

TRACKSUIT TOP FOR WOMEN

SKILL LEVEL



INSTRUCTIONS FOR SEWING

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ПРО ШИТЬЕ



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TO SEW THE SHIRT YOU WILL NEED:

- sweatshirt cotton poly blend fabric (two colors),
- rib knit fabric,
- knit fusible interfacing,
- kantenband,
- shoe lace 120 - 130 cm (47 1/4 - 51 3/16"),
- elastic band 4 cm (1 9/16") wide,
- matching threads,
- Jersey 90 or Stretch 90 needles

A

Check the pattern for amount of fabric to take according to your size. The required length of the elastic band is indicated on the waistband pattern. 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. The fabric must be prepared for sewing: washed in warm water, dried and ironed.

Б

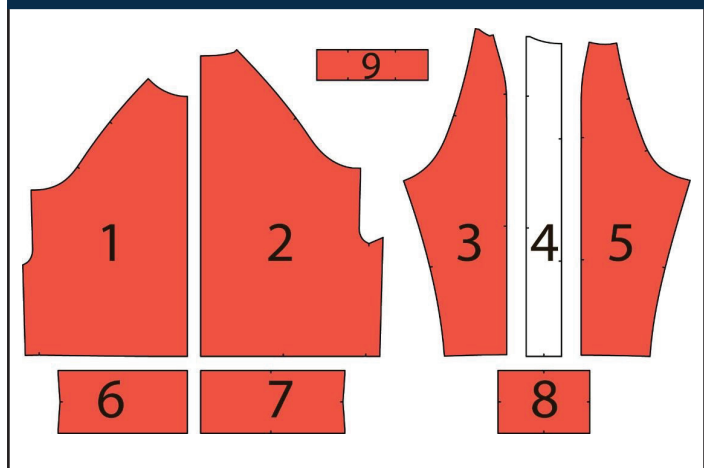
Let us start the cutting. Print and glue the paper patterns. When printing, do not forget to check the size of the test square.

Б

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 the outline. Note: seam allowance is already included. Transfer all the marks from the pattern onto the wrong side of your fabric.

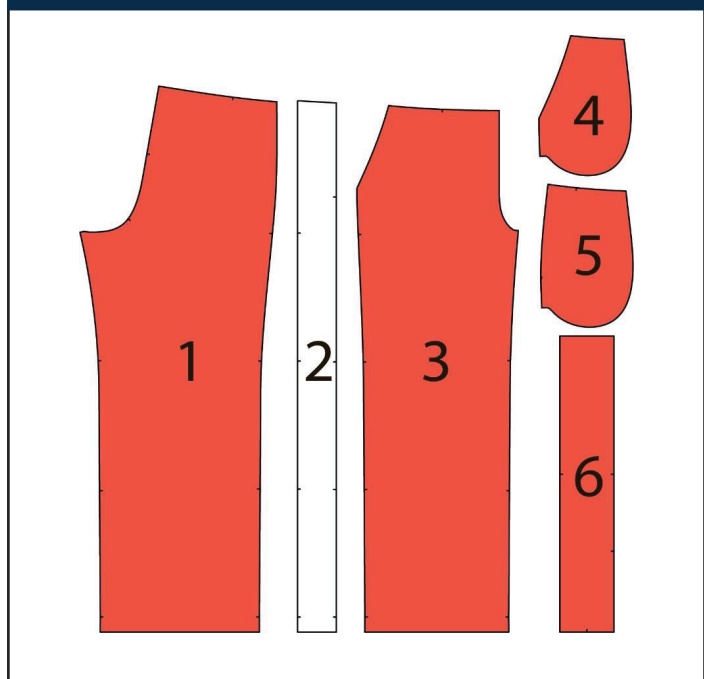
NOW YOU HAVE ALL THE PIECES:

SWEATSHIRT PIECES:



- ❶ front - cut 1 on the fold (sweatshirt cotton poly blend fabric, color 1)
- ❷ back - cut 1 on the fold (sweatshirt cotton poly blend fabric, color 1)
- ❸ sleeve back - cut 2 (sweatshirt cotton poly blend fabric, color 1)
- ❹ lampas - cut 2 (sweatshirt cotton poly blend fabric, color 2)
- ❺ sleeve front - cut 2 (sweatshirt cotton poly blend fabric, color 1)
- ❻ front waistband - cut 1 on the fold (rib knit fabric, color 1)
- ❼ back waistband - cut 1 on the fold (rib knit fabric, color 1)
- ❽ cuff - cut 2 (rib knit fabric, color 1)
- ❾ back waistband - cut 1 on the fold (rib knit fabric, color 1)

PANTS PIECES:



- ❶ pant back - cut 2 (sweatshirt cotton poly blend fabric, color 1)
- ❷ lampas - cut 2 (sweatshirt cotton poly blend fabric, color 2)
- ❸ pant front - cut 2 (sweatshirt cotton poly blend fabric, color 1)
- ❹ pocket lining - cut 2 (sweatshirt cotton poly blend fabric, color 1)
- ❺ side front - cut 2 (sweatshirt cotton poly blend fabric, color 1)
- ❻ waistband cut 1 on the fold (color 1)

NOW WE CAN START SEWING

SYMBOLS:



straight stitch



the stitch length in (mm)



flat lock stitch



zigzag stitch



the stitch width in (mm)



3-Step Zigzag Seam Finishing



unilateral zipper foot



universal presser foot



invisible 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.

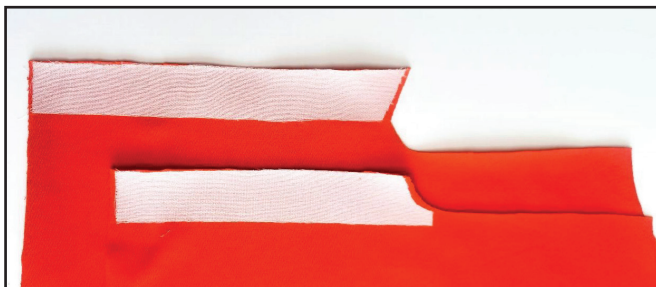
C

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.

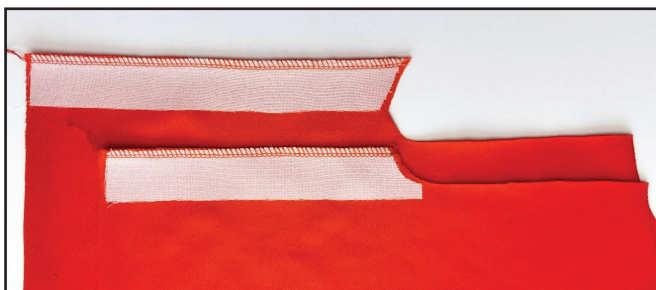
TAILORING OF THE SWEATSHIRT

1



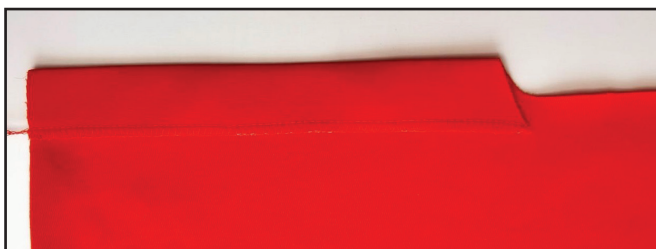
Working on the wrong side, fuse the interfacing to the front and back vents.

2



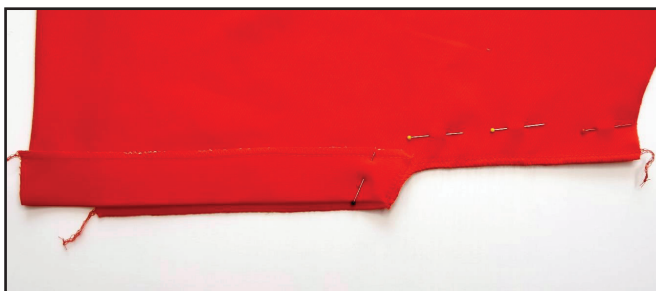
Serge the vent side edges. Press.

3



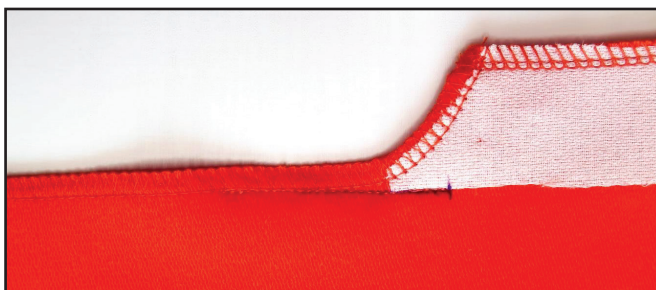
Press the back vent both sides to the wrong side.

4



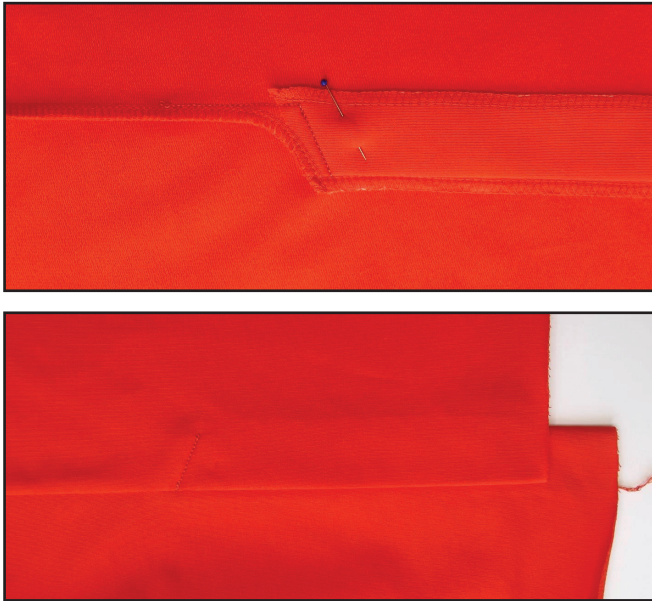
Pin the front and back right sides together along the side seam and along the vent upper edge. Serge the pieces.

5



Stitch the side seam up to the vent top mark.

6



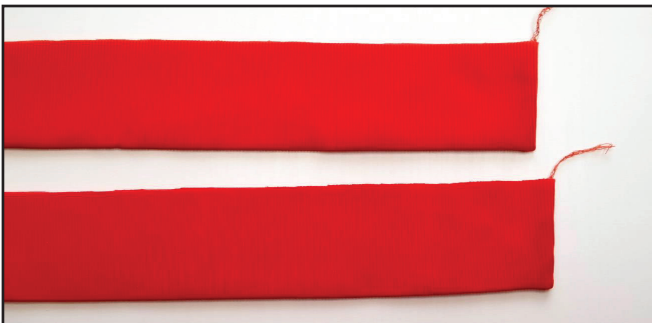
Press the side seam and the vent towards the front. Place the vent flat and pin its upper edges to the front. Transfer the marking for the vent upper seam from the pattern onto the vent wrong side. It should start exactly at the vent top. Stitch it working on the wrong side. Press the vent. Repeat the process for the opposite side seam and vent (steps 4 - 6).

7



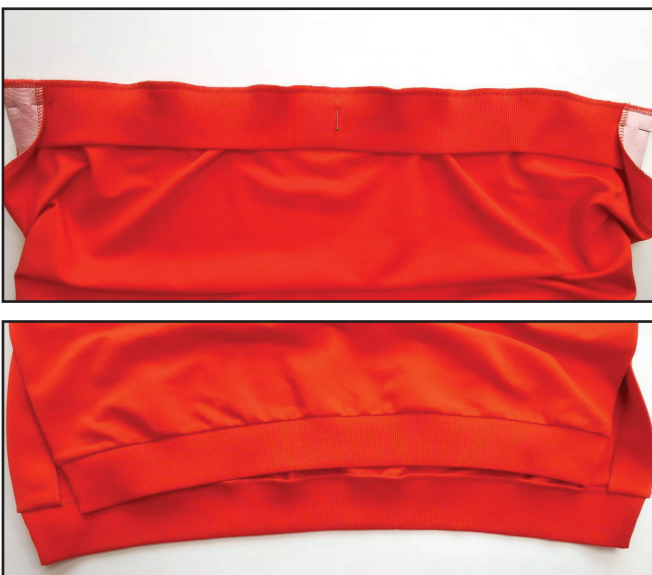
Fold the front waistband in half lengthways with right sides together. Pin along the short edges and serge. Repeat the same steps for the back waistband.

8



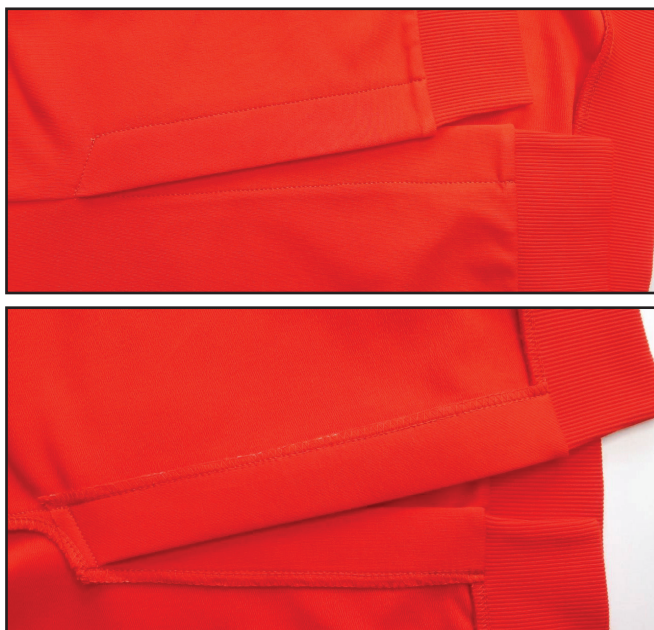
Turn the front and back waistbands out. Press the waistbands aligning open edges.

9



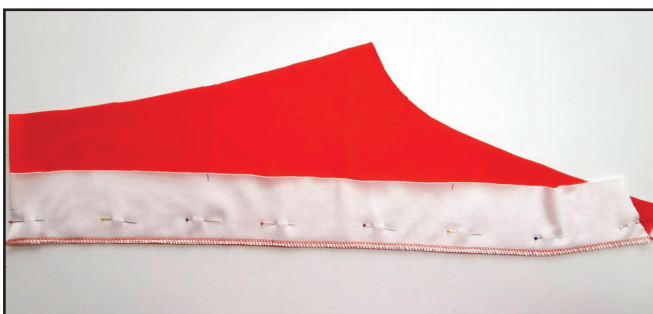
Pin the waistband to the front lower edge, aligning the front and the waistband centers. Bend the vent edges around the waistband. Serge the waistband. When attaching the waistband, evenly stretch it, but care not to stretch the sweatshirt lower edge. Press the seam up. If it is difficult to serge the seam entry and closing, you can sew the seam with a straight stitch. Serge the back waistband the same way.

10



Turn the vent edges in different directions. Stitch the vent open edges along the serged seam. It is easier to stitch them working on the wrong side. The seams start at the waistband and finish right at the vent seam upper end. Press the vent. Repeat the process for the opposite vent.

11



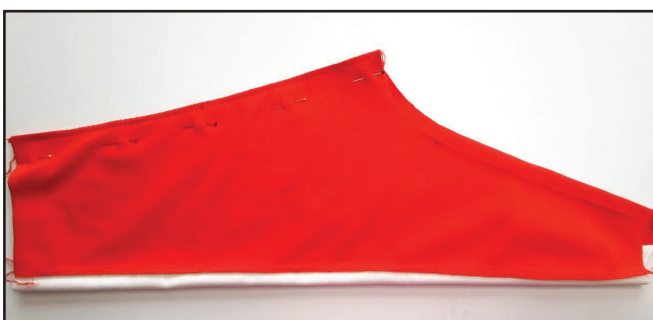
Pin the lampas to the sleeve back with right sides together. Note: do not mix the left and right lampas up, align the marks. Serge the pieces. Press the seam allowances flat towards the lampas.

12



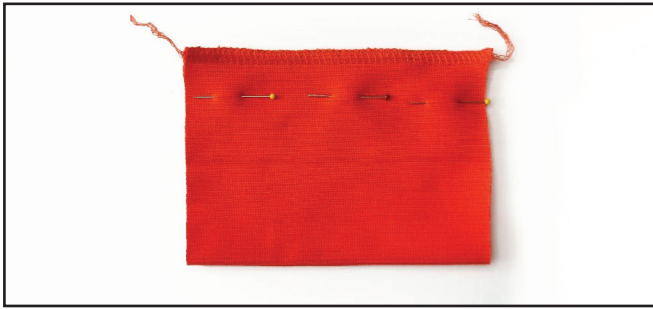
With right sides together, pin the sleeve front to the lampas aligning the marks. Serge the pieces. Press the seam allowances flat towards the lampas.

13



Pin the sleeve along the side seam with right sides together. Serge it. Press the seam allowances towards the sleeve front. Repeat the process for the opposite sleeve (steps 11 - 13).

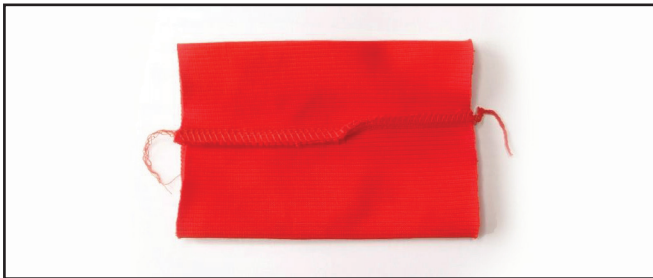
14



4 2,5-3,5 7

With right sides together, fold the cuffs in half lengthways and pin along the short edges. Serge them.

15



To avoid excess thickening when stitching the cuffs, press the seam allowances in different directions.

16



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

17



4 2,5-3,5 7

Aligning the marks, the cuff and sleeve seams, serge the cuff to the sleeve. When attaching the cuff, evenly stretch it, but care not to stretch the sleeve lower edge. Repeat the same steps for the opposite cuff. Press the seam allowances flat towards the sleeves.

18

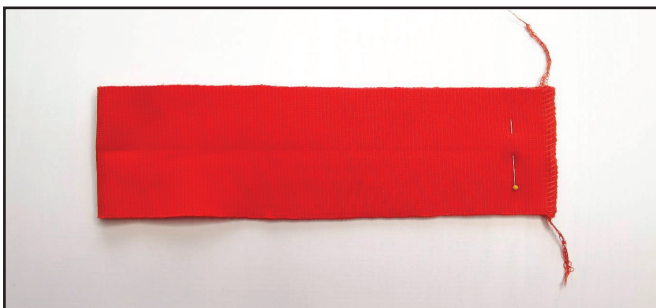


4 2,5-3,5 7

Turn the sweatshirt out to the wrong side and insert the sleeve into the armhole with right sides together. Pin the sleeve along the armhole. Serge it. To avoid excess thickening, place the side seam allowances in different directions. Press the seam

towards the front and back. Repeat the same steps for the opposite sleeve.

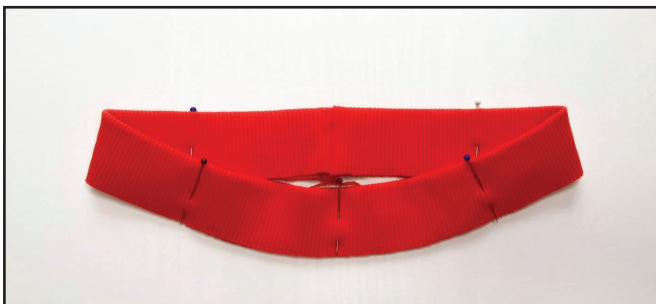
19



4 2,5-3,5 7

Serge the neckband short edges, having pinned the side edge beforehand. Press the seam allowances into different directions as you have done with the cuffs (step 15).

20



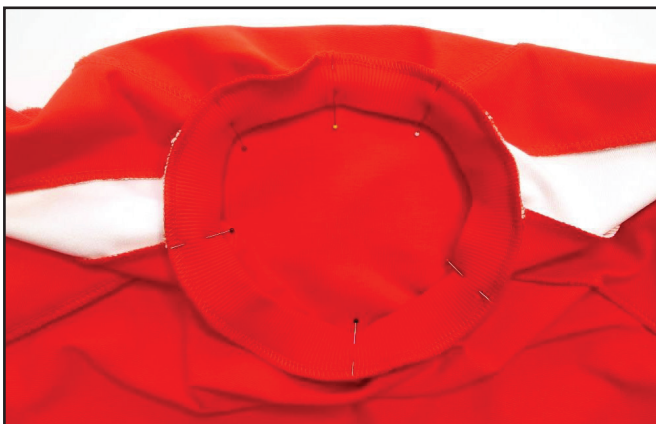
Fold the neckband piece in half lengthways and press it. At the same time, shape the neckline with an iron, gently stretching the raw edges and ironing the fold. For convenience, pin it at the marked places beforehand.

21



4 2,5-3,5 7

Pin the neckband to the sweatshirt neckline right side with six pins aligning the seam with the back center, neckband center with the front center and the marks with the raglan seams. Serge the neckband to the garment. When attaching the neckband, evenly stretch it, but care not to stretch the neckline.



22



Press the seam allowance towards the front and the back.

23



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

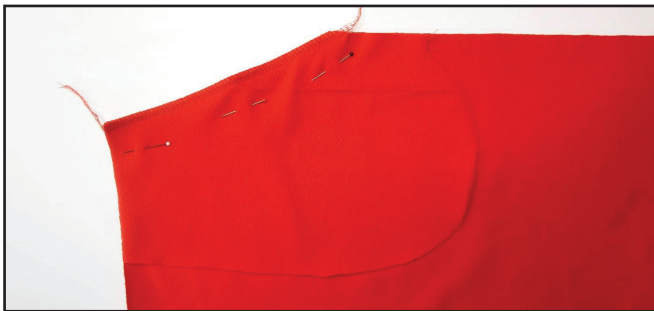
TAILORING OF THE PANTS

1



Reinforce the pocket openings on the pant fronts with kantenband.

2



4  2,5-3,5  7

With right sides together, pin the pocket lining to the pants front along the pocket opening. Serge the pieces. Press the seam allowances flat towards the lining.

3



   2,4-2,8

Press the lining to the wrong side forming a roll. Topstitch along the pocket opening 5 mm (3/16") in from the edge. Press the pocket opening.

4



4  2,5-3,5  7

Pin the pocket lining to the side front with right sides together. Serge the pieces. Press the pocket.

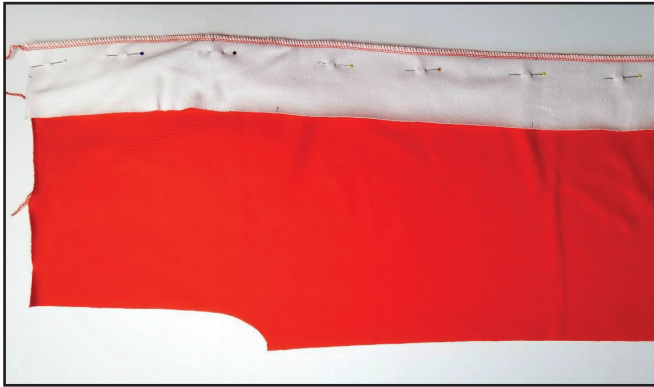
5



   2,4-2,8

Reinforce the pocket bag above and below the pocket opening, stitching 4 mm (1/8") in from the edge. Repeat the same steps with the opposite pocket (steps 2-5).

6



4  2,5-3,5  7

Pin the lampas to the pants front with right sides together. Note: do not mix up the left and right lampas, align the marks. Serge the pieces. Press the seam allowances flat towards the lampas.

7



4  2,5-3,5  7

With right sides together, pin the pants back to the lampas aligning the marks. Serge the pieces. Press the seam allowances flat towards the lampas.

8



4  2,5-3,5  7

Pin the pant leg along the inseam with right sides together. Serge it. Press the seams flat towards the pants front. Repeat the process for the opposite pant leg (steps 6 - 8).

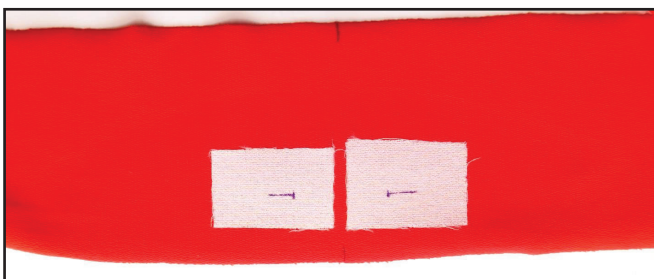
9



4  2,5-3,5  7

Insert one pant leg into the other with right sides together. Pin along the crotch seam placing the inseam allowances in different directions to avoid excess thickening. Serge it. Press the seam allowances towards the right.

10



Transfer the marks for the lace holes onto the waistband. Fuse the marked places with small pieces of interfacing (about 20x30 mm or 13/16x1 3/16").

11



Use a buttonhole presser foot to stitch buttonholes 10 - 15 mm (3/8 - 9/16") long (depending on shoe lace width).

12



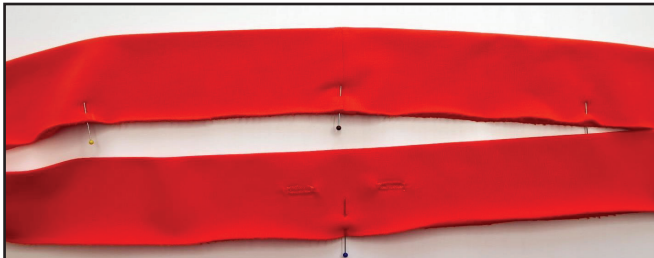
Gently cut the buttonholes avoiding cutting the seams, and press.

13



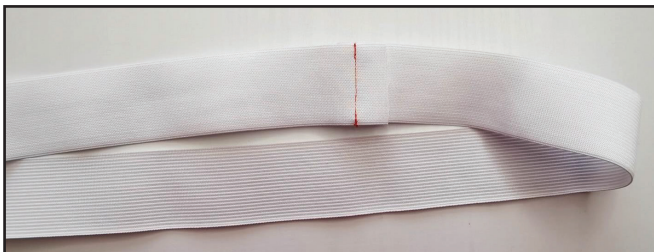
Stitch the waistband short edges, having pinned the side edge beforehand. Stitch 7 mm (1/4") in from the edge. Press the seam allowances into different directions.

14



With wrong sides together, fold the waistband in half lengthways and press it.

15



Cut the elastic band with the length, indicated on the waistband pattern. Stitch the elastic band ends together. You can check whether you are comfortable with this length

by placing an elastic band at the waist. If necessary, take a longer elastic band or cut it short.

16



Divide the waistband and the elastic band in quarters and pin at the marks. Insert the elastic band into the waistband aligning the marks and pin at these places. To avoid excess thickening, do not align the waistband and elastic band seams.

17



Stretching the elastic band evenly, stitch 15 mm (9/16") away from the waistband fold.

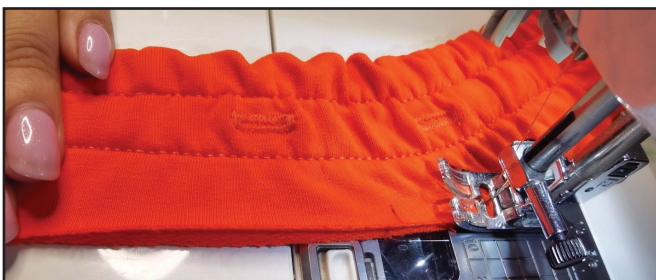


18



Stitch the second seam 15 mm (9/16") away from the previous seam.

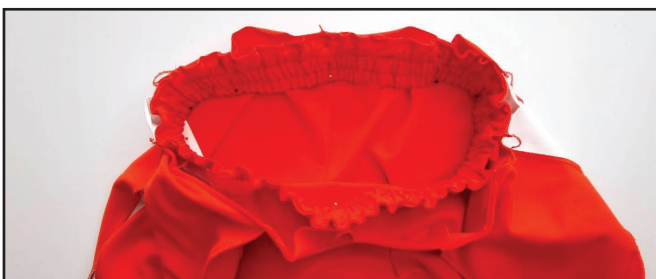
19



To ease the attaching waistband to the pants, stitch the third seam 5 mm (3/16") in from the raw edge.



20



With right sides together, pin the waistband to the pants aligning the marks. The waistband seam should match the back crotch seam and waistband center should match the front crotch seam.

21



4 2,5-3,5 7

Stretch the waistband and serge it. At the same time, make sure that the fabric of the pants themselves does not stretch. Press the seam allowances flat towards the pants.

22



Insert the shoe lace into the waistband.

23



Draw a line along the leg bottom openings 60 mm (2 3/8") from the edge. Use the lines to fold the hems 30 mm (1 3/16") up to the wrong side. Pin, baste or glue the folded hem to secure it. Press the pant leg hems.

24



2-2,5

Hem the pant legs with a coverstitch machine. Tie the seam thread tails on the wrong side and hide them into the seam. Press the seams.

25



Remove the basting stitches, trim, and hide the thread tails and press the garment once again. The pants are ready!

ELINA PATYKOVA

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!**