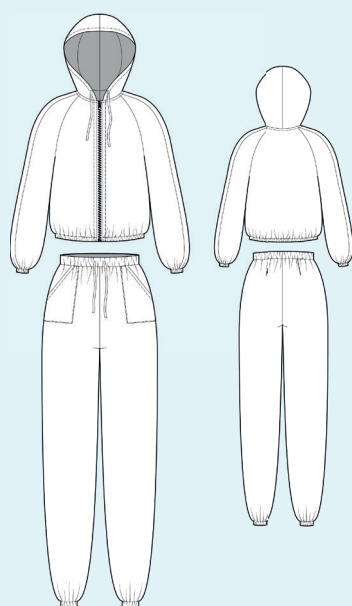


ELINA PATYKOVA  
ВЫКРОЙКИ

Instructions  
for sewing

## Muslin Tracksuit

#патыкова\_спортивныймуслин



Skill level



# Materials and notions



- muslin
- fusible interfacing with a density of 45-50 g/m<sup>2</sup>
- kantenband (stabilising tape)
- open-end zipper
- eyelets 8 mm (5/16") - 4 pcs
- elastic 50 mm (2") wide
- elastic 20 mm (13/16") wide
- matching thread
- Universal 80 needles

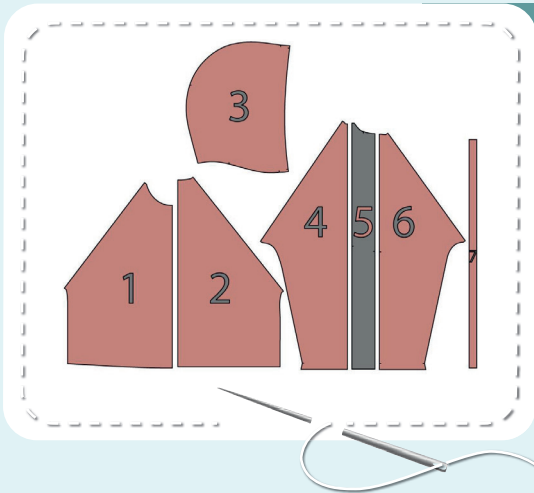
If you are not sure about the fit of the garment, it is recommended to sew a muslin with similar properties (elasticity, thickness, drape) first. This will allow you

to adjust the length, width and fit of the garment and save time.

To find out how long a piece of fabric to take, you should place the pattern pieces onto the table, the floor or bedspread, pre-measured width equal to half the width of the selected fabric. Place the pieces, caring the direction of the grain line, their number, i.e., the way you will place them when cutting. Measure the length of the pattern pieces fit, add to this length 5% for the fabric shrinkage - this will be the required amount of fabric for the project. Before beginning your sewing project, wash

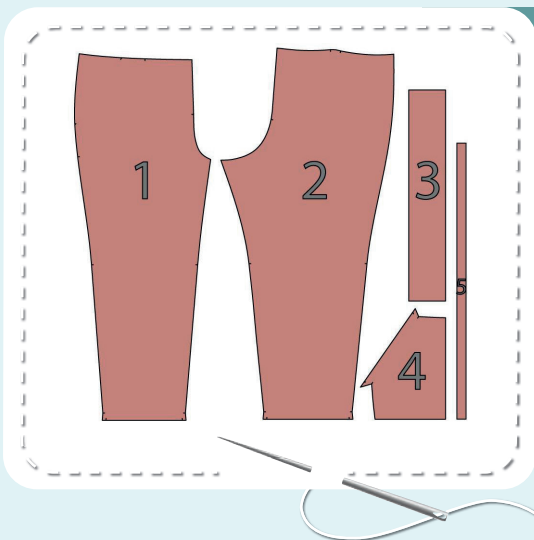
the fabric in warm water, dry and iron it. Cutting layout: Print and glue the paper patterns. When printing, do not forget to check the size of the test square. Place the paper pattern pieces onto the fabric. It is important to check that the grain is straight. Pin the paper pattern pieces to the fabric 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.

# Cutting layout



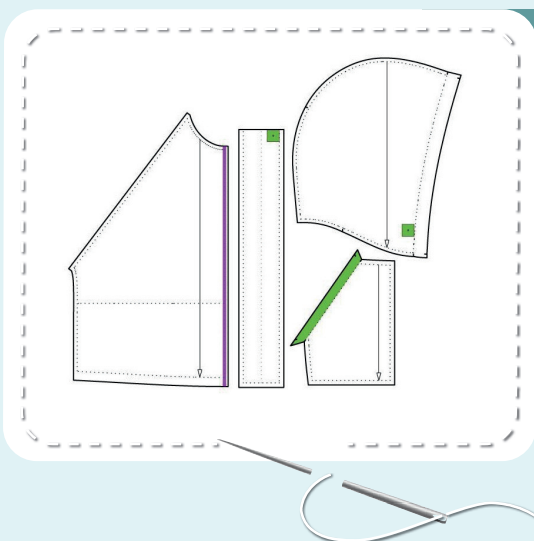
## BLOUSON PIECES (MUSLIN):

1. front - cut 2
2. back - cut 1 on the fold
3. hood - cut 2
4. sleeve back piece - cut 2
5. sleeve stripe - cut 2
6. sleeve front piece - cut 2
7. cord (for hood) - cut 1 on the fold



## PANTS PIECES:

1. front - cut 2
2. back - cut 2
3. waistband - cut 1 on the fold
4. patch pocket - cut 2
5. cord - cut 1 on the fold (cut 2 on the fold - for sizes 54-60)



## PIECES TO INTERFACE:

- Green - fusible interfacing
  - places for eyelets on the hood and pants waistband
  - pocket opening seam allowance
- Violet - kantenband (stabilising tape)
  - front center edges

## 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.



double welting (piping) presser foot



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.

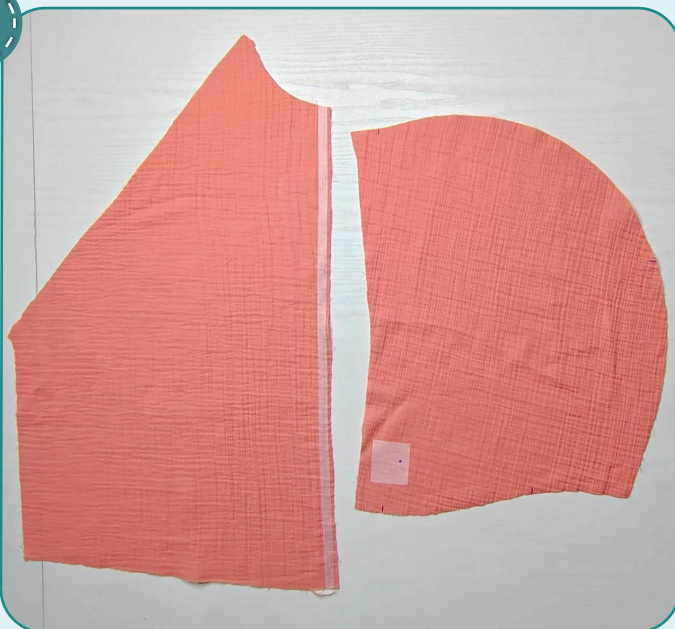




# Blouson construction



1



Duplicate the places for eyelets on the hood. Fuse a piece of kantenband (stabilising tape) to the front center edges.

2



2,5-3

Pin the sleeve stripe to the sleeve front with right sides together. Stitch the pieces 10 mm (3/8") in from the edge.

**NOTE.** If you lack experience, it is better to hand-baste the seams beforehand.

3



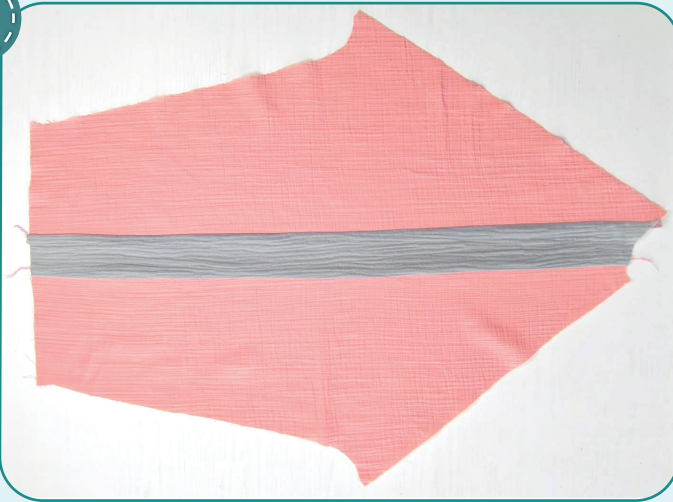
3-4 7

Finish the edges with the serger. Press the seam allowances towards the sleeve stripe.

# BLOUSON CONSTRUCTION



4

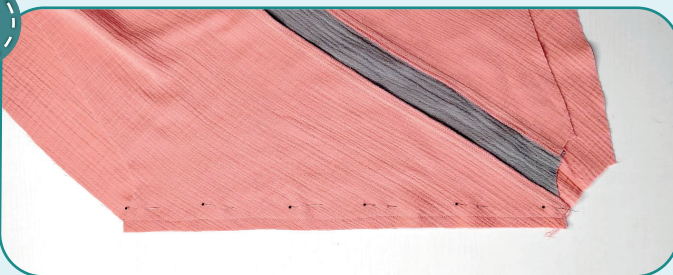


Stitch the sleeve back to the sleeve stripe. Repeat the process for the other sleeve (steps 2-4).



Finish the edges with the serger. Press the seam allowances towards the sleeve stripe.

5



Pin the sleeve to the back with right sides together. Stitch the pieces 10 mm (3/8") in from the edge.

6



Finish the edges with the serger. Press the seam allowances towards the back. Repeat the process for the other sleeve and the front pieces (steps 5-6).

7



Pin the back and the front along the side edges with right sides together. Pin the sleeve along the side edges with right sides together. Stitch the pieces 10 mm (3/8") in from the edge.

8



Finish the edges with the serger. Press the seams towards the front.



## BLOUSON CONSTRUCTION

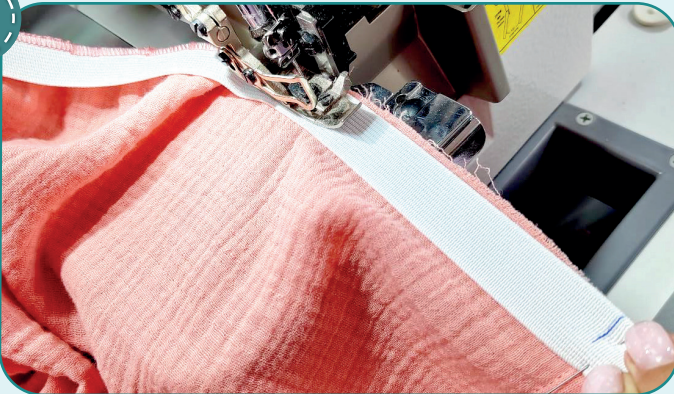


9



Divide the elastic in quarters. Align the marks with the back center and the side seams. Pin the elastic to the garment lower edge wrong side.

10



Evenly stretch the elastic and serge it to the garment.



11



Finish the center edges together with the ends of the elastic using the serger. Press them.

12



Stitch one of the zipper tapes to the front center edge with right sides together. Place the zipper to sit accurately in the seam without waviness and pulling the fabric. Place the zipper bottom stop higher than the garment lower edge at the width of the elastic. Fold the garment lower edge and the elastic to the right side atop the zipper. Tuck the zipper

tail to the wrong side (if need be, shorten the zipper to the length needed) and place it leaving 11 mm (7/16") before the upper edge.





13



2,5-3

Stitch the zipper in place with a unilateral zipper presser foot 10 mm (3/8") away from the zipper edge.

14



Repeat the process for the opposite zipper tape (steps 12-13). Trim the seam allowances of the elastic to 3-4 mm (1/8"). Turn the garment out to the right side. Zip up and make sure to have the zipper sit evenly without waving the fabric. Press it.

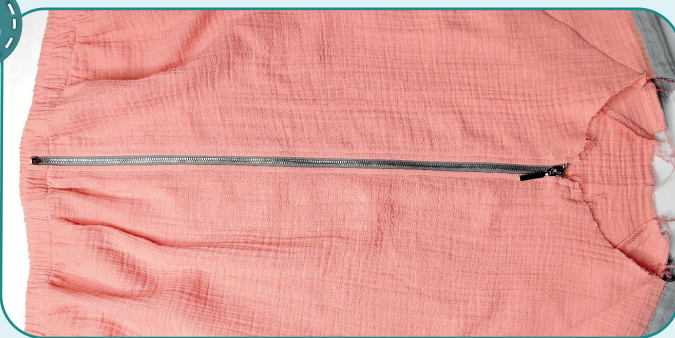
15



2,5-3

Tuck the garment lower edge inside at the width of the elastic and stitch it 15 mm (9/16") away from the edge, evenly stretching the elastic.

16



2,5-3

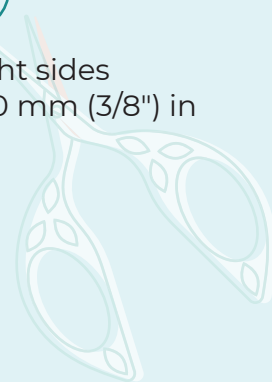
Topstitch the zipper 5 mm (3/16") in from garment edge. Press the garment.

17



2,5-3

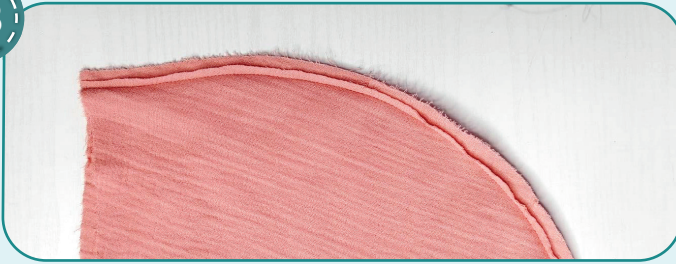
Pin the hood pieces with right sides together. Stitch the pieces 10 mm (3/8") in from the edge.







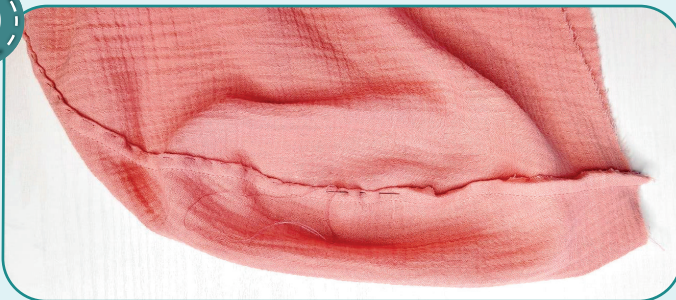
18



Trim one of the hood seam allowances to 3-4 mm (1/8-3/16").

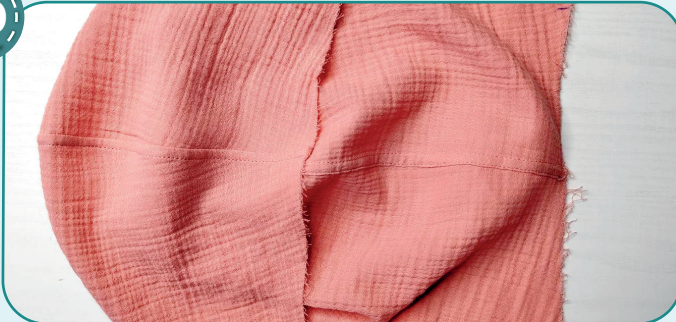
**NOTE.** The method chosen requires experience and patience. For ease, finish the edges together with the serger and skip the steps 18-20.

19



Wrap the untrimmed seam allowance around the trimmed seam allowance and hand-baste it to the hood. For convenience, it is better to press the untrimmed seam allowance.

20



Edgestitch the hood seam 1 mm (1/16") in from the fold. Care the stitching is the same distance from the seam. Remove the basting stitches and press it.

21



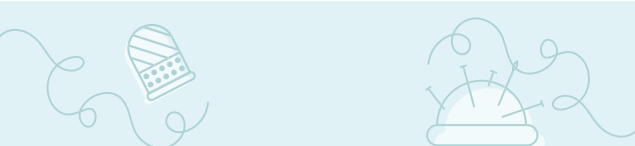
Press the hood edge to the wrong side along the outer edge: first at 5 mm (3/16") and then at 25 mm (1").

22

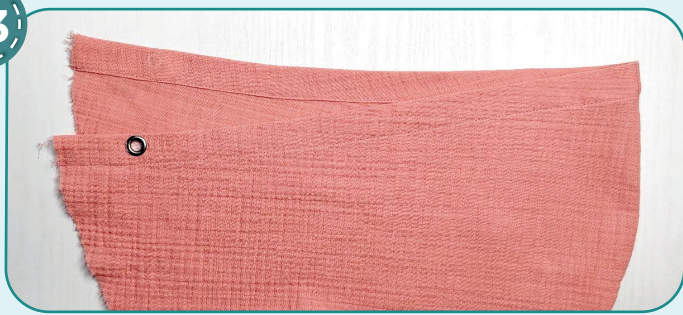


Punch 3,5 mm (1/8") holes for the eyelets with a Hole Punch or scissors. Attach the eyelets with a press. You can punch the holes about 10 mm (3/8") long.





23



2,5-3

Topstitch the hood outer edge 24 mm (15/16") away from the edge. Press it.

24



2,5-3

Pin the hood to the garment neckline aligning the marks and the edges. Stitch the hood 10 mm (3/8") in from the edge.

25



3-4
7

Finish the seam allowances with the serger. Hide the thread tails into the seam using a needle with a big eye. Press the seam allowances downwards.

26



2,5-3

Edgestitch the neckline 5 mm (3/16") away from the hood attaching seam. Press it.

27



2,5-3

Cut the elastic 20 mm (13/16") wide and the length, indicated on the sleeve back paper pattern. Stitch the elastic in a ring with a straight or zigzag stitch.







28



Divide the elastic and the sleeve lower hem into halves. Align the marks and pin the elastic to the sleeve wrong side. To avoid bulk, do not align the sleeve seams and the seam joining the elastic ends. Evenly stretch the elastic and serge it to the sleeve.



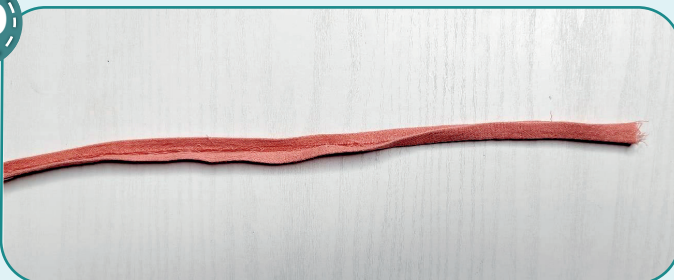
29



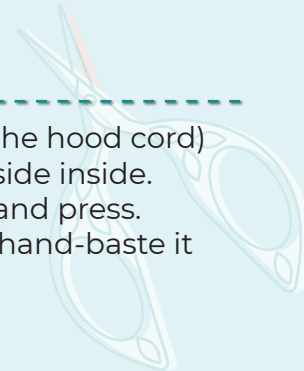
Tuck the edge inside to the width of the elastic and evenly stretching the elastic, stitch 15 mm (9/16") away from the edge. Repeat the process for the other sleeve (steps 27 -29).



30

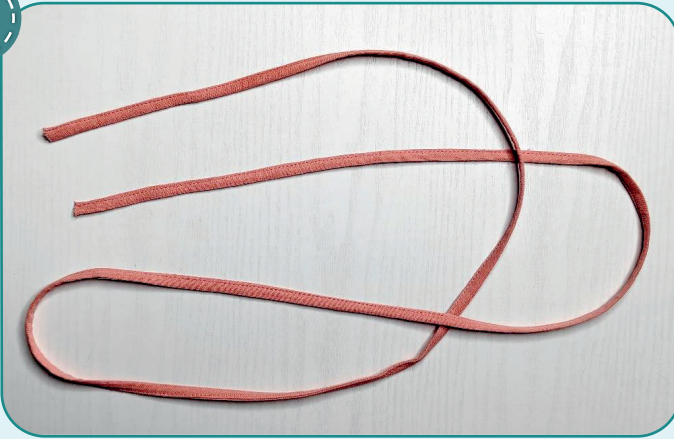


Press the strip edges (for the hood cord) to the center with wrong side inside. Fold it in half lengthways and press. For convenience, you can hand-baste it beforehand.





31



2,5-3

Edgestitch the cord 1 mm (1/16") in from the edge. Press it.

32



Thread the cord and tie the knots. Remove the basting stitches, trim, hide the thread tails and iron the garment once again. The blouson is ready!

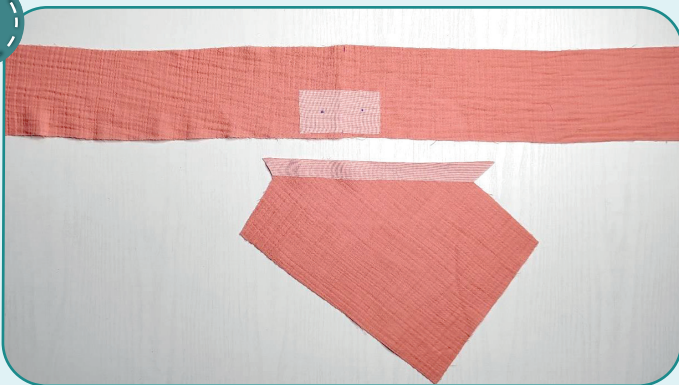




# Pants construction

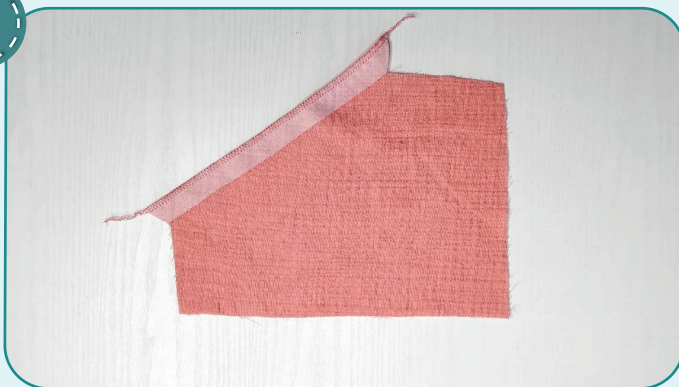


1



Duplicate the places for the eyelets on the waistband and the pocket opening seam allowance.

2



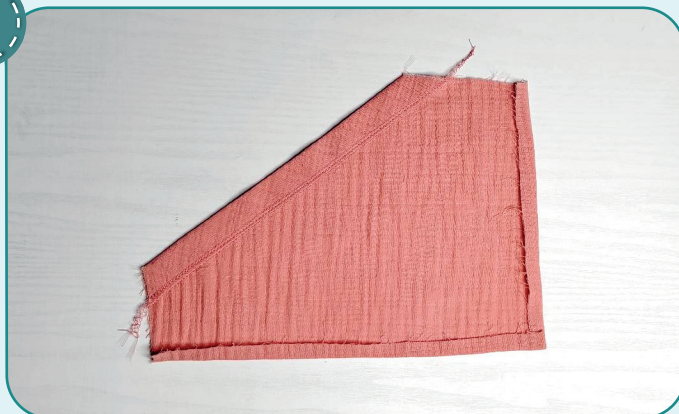
Finish with the serger the seam allowance along the pocket opening.

3



Press the seam allowance along the pocket opening at 20 mm (13/16") to the wrong side. Topstitch it 15 mm (9/16") in from the edge.

4



Press the lower and side seam allowances to the wrong side at 10 mm (3/8").





## PANTS CONSTRUCTION



5



Transfer the marking for the patch pocket onto the front right side. Affix the pocket, faced up, along the marking (with pins, basting stitching, or a glue stick).

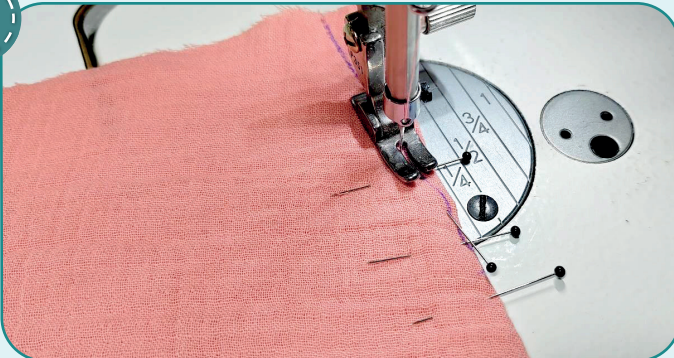
6



2,5-3

Edgestitch the pocket 1 mm (1/16") away from the edge and at the same time secure its edges above and below the pocket opening, 5 mm (3/16") away from the edge. Backstitch at the seam ends. Press the pocket. Repeat the process for the opposite pocket (steps 2 -6).

7

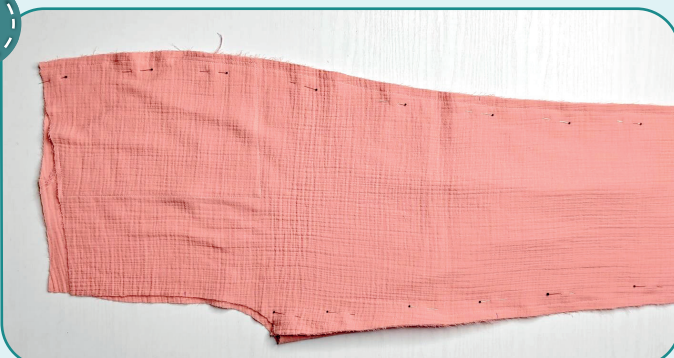


2,5-3

Transfer the darts from the paper pattern onto the back wrong sides. Pin or hand-baste the darts carefully aligning their sides. Stitch the darts along the marking. Press the darts towards the center.



8



2,5-3

Pin the front and the back along the side edges and inseams. Stitch them 10 mm (3/8") in from the edge.





9



3

3-4

7

Finish the pant leg inseams and side seams with the serger. Press the inseam allowances towards the front and the side seam allowances towards the back.

10



↻

3-4

↻

2,5-3

Insert the left pant leg into the right one with right sides together. Pin the crotch seam aligning the marks and the inseams. Stitch the seam 10 mm (3/8") in from the edge.

11



3

3-4

7

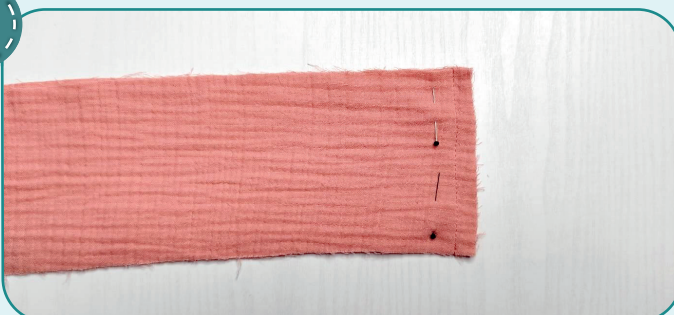
Finish the crotch seam allowances with the serger. Press the seam allowances flat towards the front.

12



Punch 3,5 mm (1/8") holes for the eyelets with a Hole Punch or scissors. Attach the eyelets with a press. You can punch the holes about 10 mm (3/8") long, as if you sew them for buttons, instead.

13



↻

3-4

↻

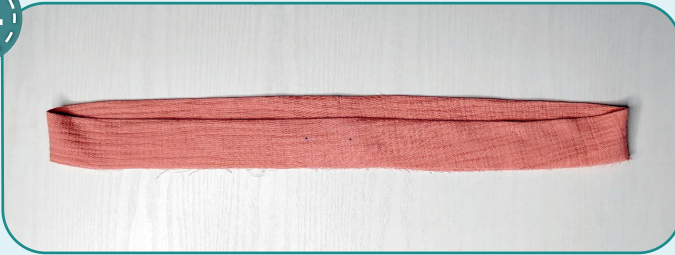
2,5-3

Place the waistband in half, right side inside, and pin it along the short edges. Stitch the waistband in a ring 10 mm (3/8") in from the edge. Press the seam allowances open.





14



Fold the waistband in half, lengthways, wrong side inside and press it.

15



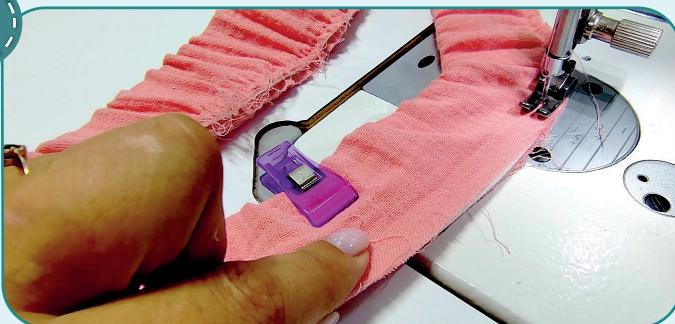
Cut the elastic 50 mm (2") wide and the length, indicated on the pants waistband paper pattern. Stitch the elastic in a ring with a straight or a zigzag stitch.

16

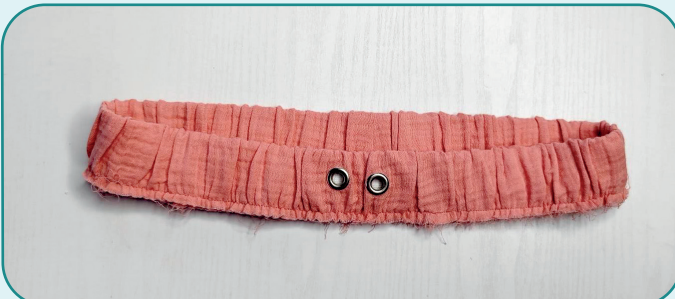


Divide the waistband and the elastic in quarters and pin at the marks. Place the elastic inside the waistband, align the marks on the elastic with the marks on the waistband and pin at these places. To avoid bulk, do not match the seams of the elastic and the waistband.

17



Topstitch the waistband edges together with the elastic in it, 7 mm (1/4") in from the edge. While stitching, evenly stretch the elastic, and care the waistband fold to be close to the elastic. When stretching the elastic, care the needle to be at its lowest position.





## PANTS CONSTRUCTION

**NOTE.** The elastic should be 50 mm (2") wide and sewn to the pants together with the waistband. If you are not sure about the length of the elastic or this method of processing seems difficult, then use elastic 40 mm (1 9/16") wide. In that case, sew the waistband without elastic (be sure to leave an opening for the elastic), then thread the elastic and sew it in a ring.

18



Turn the garment out to the wrong side and place the waistband with elastic to the garment upper edge. Pin the waistband to the pants upper edge, with right sides together, aligning the waistband seam with the pants back crotch seam, waistband center with the front crotch seam and the marks with the side seams. Stitch the waistband 10 mm (3/8") in from the edge. When stitching, evenly stretch the elastic.

**NOTE.** It is recommended to try it on, check the fit, length and ease. When fitting, consider the lower hem width. It is also necessary to check if the pants waistband is comfortable to wear.

19



Evenly stretching the elastic, finish the seam allowances with the serger. Press the seam allowances downwards.

20

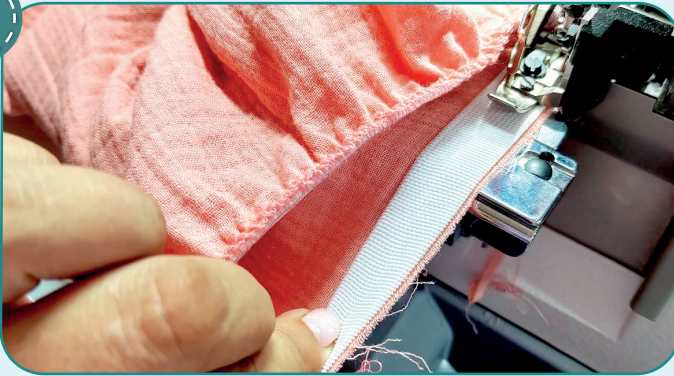


Cut the elastic 20 mm (13/16") wide and the length, indicated on the pants back paper pattern. Stitch the elastic in a ring with a straight or zigzag stitch.





21



Divide the elastic and the pant leg lower hem into halves. Align the marks and pin the elastic to the pant leg wrong side. To avoid bulk, do not align the garment side seams and the seam, joining the elastic ends. Serge the elastic evenly stretching it.



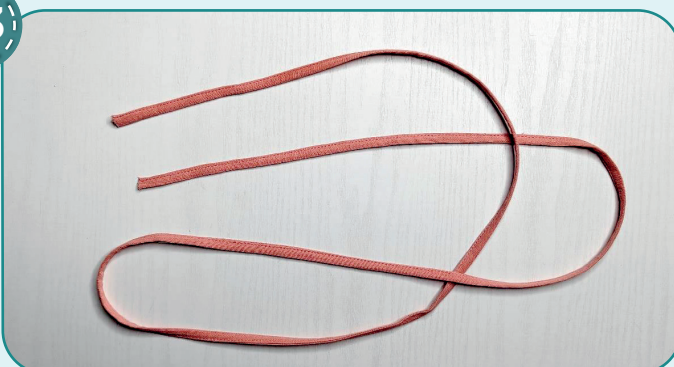
22



Tuck the edge inside to the width of the elastic and evenly stretching the elastic, stitch 18 mm (9/16") away from the edge. Repeat the process for the other pant leg (steps 20-22).



23



Repeat the process for the cord in the same way as you made the cord for the hood (steps 30-31 of the Blouson construction).



## PANTS CONSTRUCTION



**NOTE.** Take 2 strips for a cord for sizes 54-60. Stitch them and press the seam allowances open. Make a comfortable cord length.



24



Thread the cord and tie the knots. Remove the basting stitches, trim, hide the thread tails and iron the garment once again. The pants are ready!





ELINA PATYKOVA  
ВЫКРОЙКИ

## Muslin Tracksuit

Thank you for joining my team and me!  
Share your works in my groups. Hope you will stay with us for our next project!

