

# TRACKSUIT HOT FOR WOMEN

SKILL LEVEL



## INSTRUCTIONS FOR SEWING

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—  
ПРО ШИТЬЕ



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## YOU WILL NEED THE FOLLOWING MATERIALS:

- three-thread cotton fleece fabric,
- single jersey,
- close-end or two-way separator zipper,
- eyelets 8 mm (0.31") 4 pcs.,
- cording 2 pcs., 120 -130 cm (47,2 - 51,1"),
- elastic band 3,5 - 4 cm (1,38 - 1.57"),
- matching threads,
- kantenband,
- Jersey 90, Stretch 90 or Super Stretch 90 needles.

A

Check the pattern for amount of fabric and the zippers length to take according to your size. The required length of the elastic is indicated on the 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. Note: if you sew the hoodie without zipper on the front, do not cut the front piece into two parts then, but if you sew it with zipper, cut the front piece along the indicated lines and add 10 mm (0.39") to the allowances at the places to cut. Two pieces on the fold are indicated on the waistband pattern, but to lessen the number of seams, you can make one piece.

## NOW YOU HAVE ALL THE PIECES:

### HOODIE PIECES:



- ❶ front (if you sew it with zipper, you have two front pieces - upper and lower) - cut 1 on the fold (three-thread cotton fleece fabric).
- ❷ back - cut 1 on the fold (three-thread cotton fleece fabric).
- ❸ sleeve cut 2 (three-thread cotton fleece fabric)
- ❹ hood - cut 2 (three-thread cotton fleece fabric) and cut 2 (single jersey)
- ❺ hem band cut 1 on the fold (three-thread cotton fleece fabric)

### PANTS PIECES:



- ❶ front pant panel cut 2 (three-thread cotton fleece fabric)
- ❷ back pant panel cut 2 (three-thread cotton fleece fabric)

NOW WE CAN START SEWING



## SYMBOLS:



straight stitch



the stitch length in (in)



flat lock stitch



zigzag stitch



the stitch width in (in)



3-Step Zigzag Seam Finishing



unilateral zipper presser foot



universal presser foot



invisible zipper presser foot



**pinning**

You should lockstitch the seam and trim the thread tails or tie the seam thread tails and hide them into the seam after sewing a serger stitch or cover seaming chain stitch.



**3-thread serger stitch**



**4-thread serger stitch**

## NOTE:

**A**

### **4-thread serger stitch**

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

**B**

### **3-thread serger stitch**

If you do not have a serger, you can replace it with an overedge stitch, or a zigzag stitch.

**C**

### **flat lock stitch**

If you do not have a coverstitch machine, the flat seam can be performed with a) a twin needle on a sewing machine, b) decorative stretch seam on a sewing machine, c) finish the seams with serger and stitch them with a straight stitch.



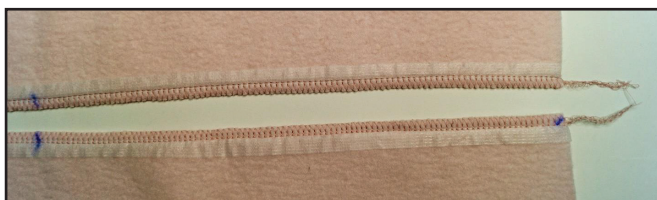
# HOODIE HOT

1



Apply the kantenband to the places of attaching the zipper on the upper and lower front pieces.

2



4 stitches 0.28" 0.1 - 0.14"

Serge the reinforced with kantenband edges.

3



If you are going to open the zipper, for example, for breastfeeding, then there must be two sliders. You can leave the zipper sliders as they are, then the zipper will be opened from the side seams. After cutting off the top stops, you can turn one of the sliders the other way and open the zipper from the center. If you have not found a two-way separator zipper of the necessary length and color, you can buy only sliders of the necessary size or use two zippers, and after cutting the top stops, attach both sliders on one zipper.

If you are not going to use the zipper, then you can attach a closed-end zipper or not to attach the sliders at all.

4

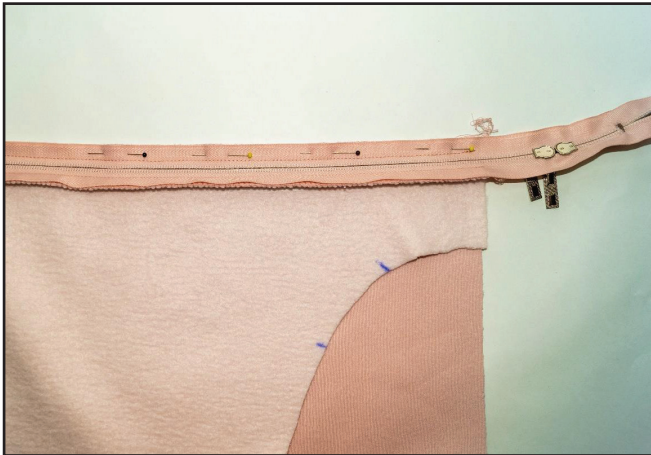


0.08 - 0.1"

Pin the zipper to the upper front lower edge with right sides together. Stitch it in place 10 mm (0,39") from the edge. To stitch it easier, place the sliders above the front. Press the seam allowance towards the front.

5

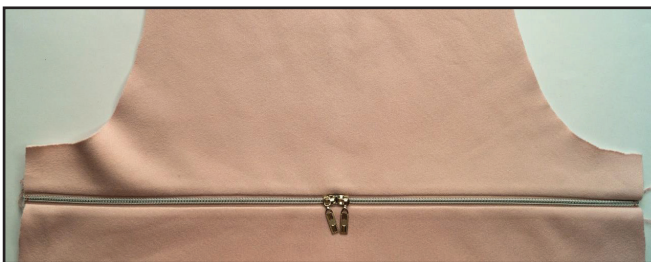
5



0.08 - 0.1"

Pin the opposite zipper tape to the lower front upper edge. (0.08 - 0.1") Fronts upper and lower edges and centers should match. Stitch the zipper in place 10 mm (0.39") from the edge. Press the seam allowance towards the front.

6



0.2 - 0.26"

Place the sliders to the front center. Lockstitch the zipper tapes top extensions with zigzag stitch, trim the excess extensions on the front side edges line. If you sew a hoodie without zipper, then skip the steps 1 - 6.

7



0.28" 0.1 - 0.14"

Pin the front and back at the shoulders right sides together. Serge them. Press the seam allowances flat towards the front.

8



0.28" 0.1 - 0.14"

Pin the hood three-thread cotton fleece fabric pieces with right sides together. Serge them. Press the seam allowances flat towards the right hood piece. Repeat the same steps with hood single jersey lining pieces.



9



4



0.28"



0.1 - 0.14"

Pin the hood and the hood lining with right sides together. Serge them. Press the seam allowances towards the hood lining.

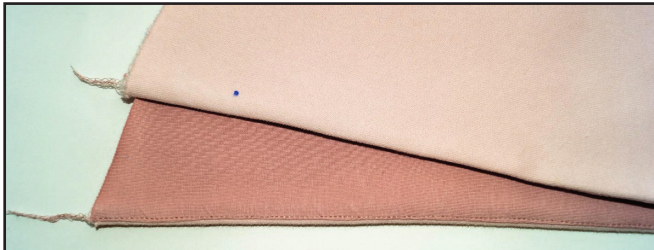
10



0.08 - 0.1"

Topstitch the hood lining seam on the lining 1 mm (0.03") from the edge.

11



Press the hood edge forming a roll towards the lining.

12



Punch 3 mm (0.18") holes for the eyelets with a Hole Punch or scissors. Attach the eyelets with a press.



13



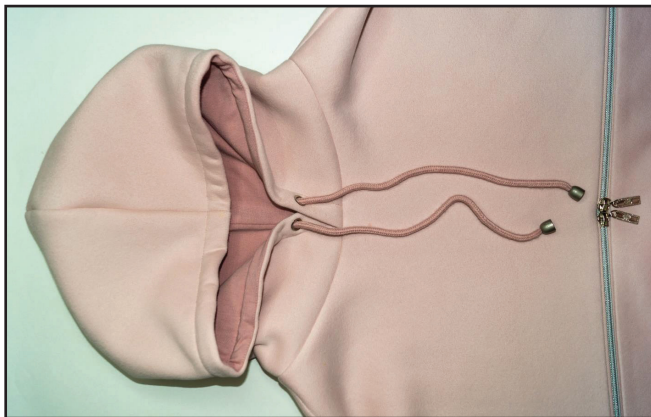
Topstitch the hood edge down 20 mm (0.8") from the edge. Press the hood.

14



With right sides together, pin the hood to the hoodie neckline, aligning the marks. Note: the hood edges should overlap. To do it easier stitch the hood lining to the hood along the raw edge 3 - 4 mm (0.12 - 0.16") from the edge. Serge the hood to the garment. Press the seam allowances towards the front and the back.

15



Insert the cording into the hood casing. This is how the hood should look like at this stage.

16



With right sides together, pin the sleeve into the armhole, aligning the marks. Serge it in place. Press the seam allowances towards the fronts and the back. Repeat the same steps with the opposite sleeve.

17



0.28"

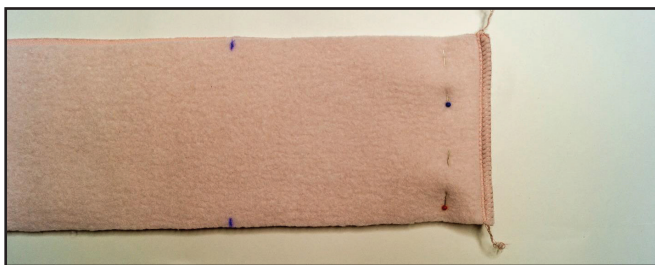


0.1 - 0.14"

With right sides inside, pin the sleeve, the back and the front pieces along the side seam. Serge the pieces on the front part. To avoid excess thickening, place the sleeve attaching seam allowances in different directions. Not to break the needle, sew very carefully at the place of attaching the zipper, turning the flywheel of the machine towards you. You can also stitch the zipper along the serger seam.

Press the seam allowance towards the back. Repeat the same steps with the opposite side seam.

18



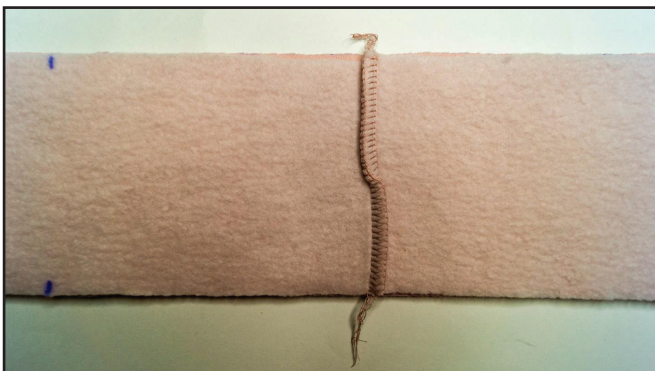
0.28"



0.1 - 0.14"

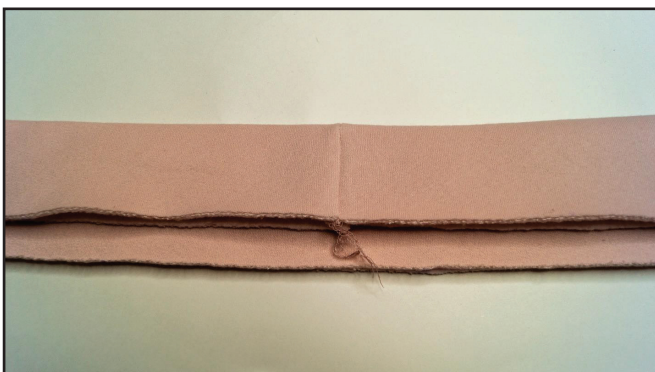
Pin and serge the hoodie hem band short edges. If your hem band consists of two pieces, stitch both side edges.

19



To avoid excess thickening when stitching the hem band, press the seam allowances in opposite directions.

20



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



21



0.28"



0.1 - 0.14"

Pin the hem band to the hoodie lower hem, aligning the centers and the side seams with the marks on the band. Serge the hem band to the garment. While serging, do not stretch the hoodie lower hem. Press the seam up.

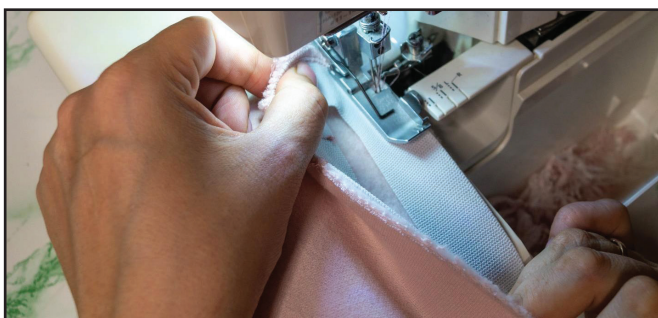
22



0.08 - 0.1"

Cut off two pieces of elastic band 30 mm (1.18") wide. The elastic band pieces length is indicated on the sleeve pattern. Stitch the elastic band ends together, taking into account, that the elastic band seam allowances are 10 mm. (0.39").

23



0.28"

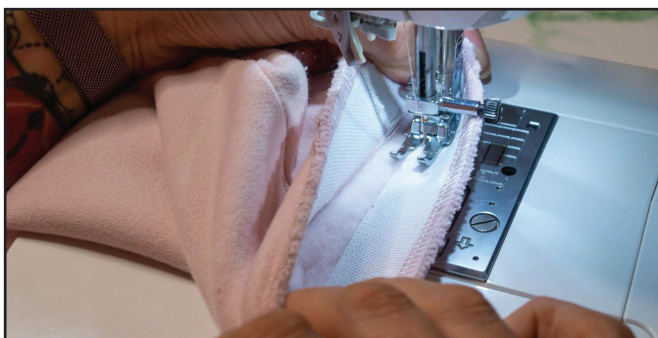


0.1 - 0.14"

Place the elastic band to the sleeve lower hem on the wrong side. Evenly stretching, serge the elastic band along the long edge. This is what we should have.



24



0.08 - 0.1"

Evenly stretching, stitch the elastic band other long edge 1 mm (0.039") from the edge.





25



Fold the elastic band to the wrong side and stitch it along the serger seam 3 mm (0.12") from the edge.

26



Evenly stretching the elastic band, stitch two parallel seams on the cuff 10 and 20 mm (0.39 and 0.79") from the edge. Repeat the same steps with the opposite cuff (steps 23 - 26).

27



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

# PANTS HOT

1



4  0.28"  0.1 - 0.14"

With right sides together, pin the front and the back pants panels along the inseam and the side seam, aligning the marks. Serge them. Press the seams flat towards the front panel. Repeat the same steps with the other pant leg.

2



4  0.28"  0.1 - 0.14"

Insert 1 pant leg into the other with right sides together. Pin the crotch seam. Serge it. Press the seam towards the right side.

3



Punch 3 mm (0.18") holes for the eyelets with a Hole Punch or scissors. Attach the eyelets with a press.



4



4



0.28"



0.1 - 0.14"

with the pants center and side waistband seams. Pin the elastic band to the pants top edge on the wrong side and serge it. While serging, stretch the elastic band evenly.

Cut off the elastic band 35 - 40 mm (1.38 - 1.57") wide. The elastic band length is indicated on the pants front pattern. Stitch the elastic band ends together. Divide the elastic band into fourths. Align these marks

5



0.08 - 0.1"

Evenly stretching, stitch the elastic band other long edge 1 mm (0.039") from the edge.

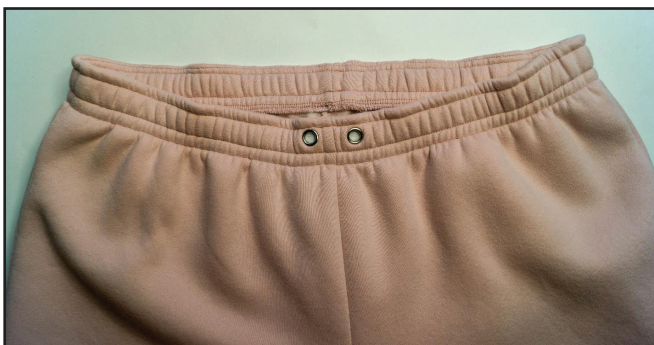
6



0.08 - 0.1"

Fold the waistband, as wide as the elastic band, to the wrong side and evenly stretching, stitch it along the serger seam 3 mm (0.12") from the edge.

7



0.08 - 0.1"

Evenly stretching the elastic band, stitch two parallel seams 10 mm from the pants top hem and 10 mm (0.39 and 0.39") from the lower seam.

8



Stitch the pants cuffs in the same way as the hoodie cuffs. The elastic bands length is indicated on the pants front pattern. (steps 22 - 26).



9



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

ELINA PATYKOVA

ПРОШИТЬЕ

**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!**