

TRACKSUIT COLOR BLOCK FOR MEN

SKILL LEVEL



INSTRUCTIONS FOR SEWING

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ПРО ШИТЬЕ



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FOR TAILORING YOU WILL NEED:

- french terry,
- cotton lycra jersey (optional),
- rib knit fabric or ribbing (optional),
- grommets - 2 pcs.,
- flat draw cord,
- zipper,
- fusible interfacing,
- elastic band 2 cm (13/16") wide,
- elastic band 3.5 - 4 cm (1 3/8 - 1 9/16") wide,
- aglets (optional),
- matching threads,
- Jersey 75 - 80 or Stretch 75 - 80 needles

A

Check the pattern for amount of fabric to take according to your size. 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 in warm water, dry and iron it.

B

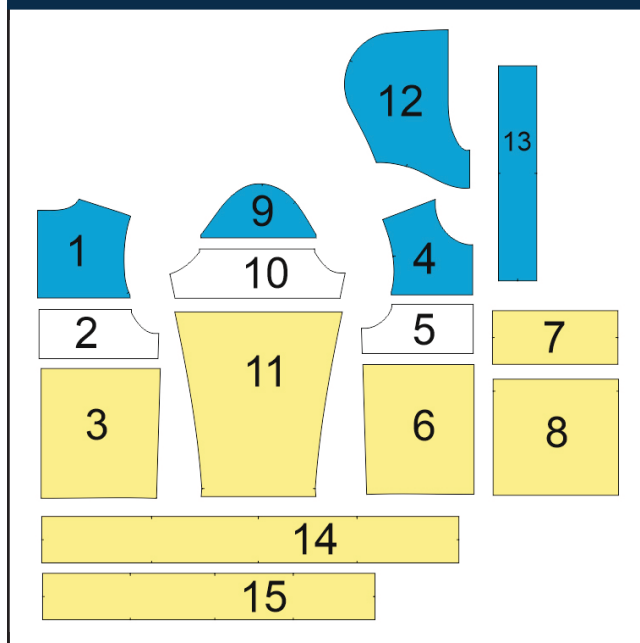
Let's start the cutting. Print and glue the paper patterns. When printing, do not forget to check the size of the test square.

C

Lay 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 included. Transfer all the marks from the pattern onto the wrong side of your fabric.

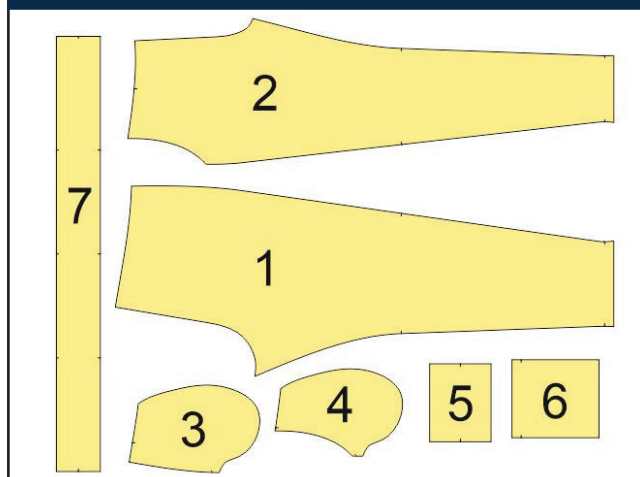
NOW YOU HAVE ALL THE PIECES:

HOODIE PIECES:



- ❶ Upper back - cut 1 on the fold (french terry, color 3)
- ❷ Middle back - cut 1 on the fold (french terry, color 2)
- ❸ Lower back- cut 1 on the fold (french terry, color 1)
- ❹ Upper front - cut 2 (french terry, color 3)
- ❺ Middle front - cut 1 on the fold (french terry, color 2)
- ❻ Lower front - cut 1 on the fold (french terry, color 1)
- ❼ Pocket flap - cut 1 (french terry, color 1)
- ❽ Pocket - cut 1 (french terry, color 1)
- ❾ Upper sleeve - cut 2 (french terry, color 3)
- ❿ Middle sleeve - cut 2 (french terry, color 2)
- ⓫ Lower sleeve - cut 2 (french terry, color 1)
- ⓬ Hood side piece - cut 4 (french terry) or cut 2 (french terry) and cut 2 (cotton lycra jersey) (color 3)
- ⓭ Hood center piece - cut 2 (french terry, color 3) or cut 1 (french terry) and cut 1 (cotton lycra jersey)
- ⓮ Hoodie waistband - cut 1 (french terry, color 1), in this case, do not cut piece 15
- ⓯ Hoodie waistband - cut 1 (cotton lycra jersey), in this case, do not cut piece 14

PANTS PIECES (FRENCH TERRY, COLOR 1):



- ❶ Pant back- cut 2
- ❷ Pant front- cut 2
- ❸ Pocket underlay - cut 2
- ❹ Pocket facing - cut 2 (french terry or cotton lycra jersey)
- ❺ Patch pocket flap - cut 2
- ❻ Patch pocket - cut 2

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.

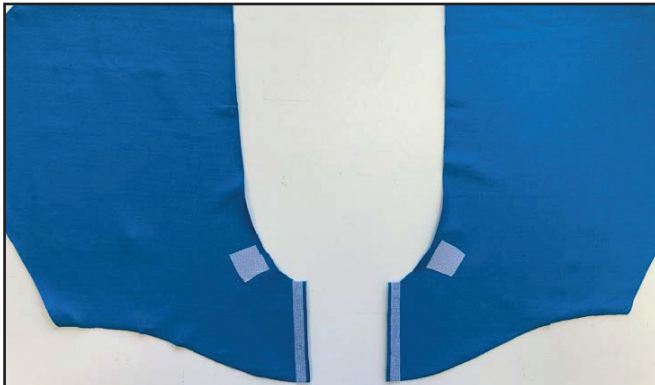
C

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.

HOODIE SEWING GUIDE

1



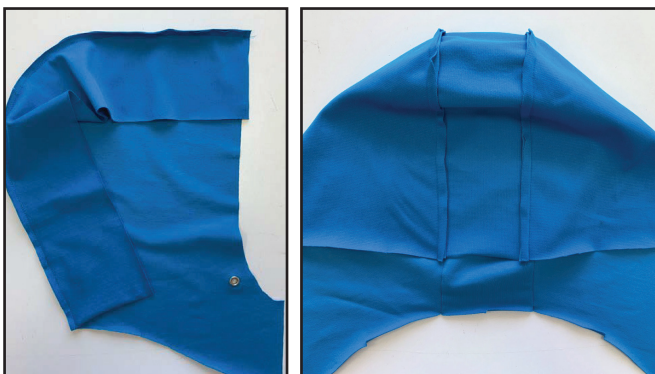
Fuse a strip of interfacing 12 - 15 mm (1/2 - 9/16") wide to the central edges of the hood pieces. If you have a kantenband with indicated width, you can fuse it 3 - 5 mm (1/8 - 3/16") away from the edge. Fuse pieces of kantenband (2x2 cm or 3/4x3/4") on the marks for the grommets.

2



Punch the holes and attach the grommets at the marked places.

3



Place the hood side pieces with the hood center piece, right sides together, and stitch them 7 mm (1/4") in from the seam. Press the seam allowances towards the hood center piece.

4



Place the hood lining side pieces and the hood lining center piece, right sides together, and stitch them 7 mm (1/4") in from the edge. Press the seam allowances towards the hood side pieces.

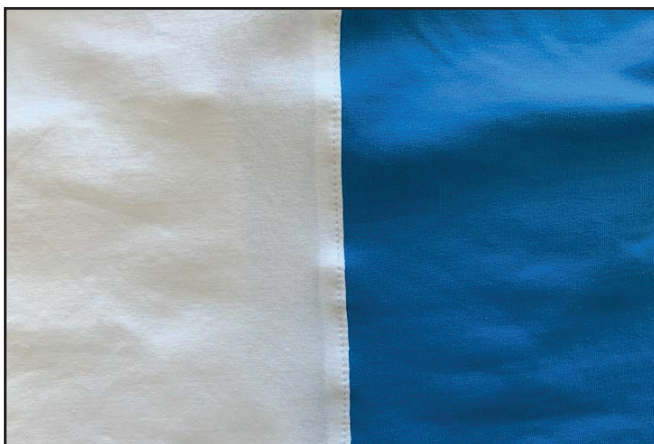
5

5



Place the hood and the hood lining, right sides together, and stitch the outer edge with seam allowance 7 mm (1/4") wide.

6



Topstitch the seam allowances towards the lining 1 - 2 mm (1/16") away from the previous seam.

7



Place the hood lining into the hood and press the outer edge forming a roll 1 mm (1/16") towards the lining.

8



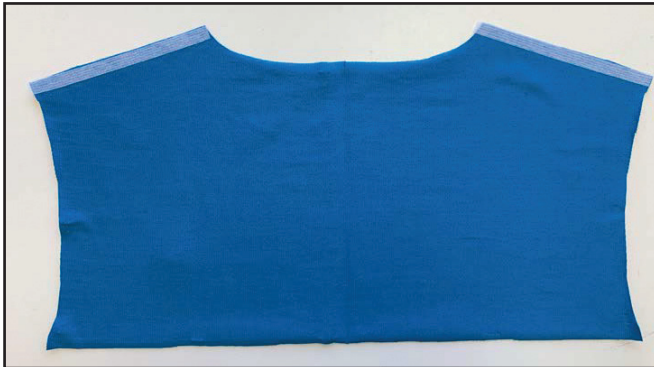
Finish the hood lining lower edge with a serger. Press the seam.

9



Fuse a strip of interfacing 12 - 15 mm (1/2 - 9/16") wide to the upper front central edges. If you have a narrower kantenband, you can fuse it 3 - 5 mm (1/8 - 3/16") away from the edge.

10



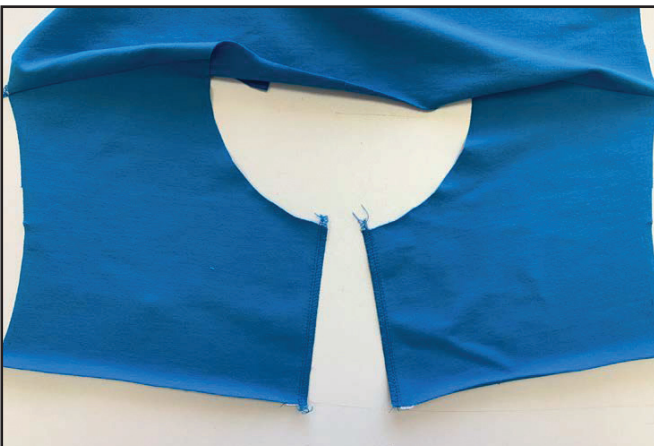
Fuse a strip of interfacing 10 mm (3/8") wide to the upper back shoulder edges.

11



Place the upper backs and fronts, right sides together, and serge the shoulder seams. Press the seam allowances towards the back.

12



Serge the upper front central edges. Press the seams.

13



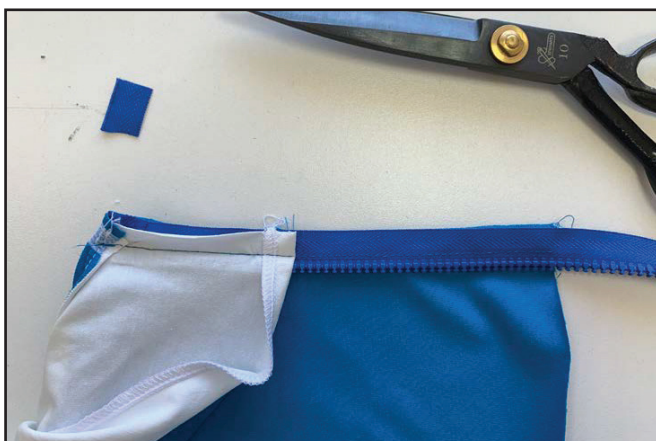
Pin the hood to the garment neckline and stitch them 7 mm (1/4") in from the edge.

14



Open the zipper. Pin one zipper tape to the upper front along the central edge. Turn the zipper top tape extension to the wrong side. Place the hood and the hood lining central edges, right sides together, to sandwich the zipper between them. Note: the hood lining seam allowances should be turned to the wrong side.

15



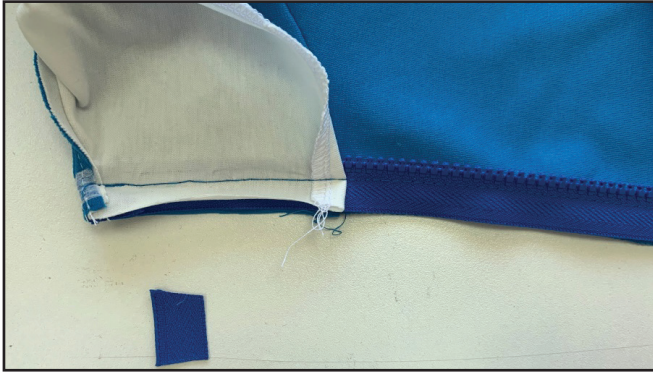
Stitch the seam with a zipper presser foot. Cut the excess zipper top.

16



Close the zipper and transfer the marks for the seam lower end and the hood attaching seam onto the other zipper tape.

17



Pin and stitch the other zipper tape in, aligning the marks.

18



Turn the upper front out to the right side and gently press the zippers.

19



Topstitch the hood and the upper front along the zipper 4 - 5 mm (3/16") away from the zipper.

20



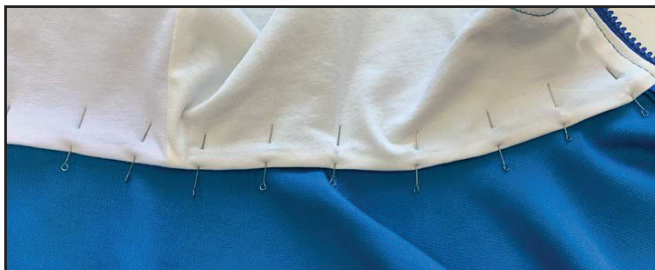
Insert the flat draw cord into the grommets. Place it to the outer edge, as close as possible, and pin the hood with the hood lining.

21



Stitch the hood and the hood lining together 2 - 2.5 cm (13/16 - 1") in from the hood outer edge. If the grommets do not allow you to stitch, you can use a zipper foot for it.

22



Turn the hood lining seam allowances along the hood lining lower edge to the wrong side and pin them. Hand-baste the hood lining to the garment.

23



Place the upper and middle fronts, right sides together, and pin them aligning the marks. Stitch the section with a zipper, 7 mm (1/4") away from the edge.

24



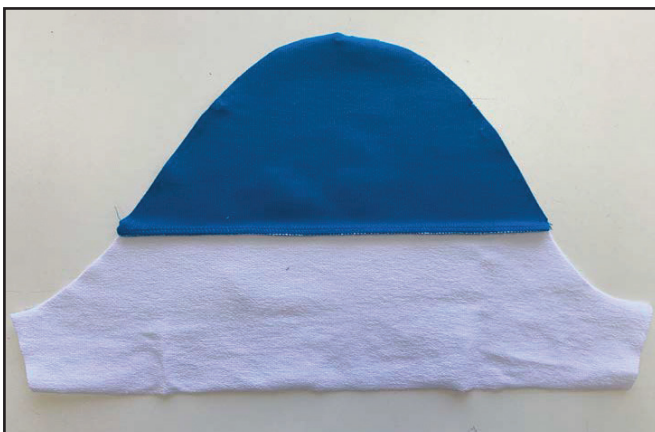
Serge the upper and middle fronts. Press the seam allowances towards the middle front.

25



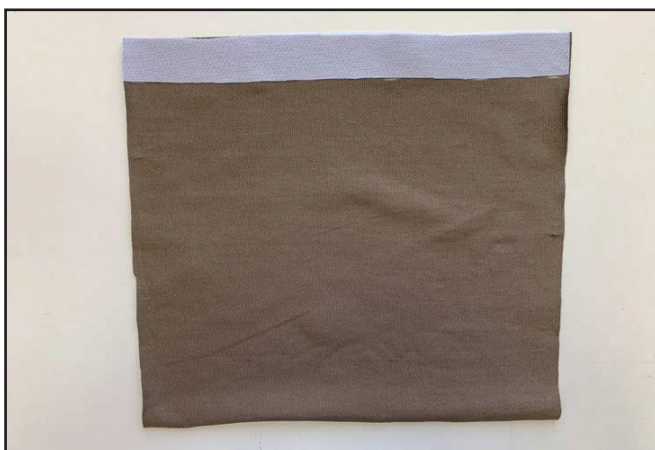
Place the upper and middle backs, right sides together, and serge them. Press the seam allowances towards the middle back.

26



Place the upper and middle sleeves, right sides together, and serge them. Press the seam allowances towards the middle sleeves.

27



Fuse the strip of interfacing 3 cm (1 3/16") wide to the pocket top edge.

28



Finish the pocket top edge with a serger. Press the seam.

29



Turn the seam allowances 3 cm (1 3/16") wide along the pocket top edge to the right side and stitch them along the side seams 1 cm (3/8") in from the edge.

30



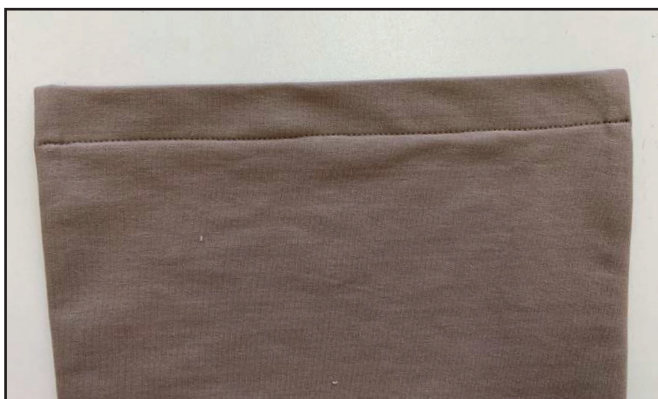
Finish the pocket side edges with a serger.

31



Turn the pocket out to the right side and press the upper fold. Press the pocket side edges seam allowances 1 cm (3/8") wide to the wrong side.

32



Topstitch the pocket along the upper hem 2,5 cm (1") in from the fold.

33



Fold the pocket in half and mark the middle on the upper and lower edges.

34



Finish the pocket lower edge seam allowances and press them 1 cm (3/8") to the wrong side.

35



Place the pocket and the lower front, right sides together, so that the fold at the pocket bottom coincides with the mark of the pocket bottom on the front. Stitch them exactly atop the fold.

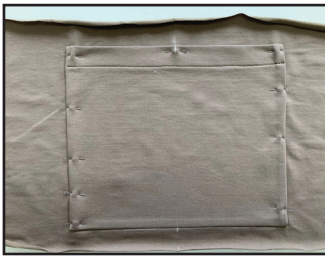


36



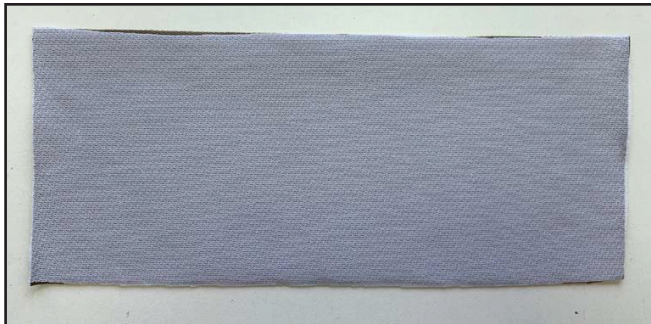
Turn the pocket in place and press it.

37



Pin the pocket to the lower front along the side edges and topstitch along the side and lower edges 1 mm (1/16") in from the edge. Reinforce it, stitching exactly in the middle of the pocket upper hem. Press the seams.

38



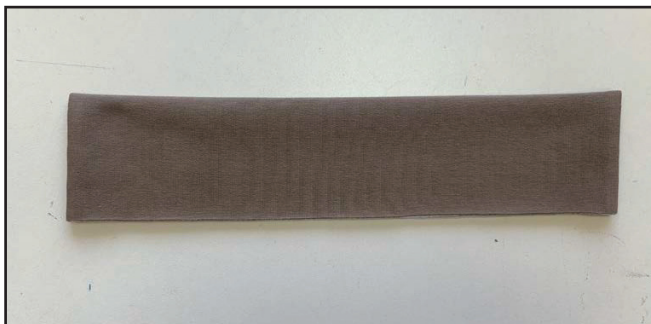
Fuse interfacing to the pocket flap.

39



Place the pocket flap in half, lengthways, right sides together, and stitch its short edges 7 mm (1/4") in from the edge.

40



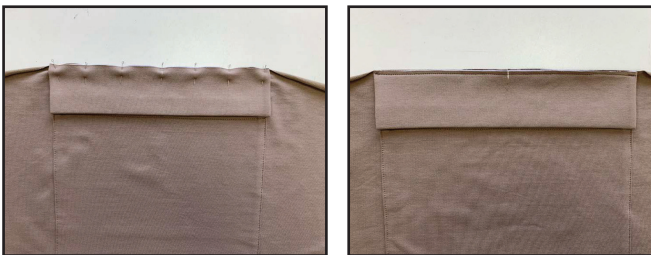
Turn the pocket out to the right side and press it.

41



Mark the middle on the lower front upper edge and the pocket flap upper edge.

42



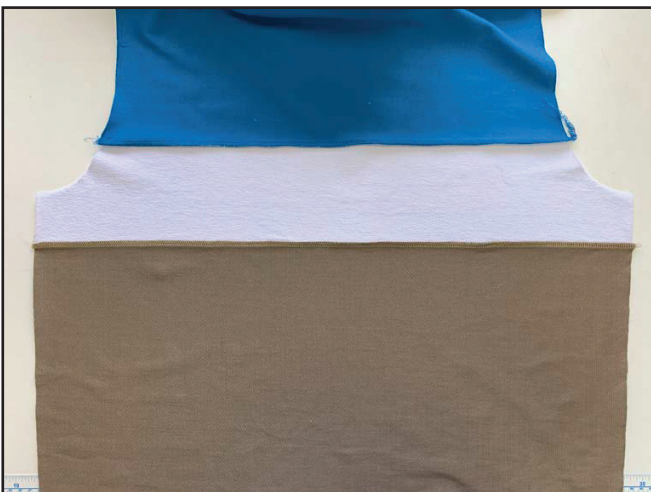
Pin the lower front and the pocket flap aligning the marks. Stitch them 4 - 5 mm (3/16") in from the edge.

43



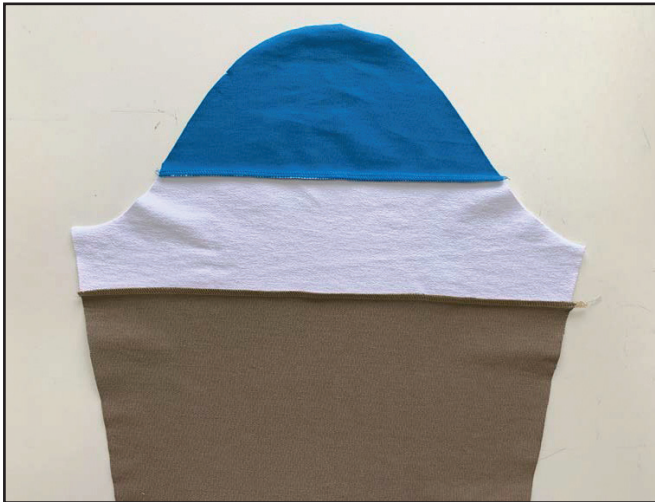
Place the lower and middle fronts, right sides together, and serge them aligning the marks. Press the seam allowances towards the middle piece.

44



Place the lower and middle backs, right sides together, and serge them aligning the marks. Press the seam allowances towards the middle piece.

45



4 2,5-3 7

Place the lower and middle sleeves, right sides together, and serge them aligning the marks. Press the seam allowances towards the middle pieces.

46



4 2,5-3 7

Pin the sleeves into the armholes aligning the marks and the seams, which join the upper and middle pieces together. Serge them. Place the seams in different directions at the joints. Press the seam allowances towards the garment.



47



4 2,5-3 7

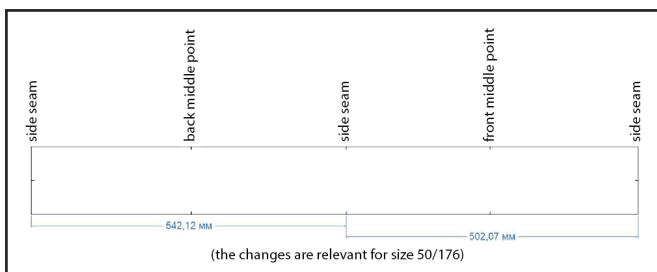
Place the hoodie, facing inside, and serge the garment and sleeve side seams. Press the seam allowances towards the back.

48



Work with both waistbands (french terry or lycra or cotton single jersey) similarly. Place the waistband in half, right side inside, and stitch the short edges. Press the seam allowances open.

49



Place the waistband in half, lengthways, along the right side and pin it to the garment lower edge aligning the marks. Pay attention to the way the marks on the waistband are aligned with the marks and the seams on the garment: the middle mark on the waistband is not exactly in the middle, due to the fact that the back is wider than the front. Serge them around the garment lower edge. Tie the thread tails and hide them into the seam. Press the seam allowances towards the garment.

50



Measure the wrist girth, add 1 -2 cm (3/8 - 13/16") for ease and 1.5 cm (9/16") for seam allowances. You will need two pieces of elastic band, 2 cm (13/16") wide, of this length. Place each elastic band in half and stitch the short edges.

51



Stretching the elastic band, pin it with sleeve bottom opening and serge around the opening. Tie the thread tails and hide them into the seam.

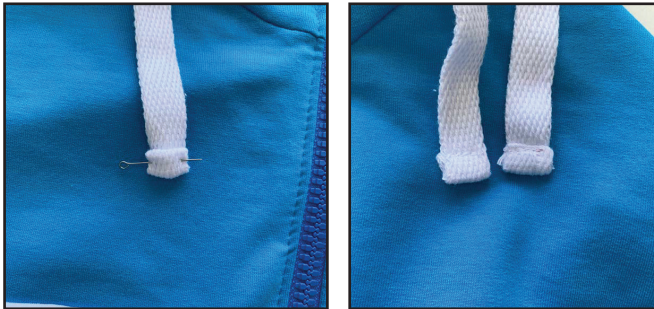
52



Turn the sleeve bottom edge seam allowance and the elastic band itself to the wrong side and pin them. Topstitch the seam allowances and the elastic band towards the sleeve 1.5 cm (9/16") away from the fold.



53



Process the flat draw cord ends as you like. For example, tuck it up twice and stitch.

54



Remove the basting stitches and press the garment. The hoodie is ready.

PANTS SEWING GUIDE

1



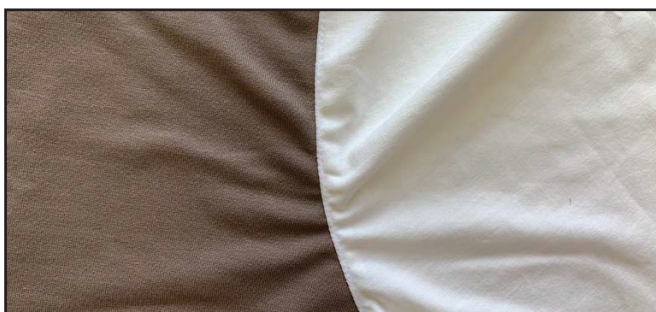
Fuse a strip of interfacing 1 cm (3/8") wide to the pocket openings on the pant fronts.

2



Place the pocket facing and the pant front, right sides together, and stitch them along the pocket opening 7 mm (1/4") in from the edge.

3



Topstitch the seam allowances towards the pocket facing 1 -2 mm (1/16") away from the previous seam.

4



Turn the pocket facing to the pant front wrong side and press the pocket opening forming a roll 1 mm (1/16") towards the pocket.

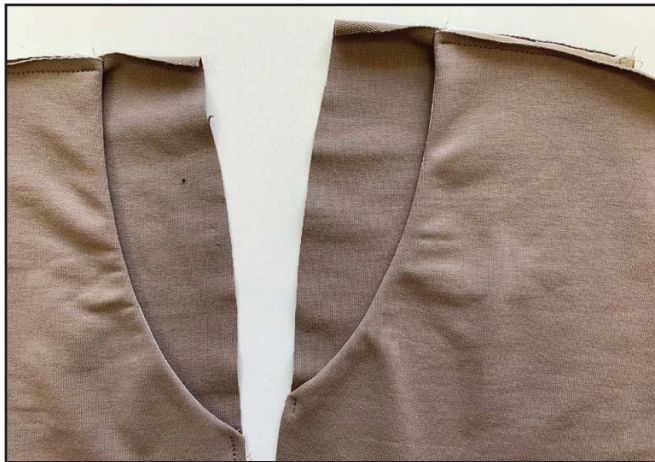
5



4  2,5-3  7 

Place the pocket linings and the pocket underlays, right sides together, and serge the long curved edges. Press the seams.

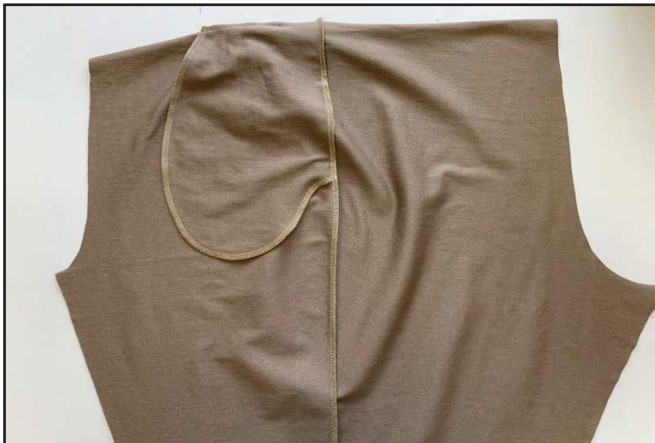
6



   3-3,5 

Stitch the pocket pieces with the pant front along the upper and side edges 4 - 5 mm (3/16") away from the edge.

7



4  2,5-3  7 

Place the pant backs and fronts, right sides together, and serge the side edges aligning the marks. Press the seam allowances towards the pant back pieces.

8



   3,5-4 

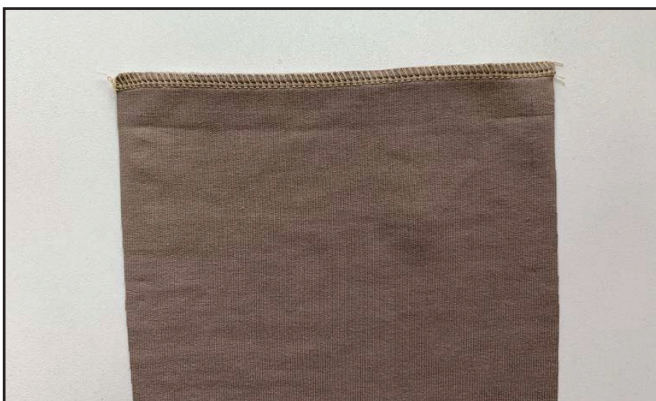
You can also topstitch the seam allowances towards the pant back pieces 5 mm (3/16") away from the previous seam. Press the seams.

9



Fuse the strips of interfacing 2 cm (13/16") wide to the patch pocket top edges.

10



2,5-3

7

Finish the pocket top edges with a serger.

11



2,5-3

Turn the seam allowances 2 cm (13/16") wide along the pocket top edge to the right side and topstitch them along the side seams 1 cm (3/8") in from the edge.

12



2,5-3

7

Finish the pocket side and lower edges. Press the seams.

13



Turn the pockets out to the right side and press them. Press the pocket side and lower edges seam allowances, 1 cm (3/8") wide, to the wrong side.

14



Topstitch the seam allowances along the pocket top edge 1.5 cm (9/16") away from the edge.

15



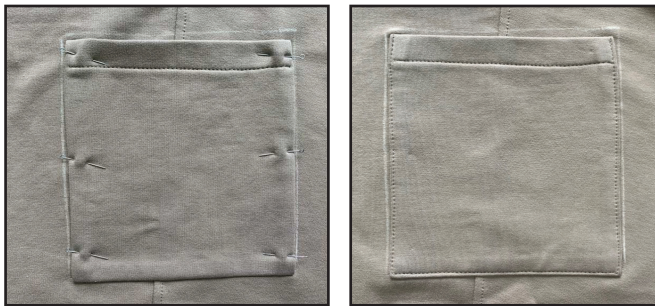
Place the pocket fold to the lower marking lines on the pants and pin them.

16



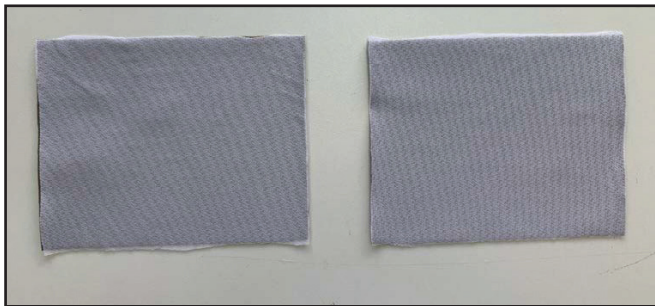
Topstitch the pocket exactly atop the fold line. Turn the pocket, wrong side to the garment right side, and press it.

17



Pin the pocket to the garment along the side edges. Topstitch the pocket along the lower and side edges 1 - 2 mm (1/16") away from the edge. Press the seams.

18



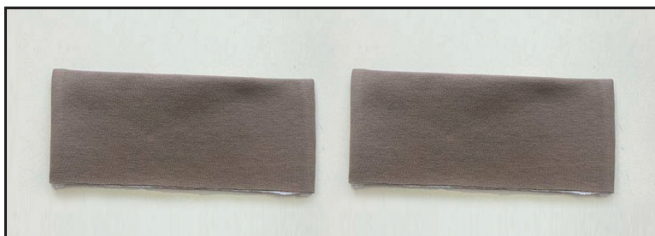
Fuse interfacing to both pocket flaps.

19



Place the pocket flap in half, lengthways, right sides together, and stitch its short edges 7 mm (1/4") in from the edge.

20



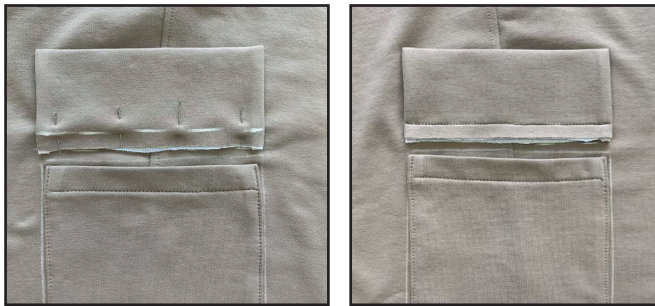
Turn the flaps out to the right side, smooth the corners and press them.

21



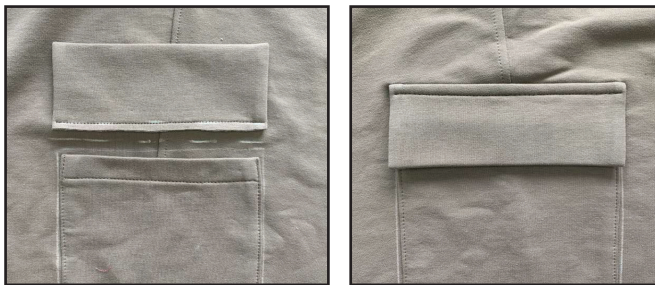
Mark up the pants 1 cm (3/8") away from the pocket top edge. Mark up the pocket flaps 1 cm (3/8") in from the open edge.

22



Pin the pocket open edge to the marking line on the pants. Topstitch along the marking line on the flap.

23



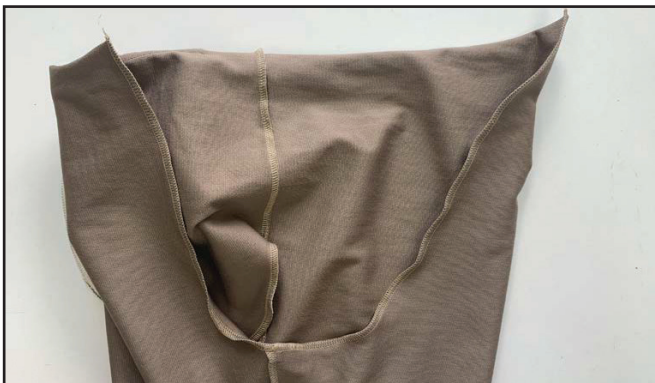
Trim the seam allowances to 4 - 5 mm (1 9/16 - 2 "). Turn the pocket down, pin and topstitch it 5 - 7 mm (3/16 - 1/4") away from the fold. Press the seams.

24



Place each pant leg in half, right sides together, and serge the inseams. Press the seam allowances towards the pant fronts.

25



Insert one pant leg into the other with right sides together. Pin and serge around the crotch seam. Press the seam allowances towards any side.



26



Measure the ankle girth, add 2- 3 cm (13/16 - 1 3/16") for ease and 1.5 cm (9/16") for seam allowances. You will need two pieces of elastic band, 2 cm (13/16") wide, of this length. Pin and stitch each elastic band in half and stitch the ends.

27



Stretching the elastic band pieces, pin them to the pants lower edges and serge them around the pant bottom opening. Tie the thread tails and hide them into the seam.

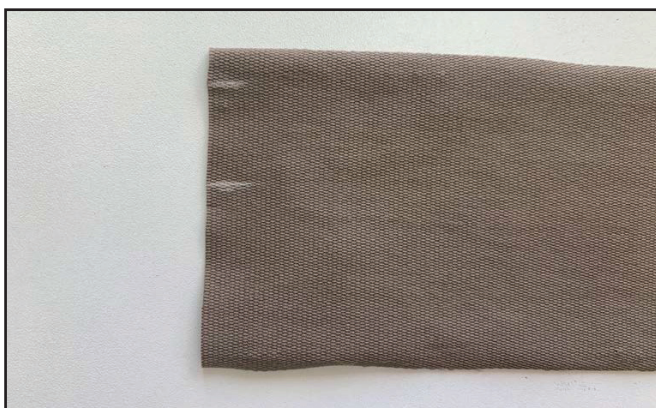
28



Turn the pant leg bottom opening seam allowance and the elastic band itself to the wrong side and pin them. Topstitch the seam allowances with the elastic band towards the pants 1.5 cm (9/16") away from the fold.



29



Draw two marks on the waistband 5 mm (3/16") away from the center mark and 10 - 12 mm (3/8 - 1/2") away from the long edge.

30



Place the waistband in half, right side inside, and stitch the short edges 7 mm (1/4") in from the edge. Do not stitch between the two marks. Press the seam allowances open.

31



Place the waistband in half, along the long edges, wrong sides inside, and pin it with the pant upper edge aligning the marks. Serge them around the garment lower edge. Tie the thread tails and hide them into the seam. Press the seam allowances towards the pants.

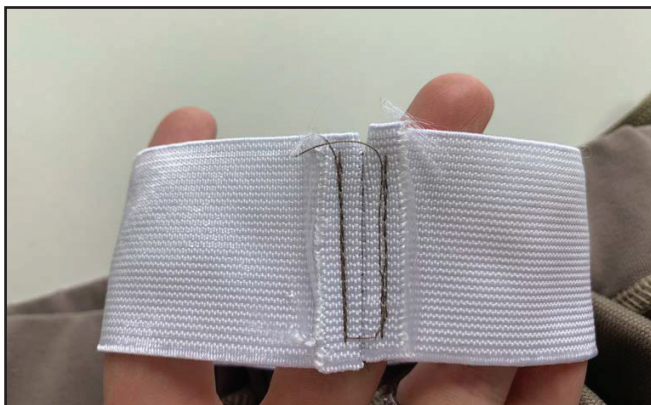


32



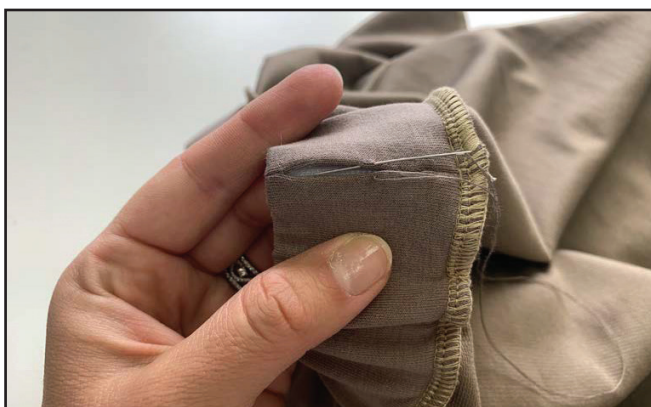
Measure the required length of the elastic band at the waist, 3.5-4 cm (1 3/8 - 1 9/16") wide, adding 1.5 cm (9/16") to it for the seam allowances. Insert the elastic band through the opening, left beforehand, using a bodkin or a safety pin for it. Pin the elastic band ends, but avoid twisting it.

33



Stitch the elastic band short edges 7 mm (1/4") in from the edge. Stitch the seam allowances short edges.

34



Evenly readjust the elastic band along the waistband and hand baste the opening.

35



Remove the basting stitches and press the garment. 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!**