

# TRACKSUIT POWER FOR WOMEN

SKILL LEVEL



## INSTRUCTIONS FOR SEWING

ELINA PATYKOVA

ПРО ШИТЬЕ



ELINA\_PATYKOVA



ELINA-PATYKOVA.RU



VK.COM/ELINA\_PATYKOVA

## MATERIALS:



- french terry or sweatshirt cotton loop back fabric,
- cotton lycra jersey,
- rib knit fabric or ribbing,
- piping,
- long zipper - 4 pcs.,
- short zipper - 2 pcs.,
- fusible interfacing,
- fusible interfacing bias band w/h thread,
- grommets - 2 pcs.,
- elastic - 5 cm (2") wide,
- flat draw cord,
- 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

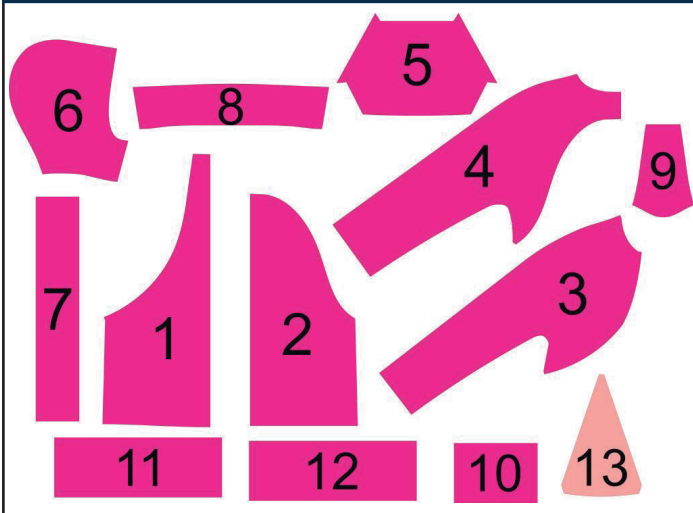
**C**

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

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

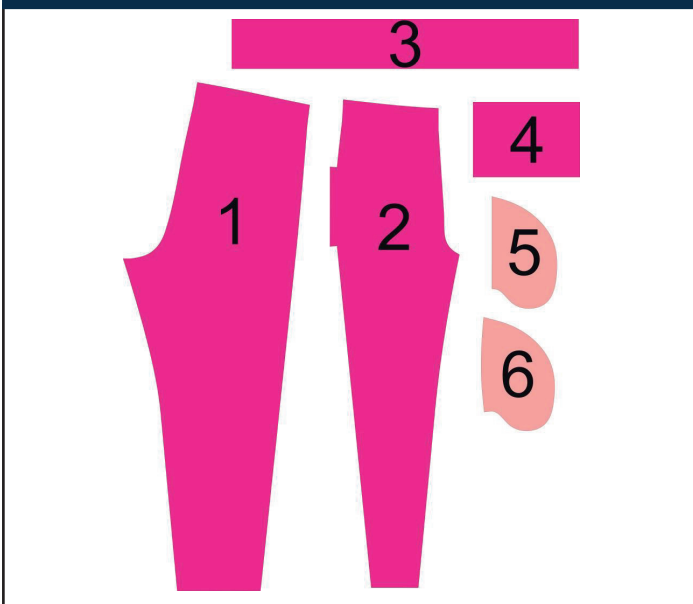
## NOW YOU HAVE ALL THE PIECES:

### SWEATSHIRT PIECES:



- ① Front - cut 1 on the fold
- ② Back - cut 1 on the fold
- ③ Sleeve front - cut 2
- ④ Sleeve back - cut 2
- ⑤ Pocket - cut 1
- ⑥ Hood - cut 4 (to make a hoodie, do not cut piece 8)
- ⑦ Hood center piece - cut 2 (to make a hoodie, do not cut piece 8)
- ⑧ Collar - cut 2 (to make a sweatshirt with stand collar, do not cut pieces 6 and 7)
- ⑨ Front facing - cut 1
- ⑩ Cuff - cut 2 (rib knit fabric or ribbing)
- ⑪ Front hem band - cut 1 (rib knit fabric or ribbing)
- ⑫ Back hem band - cut 1 (rib knit fabric or ribbing)
- ⑬ Gusset - cut 2 (cotton lycra jersey)

### PANTS PIECES:



- ① Pant front - cut 2
- ② Pant back - cut 2
- ③ Waistband - cut 1 (rib knit fabric or ribbing) - only for low-rise pants.
- ④ Cuff - cut 2 (rib knit fabric or ribbing)
- ⑤ Pocket lining (smaller) - cut 2 - (cotton lycra jersey)
- ⑥ Pocket lining (bigger) - cut 2 - (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



To make a hoodie, skip this and the following steps and go straight to step 5.

To make a stand collar sweatshirt, fuse a strip of interfacing 12 - 15 mm (1/2 - 9/6") wide to one of the collar pieces short edges.

2



Place both collar pieces with right sides together and stitch the upper edges 7 mm (1/4") in from the edge.

3



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

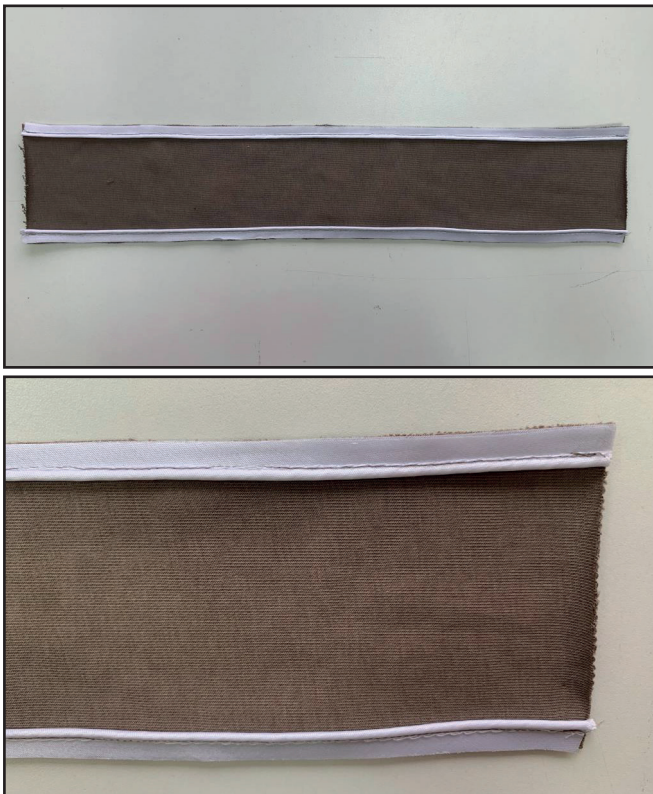
4



Place the collars, wrong side inside, and press the upper edge forming a roll 1 mm (1/16") towards the under collar.

5

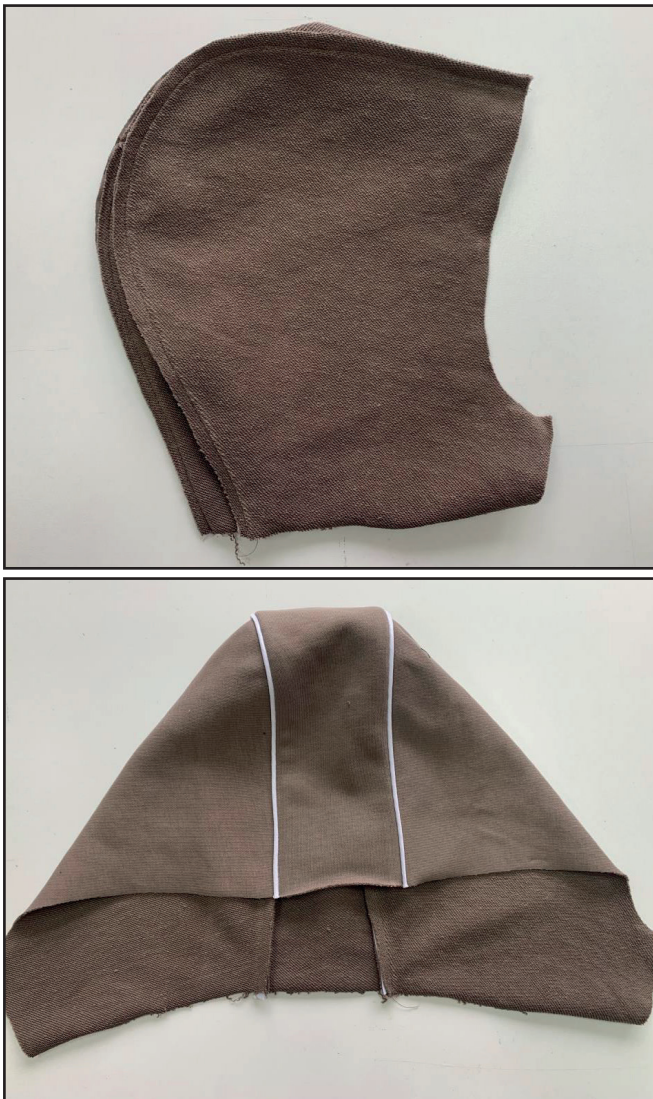
5



To make a stand collar sweatshirt, skip this and the following steps and go straight to step 12.

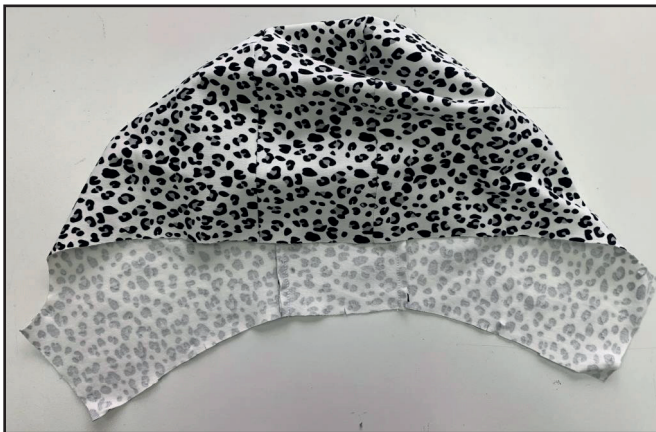
To make a hoodie, stitch in the piping to the hood center long edges. Sew exactly atop the stitching on the piping itself. You can use a zipper presser foot for this step.

6



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

7



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.

8



Finish the hood lining lower edge with a serger.

9



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

10



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

11



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

12



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

13



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

14



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



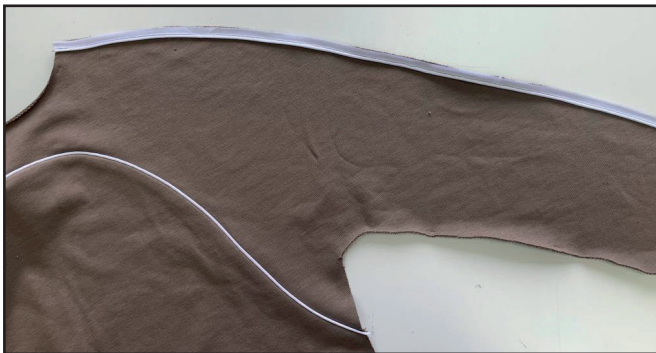
15



4 3-3,5 7

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

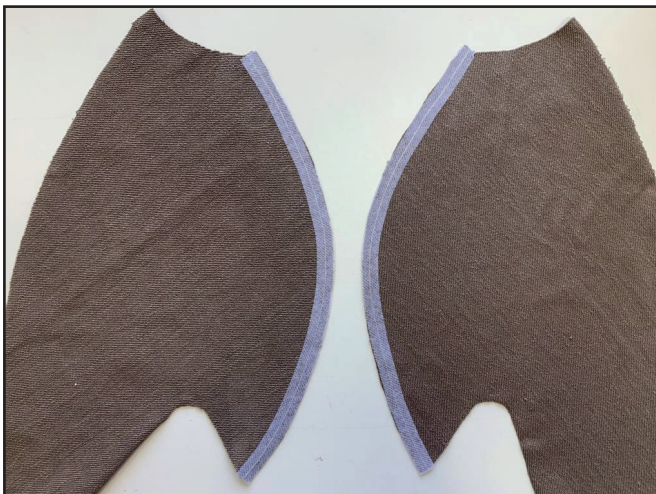
16



3-3,5

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

17



Fuse the interfacing strips 12 - 15 mm (1/2 - 9/16") wide along the edges for the zipper on the sleeve front pieces.

18



4 2,5-3 7

Finish these edges with a serger. Press the seams.

19



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

20



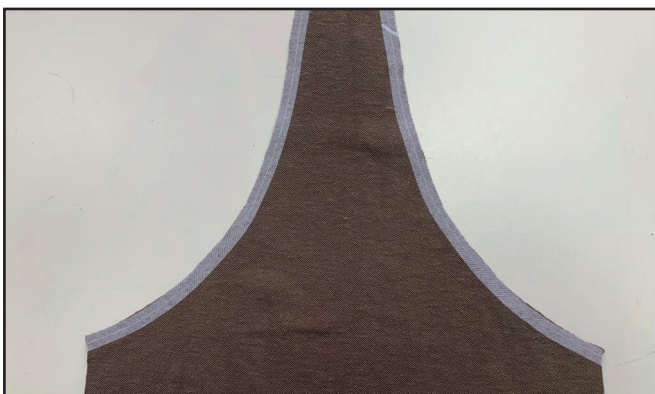
Finish the seam allowances with a serger and press them towards the sleeve back.

21



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

22



Fuse the strips of interfacing 12 - 15 mm (1/2 - 9/16") wide to the places for zippers on the front piece.

23



4 2,5-3 7

Finish these edges with a serger. Press the seams.

24



4 2,5-3 7

Finish the front facing lower edge (it is a little longer than the upper edge) with a serger.

25



2,5-3

Place the front and the front facing with right sides together and stitch the short edges 7 mm (1/4") in from the edge.

26



3-3,5

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

27



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

28



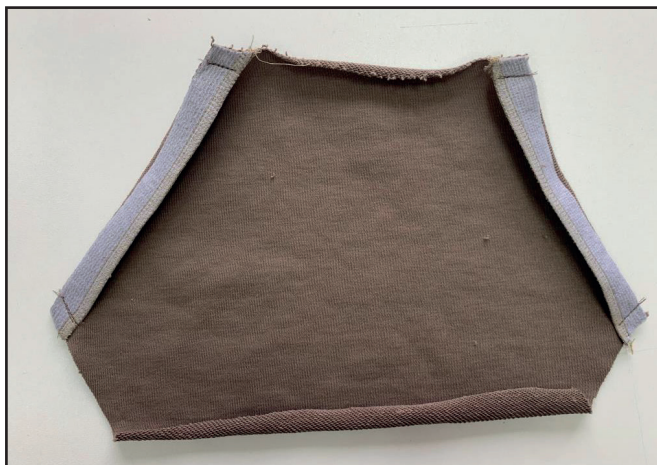
Fuse the strip of interfacing 2 cm (13/16») wide along the pocket opening.

29



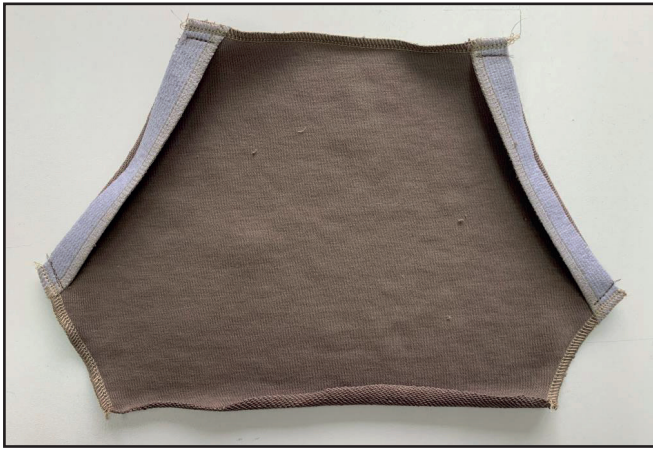
Finish these edges with a serger and press them 2 cm (13/16") towards the pocket wrong side.

30



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

31



4  2,5-3  7

Finish the pocket top and side edges.

32



Turn the pocket 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.

33



    3-3,5

Stitch in the seam allowances towards the pocket 18 mm (11/16") away from the fold.

34



Transfer the pocket top, bottom and center marks from the paper pattern onto the front piece.

35



Mark the center on the pocket top edge.

36



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

37



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

38



Open the long zipper. Pin the zipper one half, right side down, along the edge for the zipper on the front piece. Pin the zipper to the front piece, between the facing attaching seam and side seam, with right sides together. Turn the zipper top tape extension to the wrong side.

39



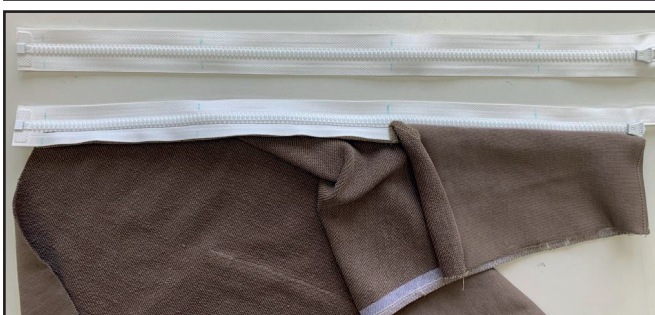
Turn the facing to the zipper and pin them.

40



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

41



Close the zipper and transfer the marks for the seam ends and the notches from the front piece onto the zipper other half. Repeat the process for the opposite zipper.

42



Stitch the opposite zipper aligning the marks.

43



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

44



Pin each zipper other tape to the corresponding sleeve front, aligning the marks. Place the hood and the hood lining center edges (stand collar upper and under pieces) with right sides together to have the zipper sandwiched between them. Note: turn the hood lining (or under collar) seam allowances towards the wrong side.





45



Stitch them. Cut the zipper top extension.

46



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.

47



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



48



Fuse the strips of interfacing 12 - 15 mm (1/2 - 9/16") wide to the side edges lower ends on the garment front and back pieces. The strip length is equal to the interval between the notch and the lower edge + 1 cm (3/8").

49



4  2,5-3  7

Finish the garment front and back side edges.

50



    3-3,5

Place the garment, right side inside, and stitch the side seams between the sleeve lower edge and side zipper top stop 1 cm (3/8") away from the seam. Press the seam allowances open.

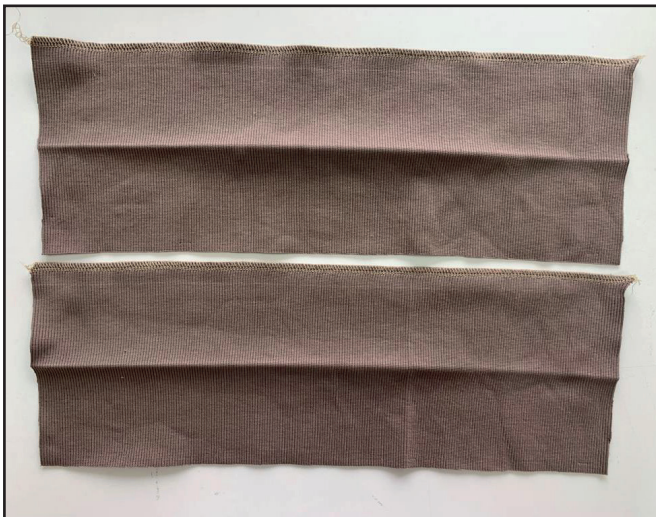


51



Place the front and back hem bands in half lengthwise, wrong side inside, and press them.

52



4 2,5-3 7

Finish one long edge of each piece with a serger.

53



4 2,5-3 7

Place the back hem band raw edges to the back, and the front hem band raw edges to the front, right sides together, then serge them slightly stretching the hem bands. Press the seam allowances towards the front and the back.

54



2,5-3

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

55



4 3-3,5 7

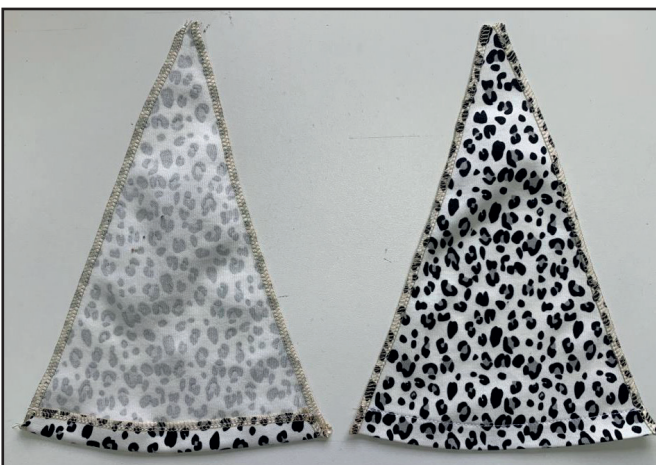
Place the cuff in half, lengthwise, wrong side inside, and insert it into the sleeve opening. Pin and serge them around the sleeve opening. Press the seam allowances towards the sleeves.

56



Finish the gusset lower and side edges with a serger.

57



Turn 2 cm (13/16") of the lower edge seam allowances to the wrong side. Topstitch them 18 mm (11/16") away from the lower hem.

58



Pin the zipper to the front side edge and the front hem band. Align the zipper top stop with the middle mark on the hem band. Turn the zipper top to the wrong side and pin it. Pin the gusset side edge to the zipper. Place the hem band in half, lengthwise, right side inside, to hide the zipper, and pin it.

59



Stitch the zipper close to the zipper teeth.

60



Close the zipper and transfer the marks for the seam beginning and end, as well as the hem band attaching seam, to the other zipper tape.

61



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



62



Press the zipper on the right side.

63



Pin the front and back hem bands to the garment.

64



Stitch in the hem bands to the garment using a stretch stitch. Try to stitch exactly atop the hem band attaching seam. If there are no such stitches in your sewing machine, you can hand-stitch using a herringbone stitch.



65



If your zipper is little longer, cut its bottom, aligning it with a gusset, and cover with a twilled ribbon, corded silk ribbon or fabric binding tape. For example, pin a small piece of twilled ribbon to the zipper bottom, working on the zipper wrong side. Tuck the ribbon short edges around the zipper.

66



Fold the ribbon long side onto the zipper right side and pin it. Stitch in the zipper close to the edge.

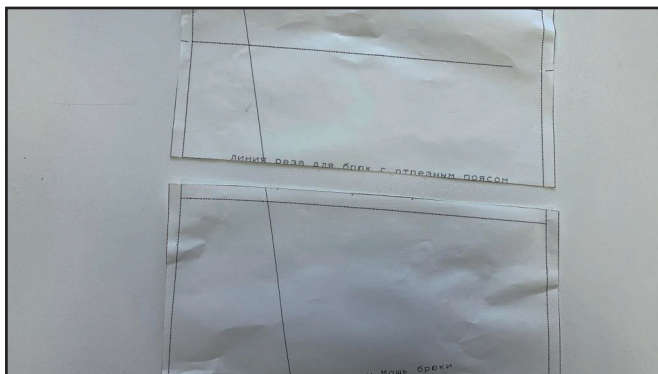
67



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

# PANTS CONSTRUCTION

1



To make low-rise pants, cut the pant front and back paper patterns along the marking.

2



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.

3

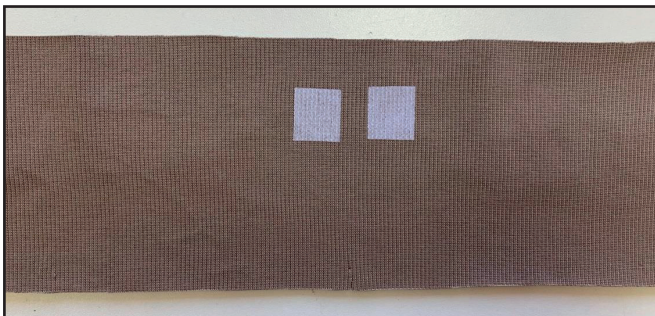
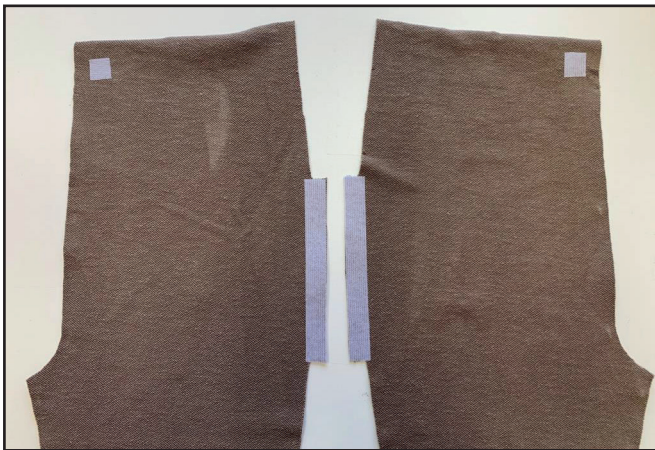


Finish the pant back side edges with a serger.





4

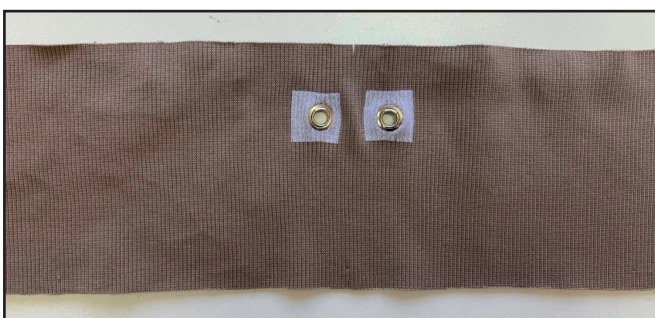


Fuse the strips of interfacing 2 cm (13/16") wide to the pocket openings on the pant fronts.

To make one-piece pants, fuse pieces of interfacing (13/16 x 13/16") at the marks for the grommets on the pant fronts.

To make pants with waistband, fuse pieces of interfacing (13/16 x 13/16") at the marks for the grommets on the waistband.

5



Punch the holes and attach the grommets.

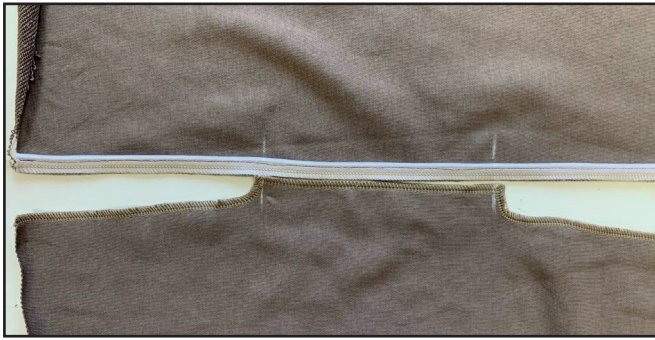
6



4 2,5-3 7

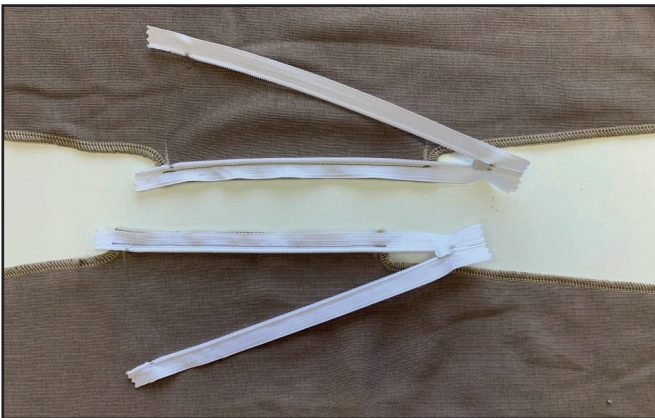
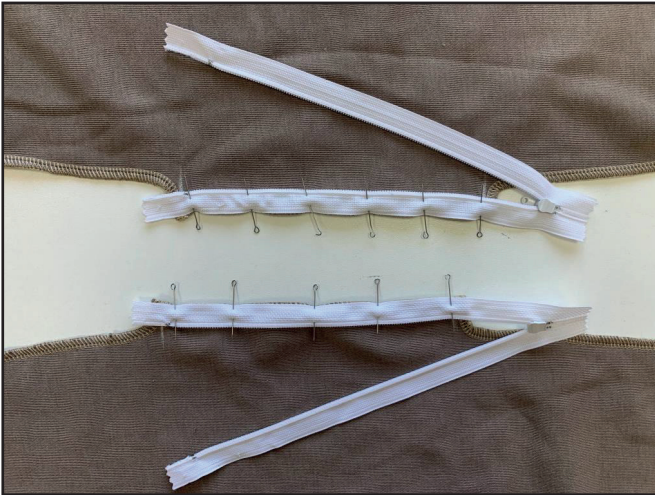
Finish the pant front side edges with a serger.

7



Mark the pocket openings on the pant fronts 7 mm (1/4") above and below short sides. Align the pant fronts and backs along the side edges and transfer the marks onto the pant backs.

8



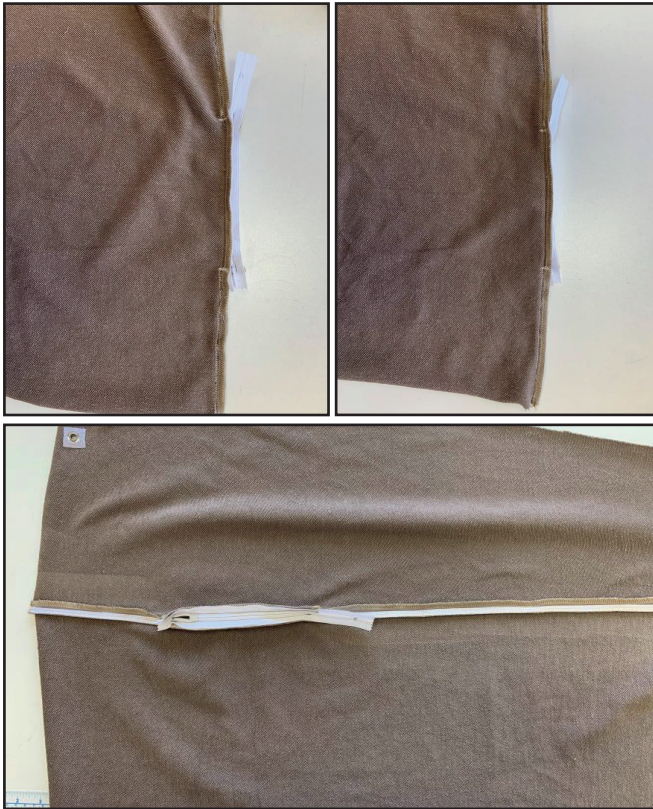
Pin the short zippers to the pant fronts. Align the top stops with the upper mark. Stitch them with unilateral zipper presser foot 7 - 8 mm (1/4 - 5/16") away from the edge.

9



Pin the zipper other tape to the pant back. Stitch them between the marks.

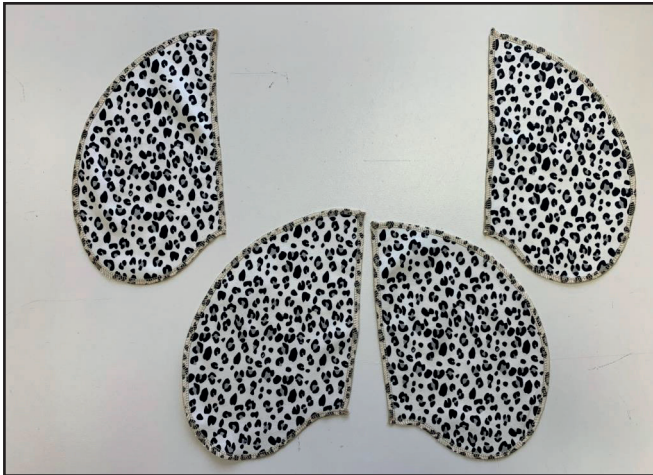
10



2,5-3

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

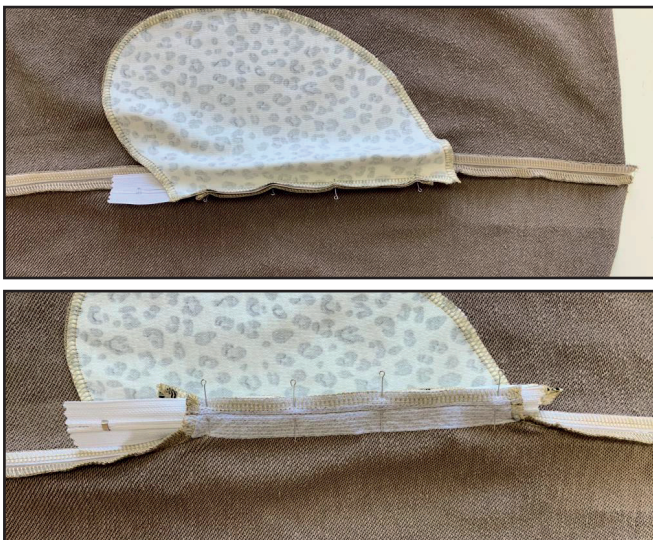
11



4
 2,5-3
 7

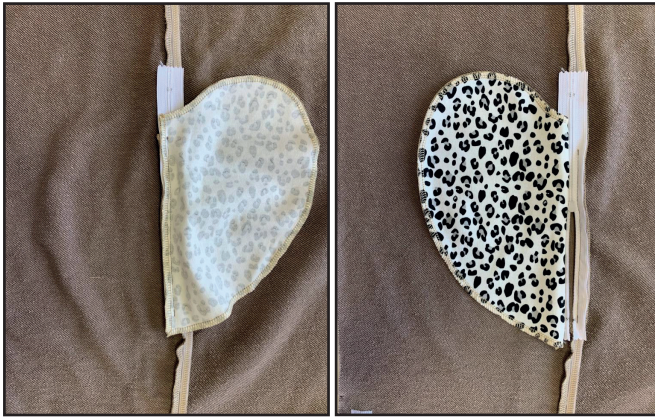
Finish all the pocket linings.

12



Pin the pocket smaller lining to the pant front, right side to the zipper, along the pocket opening.

13



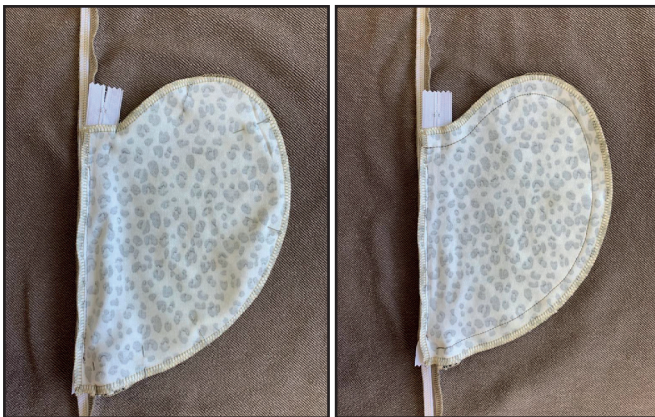
Stitch them exactly atop the zipper attaching seam. Press the seam allowances towards the lining.

14



Repeat the process, stitching the pocket bigger lining to the pant back. Press the seam allowances.

15



Pin the pocket linings together and stitch them 10 - 15 mm (3/8 - 9/16") wide.

16



Turn the pocket linings to the pant backs and pin them so they were out of the way.

17



3-3,5

Cover the zipper with pant front and pin it. Mark the zipper bottom and top. Topstitch between the marks on the pant front 1 cm (3/8") away from the side seam.

18



3-3,5

Unpin the pocket linings and place them towards the pant front. Bar tack along the marks.

19



Press the pocket.

20



3-3,5
 
 7

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

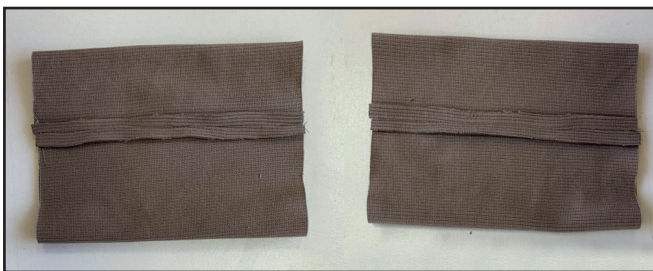
21



4 3-3,5 7

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

22



2,5-3

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

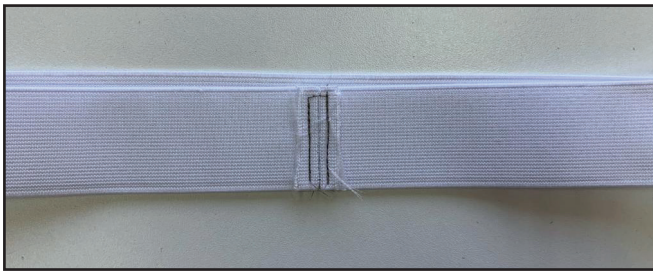
23



4 3-3,5 7

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

24



To make pants with waistband, skip this and the following steps and go straight to step 28.

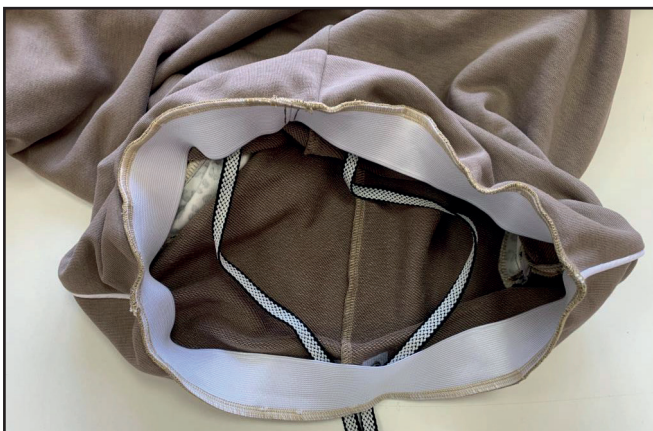
To make one-piece pants, place the elastic in half and stitch the short edges 7 mm (1/4") away from the edge. Stitch the seam allowances open.

25



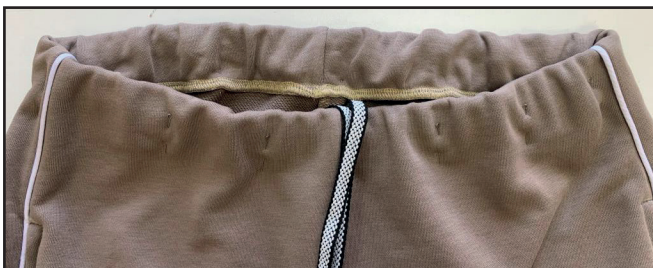
Pin the elastic (stretching it) to the pants upper edge. Serge them around the edge. Tie the thread tails and hide them into the seam.

26

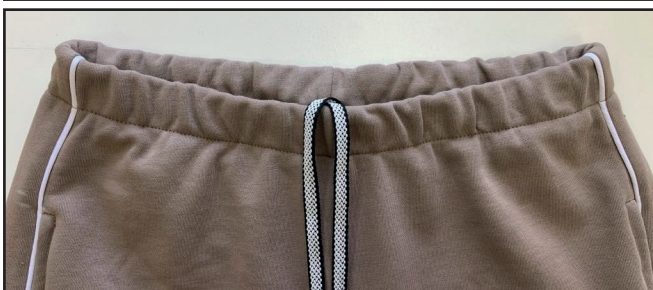


Thread the flat draw cord into the grommets.

27



Turn the pants upper edge to the wrong side by 5 cm (2") (the elastic width) and pin. Stitch it 4 - 4.5 mm (3/16") away from the fold. Care and avoid stitching at the cord.



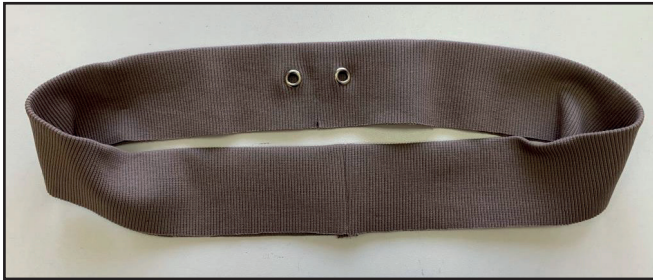
28



To make one piece pants, skip this and the following steps and go straight to step 32.

To make pants with waistband, place the waistband in half, right side inside, and pin along the short edges. Stitch them 7 mm (1/4") in from the edge.

29



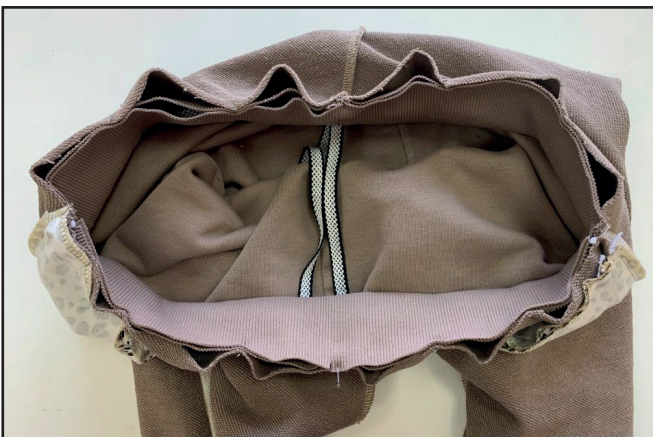
Place the waistband in half lengthwise, wrong side inside, and press it.

30

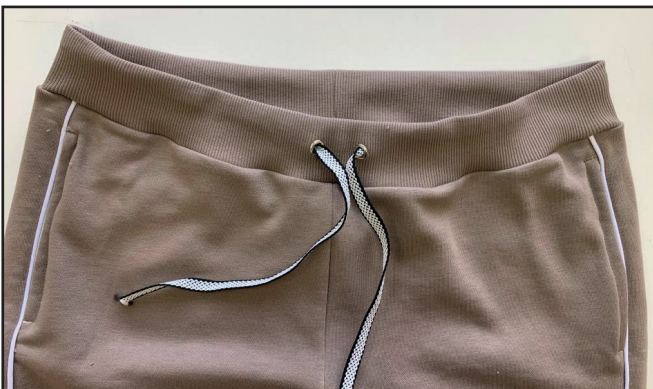


Thread the flat draw cord into the grommets.

31



Pin the waistband to the pants upper edge with right sides together, aligning the marks. Serge them around the edge. Tie the thread tails and hide them into the seam. Press the seam allowances towards the pants.





32



Process the cord ends in the way you like. Tie the knots, for example.

33



Remove the basting stitches and press the garment. Your pants are ready!



ELINA PATUKOVA

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!**