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# TRACKSUIT HOT FOR MEN

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SKILL LEVEL



INSTRUCTIONS  
FOR SEWING

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ПРО ШИТЬЕ



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## YOU WILL NEED THE FOLLOWING MATERIALS:

- Sweatshirt fleece - main fabric
- Single jersey - hoodie lining
- Threads, matching the main fabric
- Needles for knitted fabric. (Super Stretch 75)
- Grommets, 4 - 6 mm (3/16-1/4") - 4 pcs.
- Shoelace 120 - 150 cm (47 1/4 - 59 1/16") - 2 pcs.
- Elastic band 3 cm (1 3/16") wide
- Elastic band 3.5 cm (1 3/8")

**A**

Check the pattern for amount of fabric, the elastic band length for the waistband and the sleeves lower hems 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 on warm, dry and iron it.

**Б**

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.

**Б**

Put the paper pattern pieces onto the fabric. It's 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 any necessary marks from the pattern onto the fabric pieces.



## NOW YOU HAVE ALL THE PIECES:

### HOODIE PIECES:



- 1 Front - cut 1 on the fold
- 2 Back - cut 1 on the fold
- 3 Hood - cut 2 (main fabric)
- 4 Hood - cut 2 (lining fabric)
- 5 Front waistband - cut 1 on the fold
- 6 Back waistband - cut 1 on the fold
- 7 Sleeve - cut 2

### PANTS PIECES:



- 1 front pant panel - cut 2
- 2 back pant panel - cut 2
- 3 pocket - cut 4

NOW YOU 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 «HOT»

1



With right sides together pin the hood main fabric piece and the hood lining piece at the curved edge aligning the marks.

2



Serge them.

3



Topstitch on the hood main fabric 2 mm (1/16") from the seam. You can use a blind stitch presser foot or universal presser foot.

5



4



Press the seams.

5



Place both hood sweatshirt fleece piece and the single jersey piece right sides together then pin and serge them.

6



Topstitch the seam on the lining 2 mm (1/16") from the seam.

7



Attach the grommets, having previously reinforced them. You can use a piece of reinforcement fabric or a small piece of the main fabric.



8



Stitch the seam to form a casing 25 mm (1") in from the hood edge. Press it.

9



Place the front and the back right sides together and pin across the shoulders.

10



Serge them. Get pressed the seams and then press them towards the front.

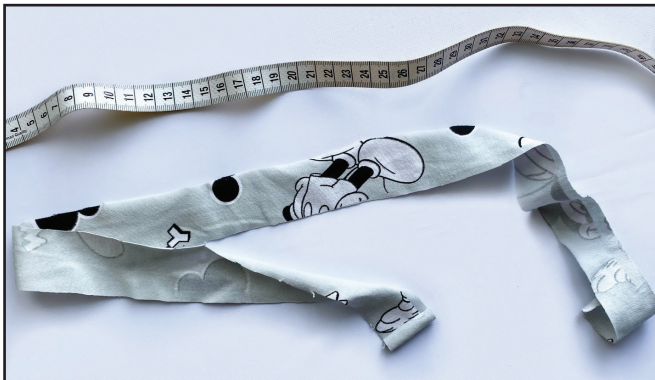
11



Find and mark the center of the back neckline. Aligning the hood overlapping marks, join the garment neckline and the hood raw edge right sides together. Pin them.



12



Measure the circle neckline and cut the lining fabric strip of the same length (+ 2 cm or 13/16") and 2.5 cm (1") wide.

13



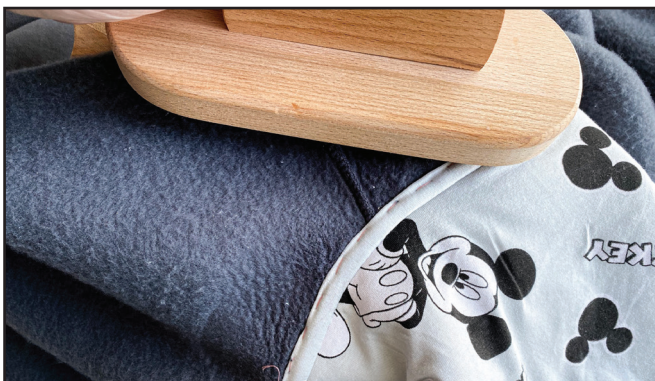
Fold the strip edge and pin to the neckline seam, right side to the wrong side. Serge them. Do not stretch the strip.

14



Wrap the folded edge and cover the seam up. Pin them.

15



Hand-baste and press it.



16



Stitch it 1-2 mm (1/16") from the edge. Press the seam.

17



Aligning the marks, join the armhole and the sleeve right sides together and pin them.

18



Serge them. Repeat the same steps with the opposite armhole and press them.

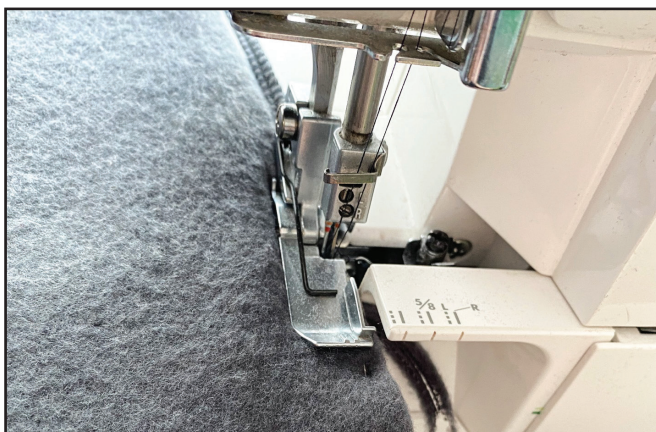
19



Join the front and the back with right sides together and pin the side edges.

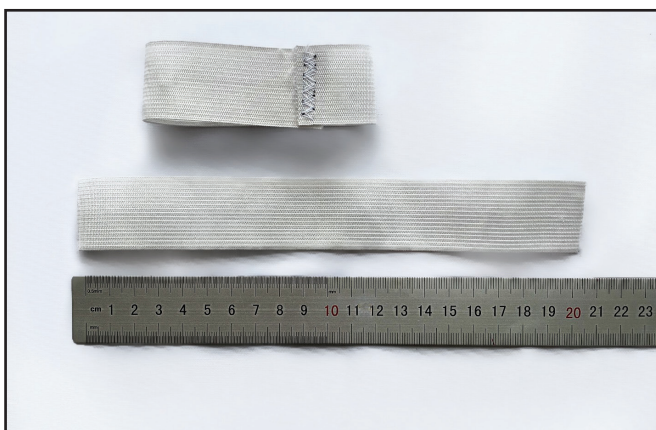


20



Serge them. Place the armhole seams in different directions. Repeat the same steps with the opposite sleeve and press it.

21



Cut the elastic band 3 cm (1 3/16") wide and the length, indicated on the pattern. Join the short edges and stitch them.

22



Mark the elastic band in quarters. Repeat the same step with the sleeve lower hem. Place the elastic band to the sleeve wrong side and pin them aligning the marks.

23



Stitch the seam, evenly stretching only the elastic band.



24



Fold the elastic band inside and pin it.

25



Topstitch it, evenly stretching the elastic band.

26



Turn the garment inside out and topstitch the folded hem right in the middle, using the marks with guides for sewing straight seams on the needle plate of your sewing machine. Press it.

27



Join the waistband short edges together and pin them. Serge them.



28



Get pressed the seams and then press them in different directions.

29



Join the waistband pieces wrong sides together, place it into the hoodie and pin the garment lower edge to the waistband raw edge, aligning the side seams.

30



Serge them. Do not hurry and turn the machine flywheel by hand while sewing the thick seams.

31



Topstitch the seam on the garment. You can use a blind stitch presser foot or a universal presser foot.

32



Press it and insert the shoelace into the hood grommets. The hoodie is ready.



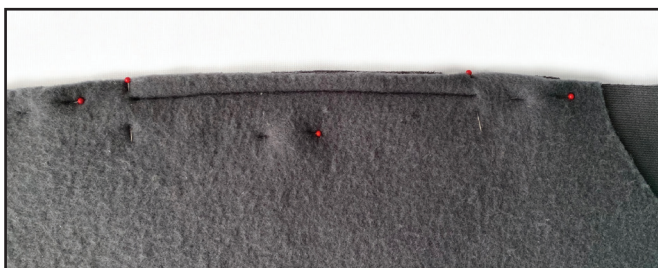
# PANTS «HOT»

1



Place the pocket piece to the pant front panel, aligning the marks.

2



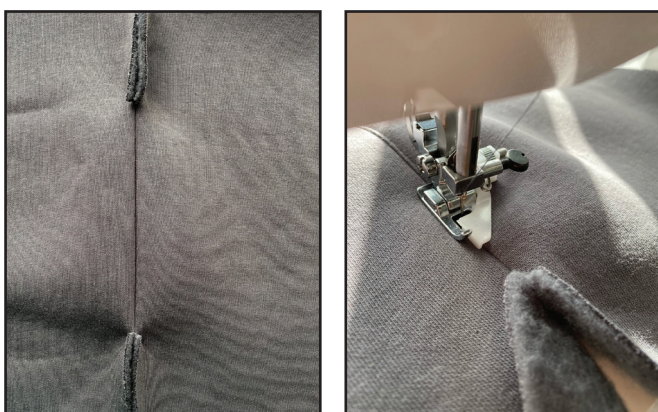
Topstitch between the marks.

3



Slash the seam allowance perpendicular to the seam end.

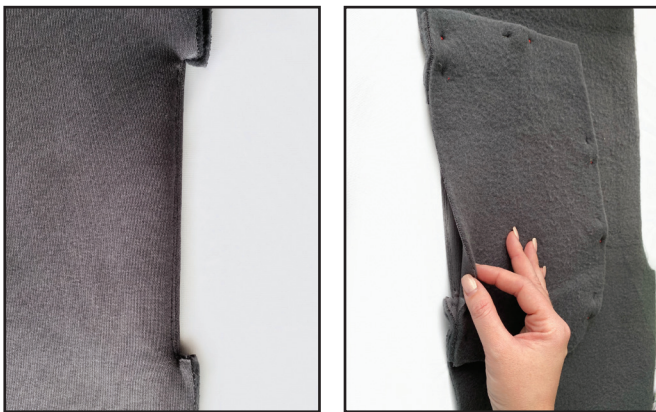
4



Turn the seam allowances to the right side and topstitch the pocket seam allowance on the pocket piece. You can use a blind stitch presser foot or universal presser foot. Press it.



5



Turn the pocket piece to the pants wrong side and place the other pocket piece on it. Pin them.

6



Serge the pocket pieces together. Press them.

7



Stitch the pocket and the pants side seam allowances. Press them and flatten to make the layers thinner.

8



Place the front and back pant panels with right sides together and pin them along the side edges.



9



Serge them. Set the stitch length at 3.5 and the differential feed at 2 at the beginning of the seam and when stitching the pocket lengthen the stitch to 4 and the differential feed to 2.2. It is better to sew the segment turning the flywheel.

10



Serge with the left needle along the seam, joining the pocket and pants side edges. Carefully move the pocket opening aside after stitching the first thick segment. Stitch up to the middle of it, then move it back and continue stitching the seam. Do not forget to change the settings to the two-layer thickness.

11



Turn it out to the right side and make sure there are no gaps.

12



Sew reinforcement stitches to clip the pockets seams. Repeat the same steps with the opposite pocket. Press them.



13



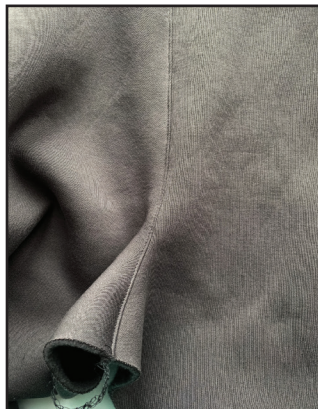
Join both back pant panels along the crotch seam and pin them.

14



Serge along the crotch.

15



Topstitch on one of the back pant panel. Press the seam.

16



Join the front pant panels at the center seam, then pin and serge them. Press the seam.



17



Join the back and front pant panels along the inseam and serge them. When serging, place the crotch seams in different directions. Press them.

18



Cut the elastic band 4 cm (1 5/8") wide and the length, indicated on the waistband pattern, and also cut the elastic band 3 cm (1 3/16") wide and the length, indicated on the pants pattern. Repeat the same steps as you sewed the sleeves lower hems. Transfer the grommets position marks from the pattern onto the fronts and attach the grommets.

19



Divide the waistband elastic in quarters, join it to the upper pants raw edge and pin it, stretching the elastic evenly.

20



Serge them evenly stretching the elastic band only.



21



Fold the waistband to the wrong side overlapping the elastic and pin it. Topstitch it, stretching the elastic only.

22



Turn the garment to the right side and topstitch the waistband. You can use any zipper presser foot.

23



Press it.

24



Insert the shoelaces and the pants are ready.

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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!**