside down, align the pocket top edge with the lower line and pin it to the front right side. Stitch the pocket along the seam line. Press the pocket.

5



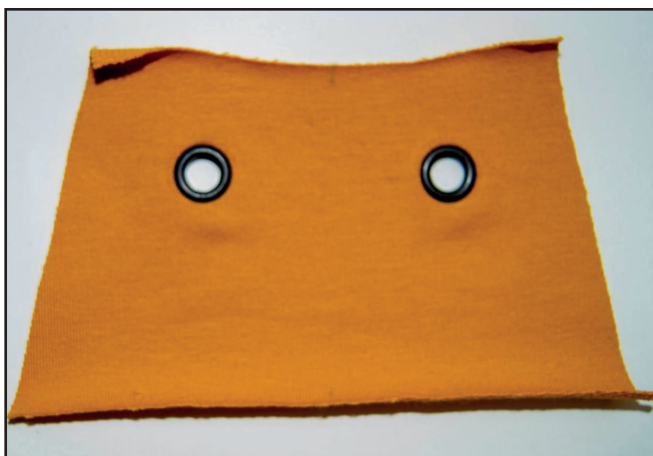
Pin the pocket, aligning the side edges with the marked line and the lower pocket and front edges. Topstitch the pocket along the side edges 1 mm (0.04") from the edge and along the lower edge 4 mm (0.16") from the edge. Press the pocket.

6



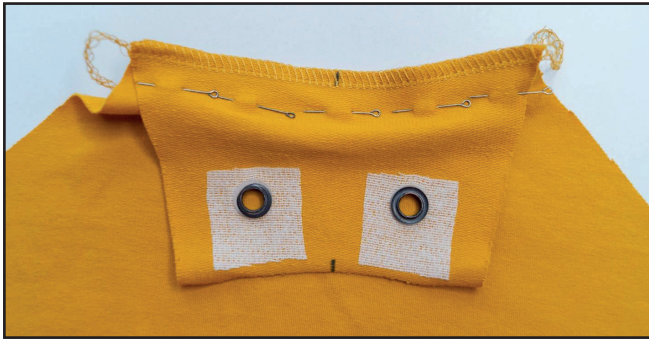
Reinforce the places for the eyelets on the hood stand with 2x2 cm (0.8x0.8") fusible interfacing pieces.

7



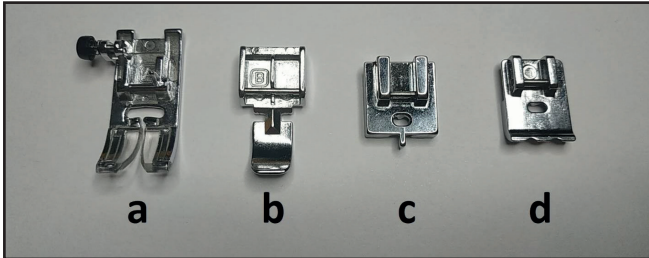
Punch 4.5 mm (0.18") holes for the eyelets with a Hole Punch or scissors. Attach the eyelets with a press.

8



Pin the hood stand to the front, right sides together and serge it. Press the seam allowances towards the hood stand.

9



To sew the piping, you can use a) all-purpose presser foot on your sewing machine, b) zipper foot, c) invisible zipper foot, d) double welting foot.

10



I use double welting foot. The width of my piping allowance is 7 mm (0.28"), if the allowance of the piping you prepared is wider, trim excess allowance. Place the raw edge of the piping to the raw edge of the right side of the work, aligning the edges. Place the sewing machine needle above the presser foot hole center. In this position, the stitch line goes 6 mm (0.24") from the edge.

11



So, stitch the piping to the front and hood stand raglan lines.

12



Stitch the piping along the back part top edge.

13



Stitch the piping to the hood side parts.

14



Pin both sleeves along the central seam right sides together. Stitch the seams with a 4-thread serger stitch. Press the seam allowance towards the right.

15



Pin the back and the sleeves with right sides together, aligning the marks. Stitch the seams with a 4-thread serger stitch. Stitch the seam on the back, make sure that the piping seam does not overlap the serger seam. Press the seam allowances towards the sleeves.

16



This is how the hoodie back should look right now.

17



Pin the hood side and central parts right sides together. Stitch the seams on the hood side part with a 4-thread serger stitch.

18



Do the same steps with the hood opposite part. Press the seams towards the hood center part.

19



Pin the hood to the sleeves with right sides together, aligning all the marks. Stitch the seams with a 4-thread serger stitch. Press the seam allowances towards the hood.

20



Pin the front to the sleeve along the relief line right sides together. Stitch the seams on the front with a 4-thread serger stitch. Do the same steps with the opposite front part and sleeve. Press the seams flat towards the sleeves.

21



Pin along the side seams from the sleeve hem to the bottom hem right sides together. Stitch them with one 4-thread serger stitch seam. Press the seam allowances flat towards the front. Do the same steps with the opposite side seam and the sleeve.

22



Aligning the marks, pin the hood lining side parts to the central part with right sides together. Stitch the seams with a 4-thread serger stitch. Press the seam allowances towards the hood side parts.

23



Pin the hood stand to the hood lining right sides together. Use a serger to stitch it to the garment. Press the seams towards the center.

24



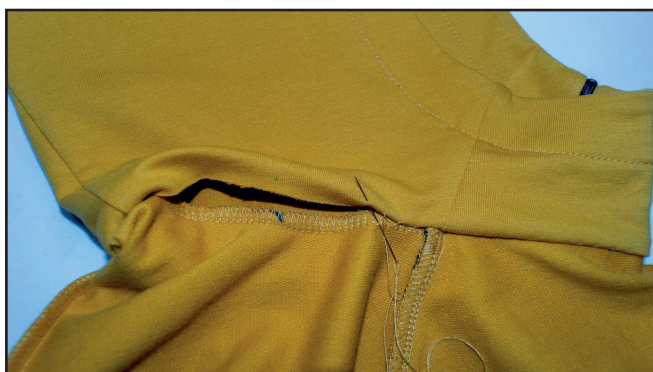
Place the right sides of the hood together. Pin the parts, aligning all the marks. Stitch the seams with a 4-thread serger stitch. Turn the hood out and press it forming a roll.

25



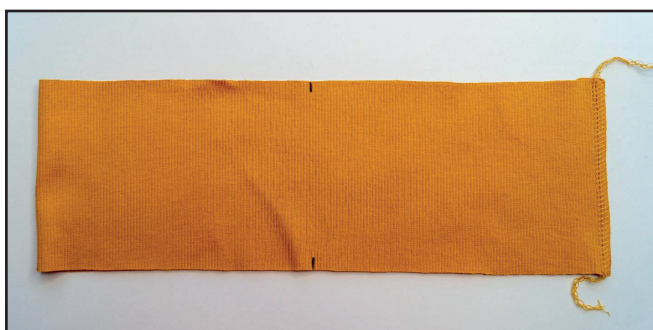
Pin the hood lining and topstitch 2.5 - 3 cm (1 - 1.18") from the edge. To topstitch easier around the eyelets, you can use a zipper presser foot. Press the seam.

26



Hand-baste the lining to the hood with a blind stitch. Press the seam.

27



Fold the hoodie hem band in half, right sides together and pin it along the short edges. Stitch it with a 4-thread serger stitch.

28



To avoid excess thickening when stitching the hem band, press the seam allowances to the different sides.

29



Fold the hem band in half, wrong sides together and press it.

30



Pin the hem band with 4 pins to the hoodie lower hem, aligning the centers and the side seams with the marks on the band. Use a serger to stitch it to the garment. When attaching the hem band, evenly stretch it, but care not to stretch the hoodie lower edge. Press the seam up.

31



Stitch the cuff short side seams. Press the seam allowances to the different sides.

32



Fold the cuffs in half, wrong sides together and press them.

33



Attach the cuff to the sleeve with a serger, aligning the seams. When stitching, evenly stretch the cuff. Avoid stretching the sleeve lower hem. Do the same steps with the opposite cuff. Press the seams towards the sleeves.

34



Insert the cording into the hood. Remove the basting stitches, trim the thread tails and press the garment once again. The hoodie is ready.



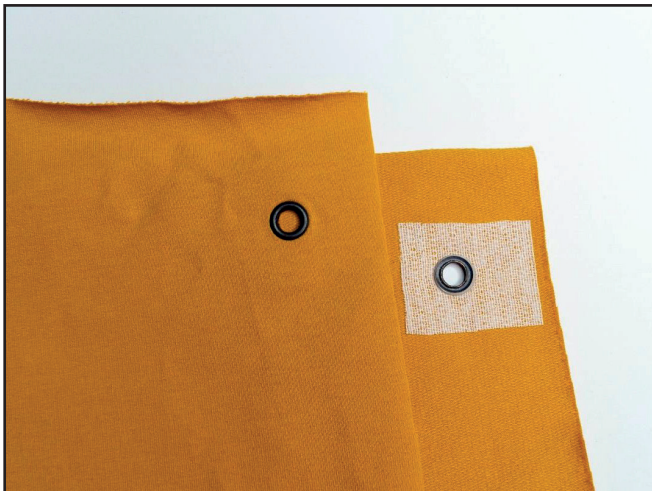
PANTS SEWING

1



Reinforce the places for the eyelets on the pants front panels with 2×2 cm (0.8×0.8") pieces. Glue the kantenband to the pocket opening.

2



Punch 4.5 mm (0.18") holes for the eyelets with a Hole Punch or scissors. Attach the eyelets with a press.

3



Pin the pocket linings to the pants fronts with right sides together, aligning the marks. Stitch between the marks, 8 mm (0,3") from the edge. Slash over the seam edge.

4



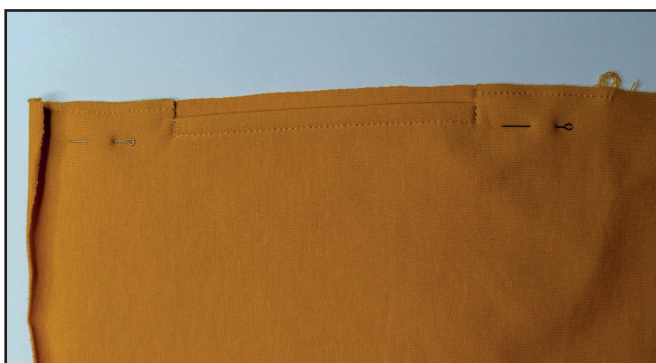
Turn out the pockets to the wrong side. Press the seams forming a roll. Topstitch between the marks 7 mm (0.28") from the edge. Press the pocket opening again.

5



Pin the pockets linings to the fronts, right sides together. Stitch the seams with a 4-thread serger stitch. Stitch the top edge. Press the pockets.

6



Clip above and below the pocket opening. Reinforce the pockets bags above and below the pocket opening, stitching 4 mm (0.16") from the edge.

7



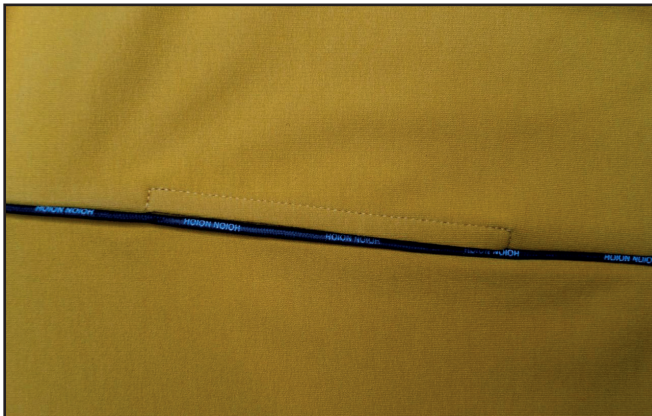
Stitch the piping to the pants backs side edges.

8



Pin the pants fronts and backs side seams with right sides together. Stitch the seams with a 4-thread serger stitch. Stitch the seam on the pants back panel. Make sure not to sew up the pocket opening. Press the seams flat towards the pants fronts.

9



This is how the pocket should look on the front side.

10



Pin the pants legs inseams right sides together. Stitch the seams with a 4-thread serger stitch. Press the seam allowances flat towards the front parts.

11



Insert 1 pant leg into the other, right sides together. Pin the crotch seam. Stitch it with a 4-thread serger stitch. Press the seam towards the left pant leg.

12



Stitch the pants cuffs in the same way as you did it with the sleeves cuffs (repeat steps 31 - 33).

13



Cut a piece of elastic, the length indicated on the pattern. Join the ends of the elastic, by stitching the short edges together.

14



Divide the elastic into fourths. Align these marks with the pants center and side waistband seams. Pin the elastic to the pants top edge from the wrong side and serge it. Evenly stretch the elastic when you stitch it.

15



Pin or baste the pocket lining top edges. Place the folded edge over the seam line. Evenly stretching, stitch the elastic 2,5 cm (1") from the edge.

16



Insert the cording through the waistband. Remove the basting stitches, trim the thread tails and press the garment once again. The pants are ready!

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ПРО ШИТЬЕ

**THANK YOU FOR JOINING MY TEAM AND ME!
SHARE YOUR WORKS IN INSTAGRAM AND MY
GROUP IN VKONTAKTE. HOPE YOU WILL STAY
WITH US FOR OUR NEXT PROJECT!**