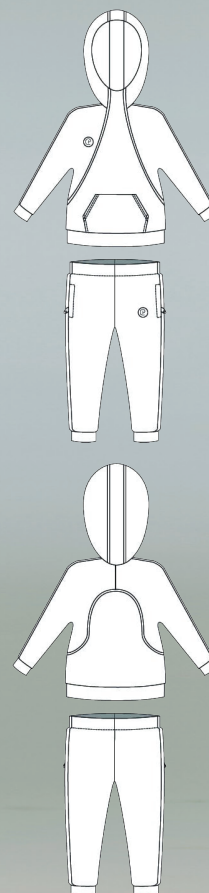


TRACKSUIT POWER FOR GIRLS

SKILL LEVEL



INSTRUCTIONS FOR SEWING

ELINA PATYKOVA

ПРО ШИТЬЕ



ELINA_PATYKOVA



ELINA-PATYKOVA.RU



VK.COM/ELINA_PATYKOVA



MATERIALS AND NOTIONS:

- french terry or sweatshirt cotton loop back fabric,
- cotton lycra jersey,
- rib knit fabric or ribbing,
- piping,
- long zipper - 1-2 pcs. (optional)*,
- fusible interfacing,
- fusible interfacing bias band w/h thread,
- elastic 4 cm (1 9/16") wide,
- matching thread,
- Jersey 75 - 80 or Stretch 75 - 80 needles

A

Before beginning your sewing project, wash the fabric in warm water, dry and iron it.

B

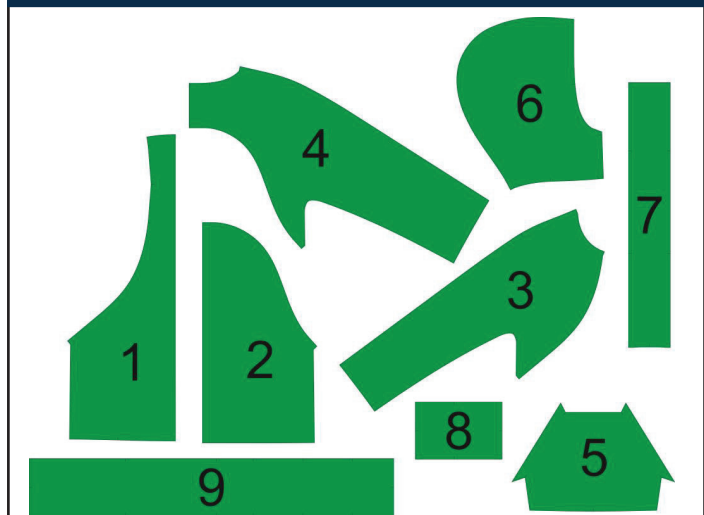
Let us start the cutting. Print and glue the paper patterns. When printing, do not forget to check the size of the test square.

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

В РЕЗУЛЬТАТЕ У НАС
ДОЛЖНЫ ПОЛУЧИТЬСЯ:

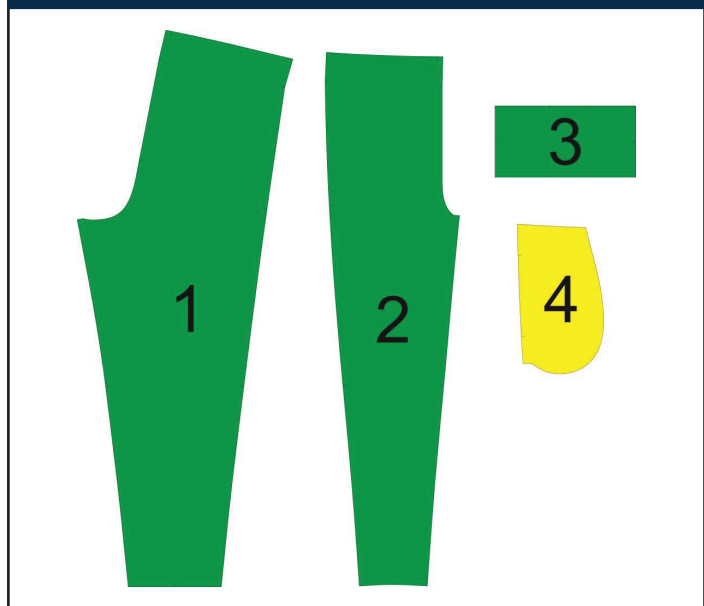
HOODIE PIECES:



- ❶ Front – cut 1 on the fold
- ❷ Back - cut 1 on the fold
- ❸ Sleeve front - cut 2
- ❹ Sleeve back - cut 2
- ❺ Kangaroo pocket - cut 1
- ❻ Hood - cut 4 (2 french terry or sweatshirt cotton loop back fabric and 2 cotton lycra jersey)
- ❼ Hood center - cut 2 (1 french terry or sweatshirt cotton loop back fabric and 1 cotton lycra jersey)
- ❽ Cuff - cut 2 (rib knit fabric or ribbing)
- ❾ Waistband - cut 1 (rib knit fabric or ribbing)

*** You can choose to sew the hoodie with zipper on one side, both sides or without it. The hoodie should have a fastener on, at least, one side to put on it easier.**

SWEATPANTS PIECES:



- ❶ Pant back - cut 2
- ❷ Pant front - cut 2
- ❸ Cuff - cut 2 (rib knit fabric or ribbing)
- ❹ Pocket lining - cut 4 (cotton lycra jersey)

CONSTRUCTION

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 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.

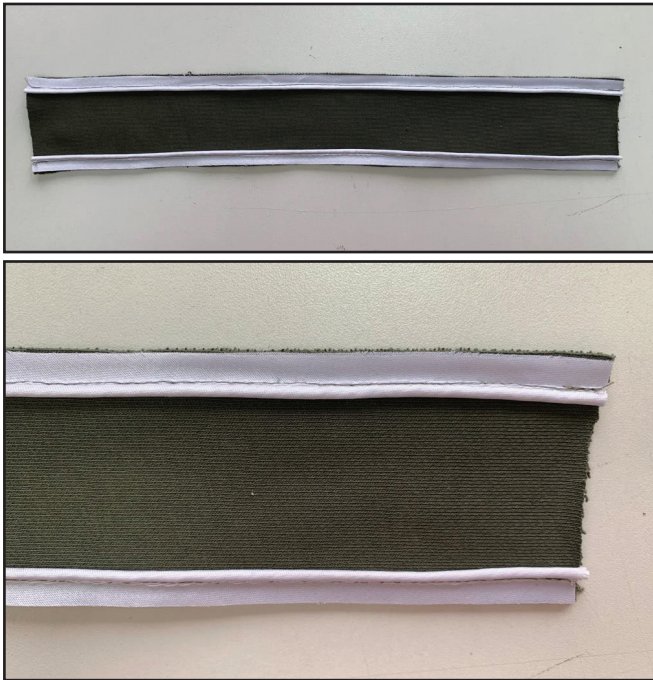
C

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.

SWEATSHIRT CONSTRUCTION

1



Stitch in the piping to the hood center long edges. Sew exactly atop the stitching on the piping itself. You can use a zipper presser foot for this step.

2



Place the hood side and center pieces, right sides together, and stitch them aligning the marks. Stitch on the hood center piece, exactly atop the previous seam. Press the seam allowances towards the hood center piece.

3



Place the hood lining side and center pieces, right sides together, and stitch them aligning the marks. Press the seam allowances towards the hood side pieces.

4



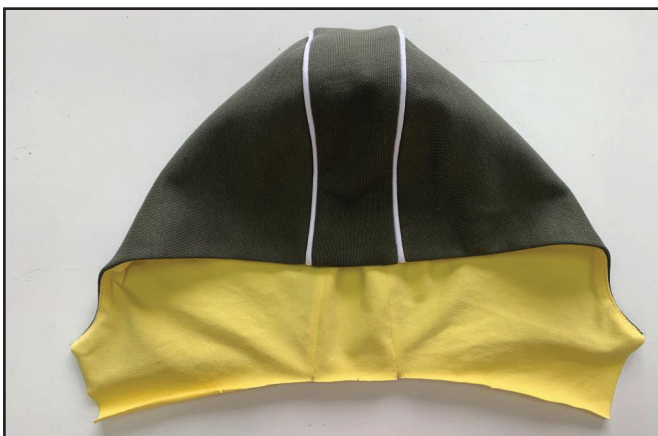
Place the hood and the hood lining, right sides together, and stitch them along the outer edge.

5



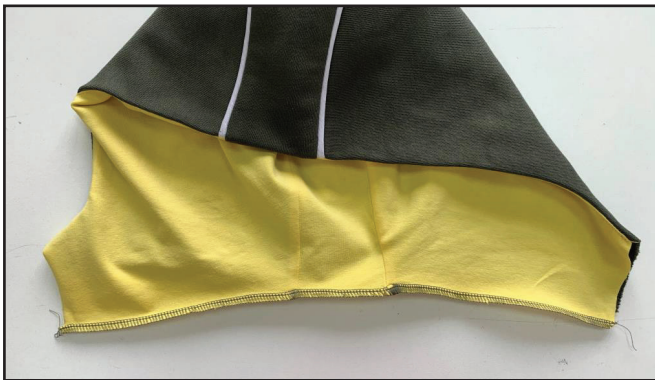
Stitch in the seam allowances towards the lining 1-2 mm (1/16") away from the previous seam.

6



Turn the hood out to the right side and press the outer seam, forming a roll 1 mm (1/16") towards the lining.

7



4  2,5-3  7 

Finish the hood lining lower edge with a serger.

8



   3-3,5 

Stitch in the piping along the back piece upper edge. Sew exactly atop the stitching on the piping itself. You can use a zipper presser foot for this step.

9



4  2,5-3  7 

Place the sleeve back pieces with right sides together and serge the center back seam. Press the seam allowances towards any piece.

10



   3-3,5 

Place the back and the sleeve back pieces, right sides together, and stitch them. Stitch exactly atop the previous seam on the back piece.

11



4 3-3,5 7

Finish the seam allowances with a serger and press them towards the back.

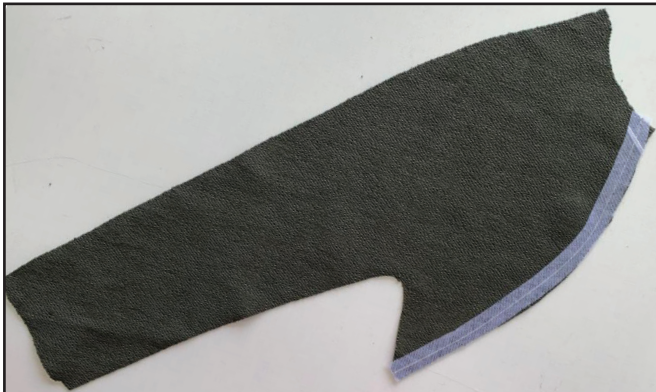
12



3-3,5

Stitch in the piping on the sleeve back piece upper edge. Sew exactly atop the stitching on the piping itself. You can use a zipper presser foot for this step.

13



To make a pullover hoodie, skip this and the next steps and go straight to step 15.

If you are sewing a zip-up hoodie, press a strip of interfacing 12-15 mm (1/2 - 9/16") wide onto the sleeve front along the edge for the zipper.

14



4 3-3,5 7

Finish this edge with a serger. Press the stitching.

15



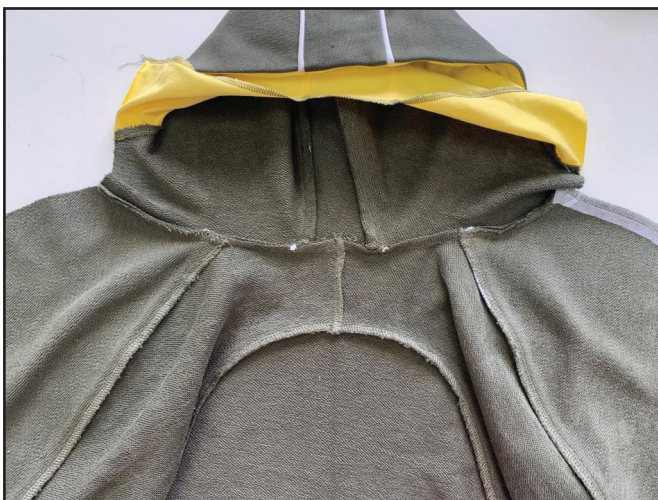
Place the sleeve front and back pieces with right sides together and stitch the upper edges. Stitch on the sleeve back piece, exactly atop the previous seam.

16



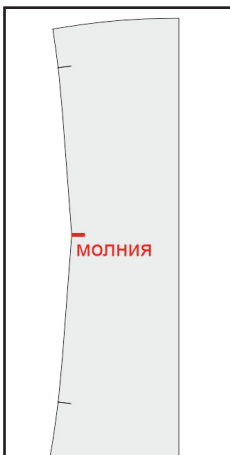
Finish the seam allowances with a serger and press them towards the sleeve back.

17



Place the hood and the garment neckline, right sides together, and stitch them with seam allowance 7 mm (1/4") wide. Press the seam allowances towards the hood.

18



Fuse a strip of interfacing 12-15 mm (1/2 - 9/16") wide to the edge (edges) for the zipper on the front piece between the zipper mark and the side seam.

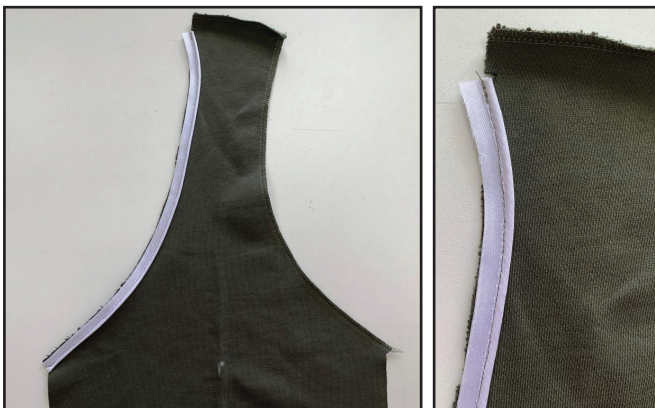
19



4 2,5-3 7

Finish these edges and the front upper edge with a serger. Press the stitching

20



2,5-3

If you are sewing a hoodie with zippers on both sides, skip this step and go straight to the next one.

If you are sewing a hoodie with one zipper or without any zipper, stitch the piping in on the edge of the front piece, where you will not place the zipper. Stitch the piping closer

to the top notch on the front piece. You can use a zipper presser foot for this step.

21



If you are sewing a pullover hoodie, skip this and the following steps and go straight to step 27.

If you are sewing a zip-up hoodie with one or two zippers, open the zipper. Pin one zipper tape to the front between the zipper mark and the side seam. With right sides together, pin the zipper to the front piece, between the facing attaching seam and side seam. Turn the zipper top tape extension to the wrong side.

Fold back the front upper edge to the zipper and pin it.

Fold back the front upper edge seam allowances 2 cm (13/16") wide.

22



Stitch it close to the zipper teeth. Use the zipper presser foot for ease. Cut the zipper top extension.

23



Close the zipper and transfer the marks for the seam ends and the notches from the front piece onto the zipper other half. If you are sewing a hoodie with two zippers, transfer these marks onto the other zipper. Stitch the opposite zipper aligning the marks.

24



Pin each zipper other tape to the corresponding sleeve front, aligning the marks. Place the hood and the hood lining center edges with right sides together to sandwich the zipper between them. Note: fold back the hood lining seam allowances 7 mm (1/4") wide towards the wrong side.

25



Stitch them. Cut the zipper top extension.

26



3-3,5

If your zipper is longer than you need, cut it exactly close to the front side edge (close the zipper beforehand) and stitch it up 4 - 5 mm (3/16") away from the edge, to avoid its opening while you are working.

27



If you are sewing a hoodie with two zippers, skip this and the following steps and go straight to step 31. If you are sewing a hoodie with piping instead of one or both zippers, place the front piece with attached piping to the sleeve front, right sides together, and pin them. Pin the hood lining to the front upper edge. Fold back the front upper edge seam allowances 2 cm (13/16") wide to the wrong side.

28



3-3,5

Stitch them exactly atop the piping attaching seam.

29



Place the hood and the hood lining, wrong side inside, and pin them. Fold back the hood lining lower edge allowance 7 mm (1/4") wide towards the wrong side.

30



4 3-3,5 7

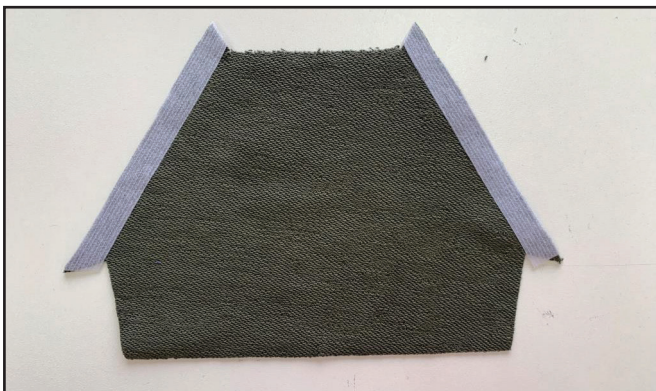
Finish the seam allowances with a serger. Turn the garment upper part out and press the seam allowances to the front.

31



Fold back the hood lining seam allowances along the hood lining lower edge and the front inside to the wrong side and pin them. Hand-baste them to the garment.

32



Fuse a strip of interfacing 1.5 cm (9/16") wide along the pocket opening.

33



Finish these edges with a serger.

34



Unfold the pocket opening seam allowances to the right side and stitch in 1 cm (3/8") away from the upper and side edges.

35



Finish the pocket top and side edges.

36



Turn the pocket out to the right side and press the pocket openings. Press 1 cm (3/8") of the pocket top and side seam allowances towards the wrong side.

37



Topstitch the seam allowances towards the pocket 12 mm (1/2") away from the fold.

38



Pin the pocket and the front along the pocket top, bottom and side edges. You can hand-baste them, if need be.

39



Topstitch the pocket to the front along the top, bottom and side edges 1-2 mm (1/16") in from the edges. Press the stitching.

40



4   3-3,5  7

Place the garment, right side inside, and pin the side edges aligning the marks. Serge them. Press the seam allowances towards the back.

41



    2,5-3

Place the cuffs and the waistband in half, right side inside, and stitch the side edges. Press the seam allowances open.

42



4   3-3,5  7

Place the cuffs and the waistband in half, lengthwise, wrong side inside, and insert them into the sleeve openings and the garment. Pin and serge them around the sleeve openings and the garment lower edge. Tie the thread tails and hide them into the seam. Press the seam allowances towards the sleeves and the garment.



43



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

SWEATPANTS CONSTRUCTION

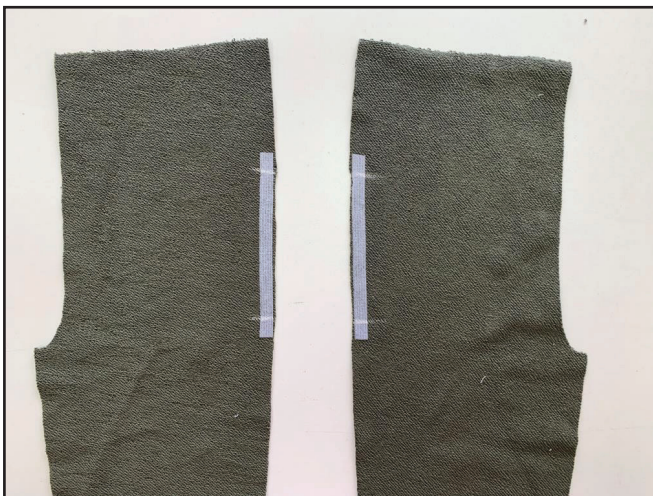
1



3-3,5

Stitch the piping to the pant back side edges. Sew exactly atop the stitching on the piping itself. You can use a zipper presser foot for this step.

2



Fuse the strips of interfacing 1 cm (13/16") wide to the pocket openings on the pant fronts. Make the strips of interfacing 1 cm (3/8") longer at both sides than the pocket openings.

3



2,5-3

With right sides together, place the pocket linings to the pant fronts and backs and pin them aligning the marks. Stitch them exactly between the marks, 8 mm (5/16") in from the edge.

4



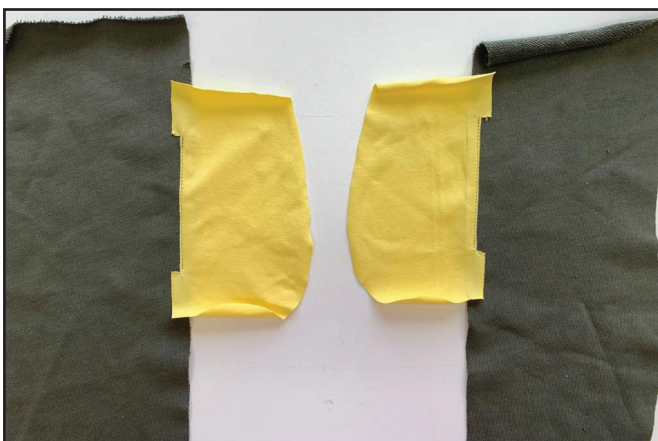
Notch at the beginning and the end of the stitching 1mm (1/16") before the seam, only on the pant fronts.

5



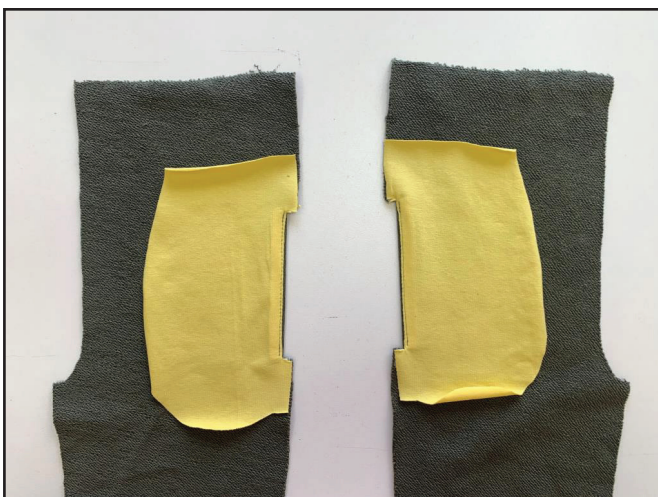
Press the seam allowances towards the linings.

6



Stitch in the pant fronts seam allowances towards the linings 1 - 2 mm (1/16") away from the previous seam.

7



Fold the seam allowances to the pant fronts wrong side and press the pocket openings, forming a roll 1 mm (1/16") wide towards the linings.

8



4 2,5-3 7

Place the pant fronts and backs, right sides together, and pin the pocket linings together. Serge them. Press the stitching.

9



2,5-3

Pin the pant fronts and backs between the upper edge and the pocket opening top mark and between the pocket opening bottom mark and the lower edge. Stitch them exactly atop the piping attaching seam.

10



4 3-3,5 7

Finish the seam allowances with a serger and press them towards the pant backs.

11



Hand-baste the pocket top edges to the pant fronts.

12



Secure the pocket openings both ends on the pant fronts.

13



Place the pant fronts and backs, right sides together, and serge the inseams. Press the seam allowances towards the pant backs.

14



Insert one pant leg into the other with right sides together. Serge the crotch seams. Press the seam allowances towards any side.

15



The elastic length is indicated on the pattern.

Place the elastic in half and stitch the short edges with seam allowance 7 mm (1/4") wide. Stitch the seam allowances open.

16



4 3-3,5 7

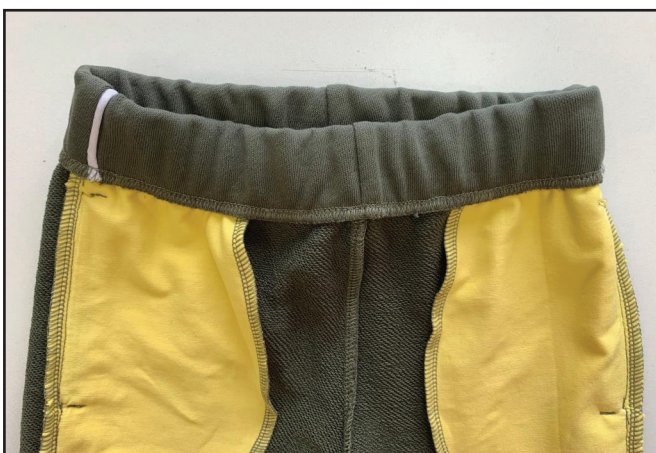
Stretching the elastic, pin it to the pant upper edge. Serge them around the pant upper edge. Tie the thread tails and hide them into the seam.

17



3,5-4

Fold the pants upper edge to the wrong side by 4 cm (1/8") (the elastic width) and pin. Stitch them 3 - 3.5 cm (1 3/16 - 1 3/8") away from the fold.



18



2,5-3

Place each cuff in half, right side inside, and stitch the side edges 7 mm (1/4") in from the edge. Press the seam allowances open.

19



4  3-3,5  7

Place the cuffs in half, lengthwise, with wrong side inside. Insert them into the pant openings and pin. Serge them around the pant leg openings. Tie the thread tails and hide them into the seam. Press the seam allowances upwards.

20



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