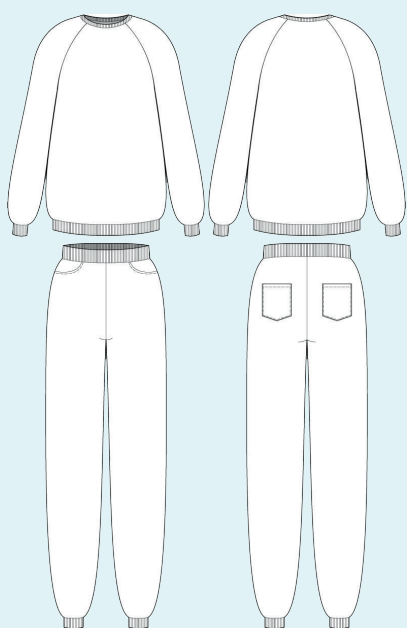


ELINA PATYKOVA
ВЫКРОЙКИ

Instructions
for sewing

Sweatsuit Micro

#патыкова_костюммикро



Skill level



Materials and notions



- sweatshirt blend fleece
- rib knit fabric
- elastic 45 mm (1 3/4") wide
- matching thread
- Jersey 80-90 or Stretch 80-90 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.

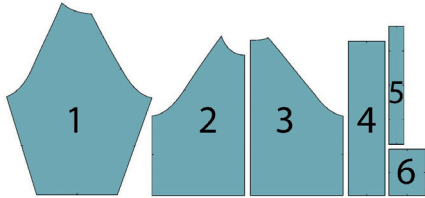


To find out how long a piece of fabric to take, you should place the pattern pieces onto the table, the floor or bedspread, pre-measured width equal to half the width of the selected fabric. Place the pieces, caring the direction of the grain line, their number, i.e., the way you will place them when 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.
How to cut: Print and glue all the paper patterns. When printing, do not forget to check the size of the test square. 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.

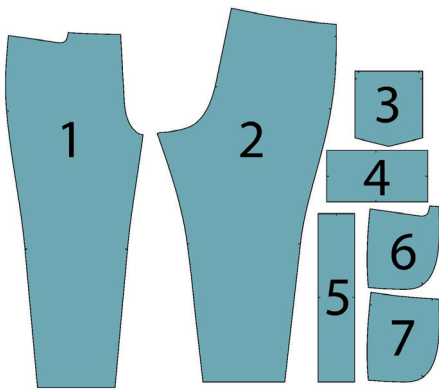


Now you have



SWEATSHIRT PIECES:

1. sleeve - cut 2 (sweatshirt blend fleece)
2. front - cut 1 on the fold (sweatshirt blend fleece)
3. back - cut 1 on the fold (sweatshirt blend fleece)
4. hem band - cut 1 on the fold or cut 2 for large sizes (rib knit fabric)
5. neckband - cut 1 (rib knit fabric)
6. cuff - cut 2 (rib knit fabric)



PANTS PIECES:

1. front panel - cut 2 (sweatshirt blend fleece)
2. back panel - cut 2 (sweatshirt blend fleece)
3. pant patch pocket - cut 2 (sweatshirt blend fleece)
4. pant cuff - cut 2 (rib knit fabric)
5. waistband - cut 1 on the fold (rib knit fabric)
6. pocket lining - cut 2 (sweatshirt blend fleece)
7. side front - cut 2 (sweatshirt blend fleece)

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.



Sweatshirt construction



1



4



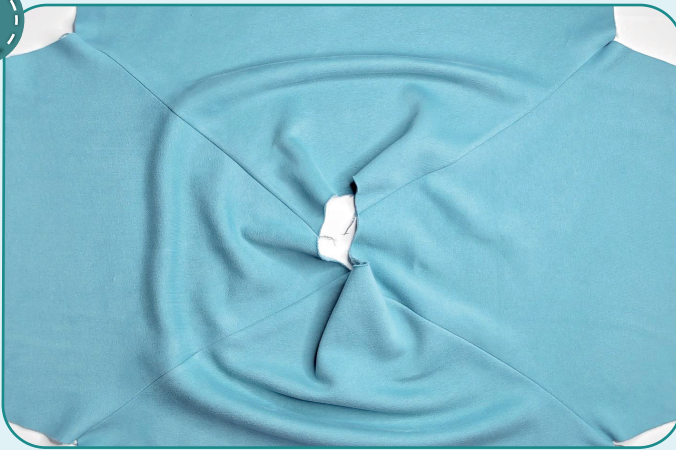
2,5-3,5



7

Pin the sleeves to the front with the right sides together. Serge them. Press the seam allowances flat towards the front.

2



4



2,5-3,5



7

Pin the back to the sleeves with right sides together. Serge them. Press the seam allowances flat towards the back.

3



4



2,5-3,5



7

Pin the back and the front along the side edge with right side inside. Pin the sleeve along the side edge with right side inside. Serge the pieces. To avoid bulk, place the sleeve attaching seam allowances in different directions. Press the seam allowances towards the front. Repeat the process for the opposite side edge.

NOTE. When sewing the men's sweatshirt model, you should stitch the darts on the sleeve pieces. First pin the shoulder darts on the sleeves, right side inside, then serge them. Start serging from the neck and then gradually fade it to nothing. Tie the thread tails at the dart top in a knot and hide them into the seam. Press the seam allowances to the front.



4



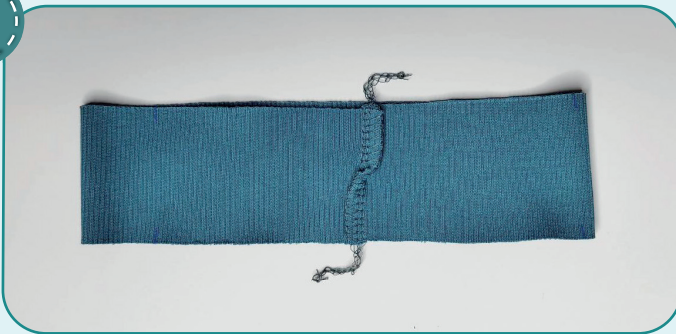
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2,5-3,5

7

Fold the neckband in half, right sides together, and pin it along the short edges. Serge them.

5



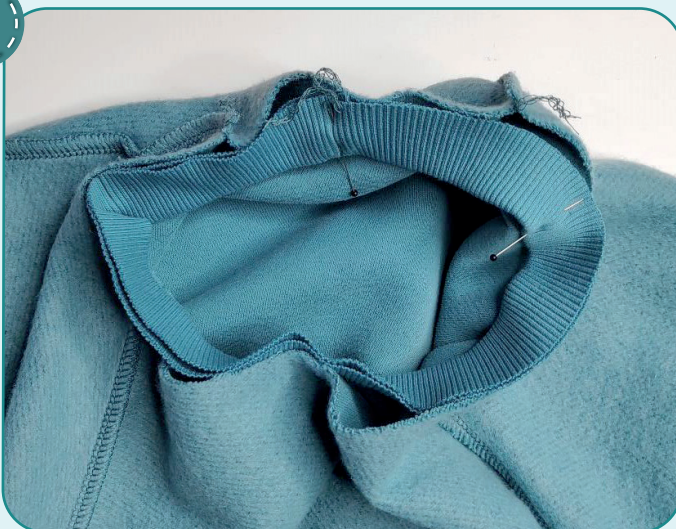
To avoid bulk while attaching the neckband, press the seam allowance ends in different directions.

6



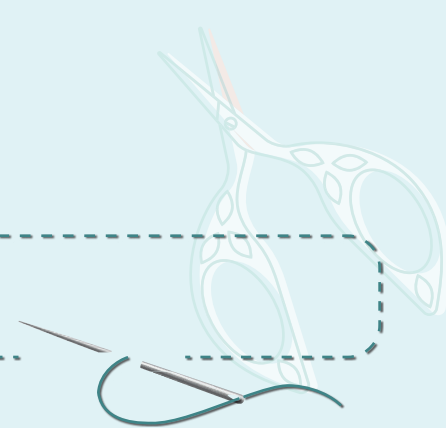
Fold the neckband piece in half, lengthways, wrong side inside, and press it. While pressing, shape the neckband stretching the free edges a little and pressing the fold. You can pin the neckband at the marks beforehand.

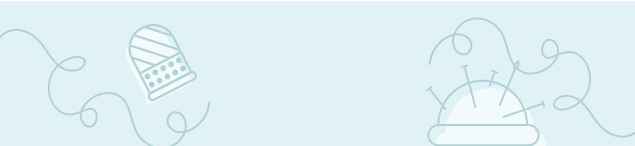
7



Pin the neckband to the garment right side. Align the neckband seam with the back center. Align the marks with the front neckline center and the marks on the sleeves.

NOTE. In the men's model, the marks are the sleeve darts.



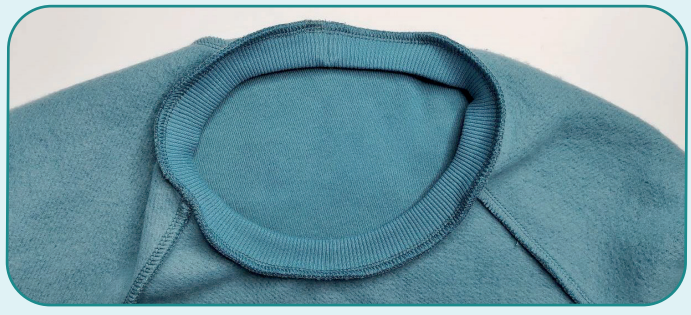


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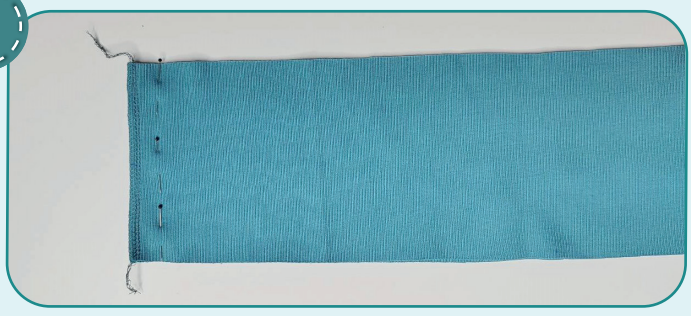


4 2,5-3,5 7

Serge the neckband to the garment. While serging, evenly stretch the neckband but avoid stretching the neckline itself. Press the seam downward.



9



4 3-4 7

With right side inside, fold the hem band in half, lengthways, and pin along the short edges. Serge them.

NOTE. The hem band is made of two parts in larger sizes. In this case, sew the hem band along both side edges.



10



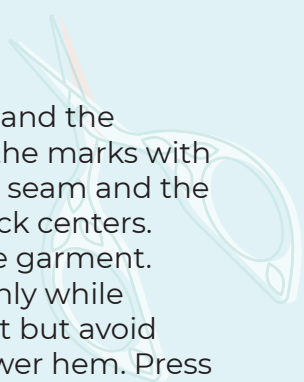
Press the seam allowances into different directions. Fold the hem band in half, wrong side inside, and press it.

11



4 3-4 7

Align the hem band seam and the garment side seam, align the marks with the garment opposite side seam and the marks on the front and back centers. Serge the waistband to the garment. Stretch the waistband evenly while attaching it to the garment but avoid stretching the garment lower hem. Press the seam upward.



SWEATSHIRT CONSTRUCTION



12



4



3-4



7

Fold the cuffs in half, right side inside, and pin them along the short edges. Serge them. Press the seam allowance ends in different directions.

13



Fold the cuffs in half, wrong side inside, and press them.



14



4



2,5-3,5



7

Serge the cuff to the sleeve, aligning the cuff seam and the sleeve seam. When attaching the cuff, evenly stretch it but avoid stretching the sleeve opening. Repeat the process for the opposite cuff. Press the seams upward.

15



Remove the basting stitches, trim and hide the thread tails and press once again. The sweatshirt is ready.



Pants construction



1



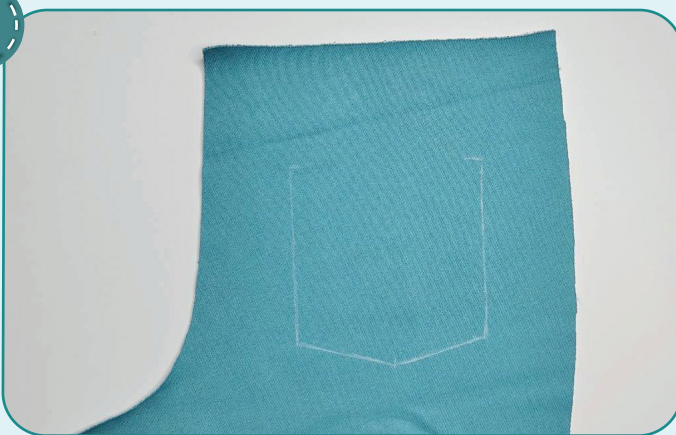
Fold the patch pocket top edge inside at 20 mm (13/16") and press it. Coverstitch it. Tie the thread tails on the wrong side and hide them into the seam. Press the fold.

2



Press the pocket side and bottom edges at 10 mm (3/8"). For ease, you can baste or glue the seam allowances with a glue stick.

3



Transfer the pocket attaching seam line from the pattern onto the pant leg back right side.

4



Affix the pocket, faced up, along the marking (with pins, basting stitches or a glue stick).



5



Edgestitch the pocket in place about 1 mm (1/16") from the fold. Backstitch at the seam ends. Press the pocket. Repeat the process for the opposite pocket (steps 1-5).



6



With right sides together, pin the pocket lining to the pants front along the pocket opening. Serge the pieces. Press the seam allowances flat towards the lining.

7



Press the lining to the wrong side forming a roll. Edgestitch along the pocket opening 5 mm (3/16") in from the edge. Press the pocket opening.

8



Pin the pocket lining to the side front with right sides inside. Serge the pieces. Press the pocket.



PANTS CONSTRUCTION



9



2-2,5

Secure the pocket bag above and below the pocket opening stitching 4-5 mm (3/16") away from the edge. Repeat the process for the opposite pocket (steps 6-9).

10



2,5-3,5



7

Place the pant front and back panels along the inside and side seams, right sides together. Serge them. Press the side seam allowances towards the back and the inseam allowances towards the front. Repeat the process for the other pant leg.

11



2,5-3,5



7

Insert the left pant leg into the right pant leg with right sides together. Pin the crotch seam, in the process, place the inseam allowances in different directions to avoid excess thickening. Serge it. Press the seam towards the right.

12



2,5-3,5



7

Pin and serge the waistband short edges. Press the seam ends in different directions.

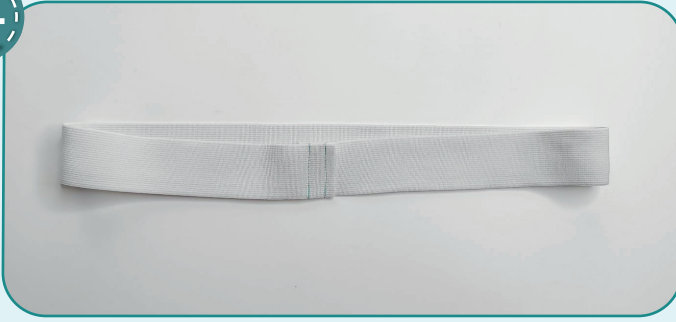
13



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



14



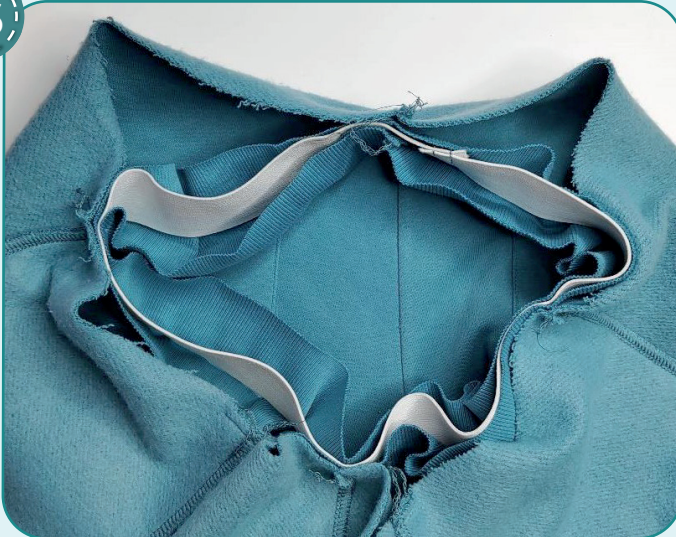
Cut the elastic 45 mm (1 3/4") wide and the length, indicated on the waistband paper pattern. Stitch the elastic in a ring with a straight or zigzag stitch.

15



Divide the elastic into quarters and pin-mark. 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 align the elastic and waistband seams.

16

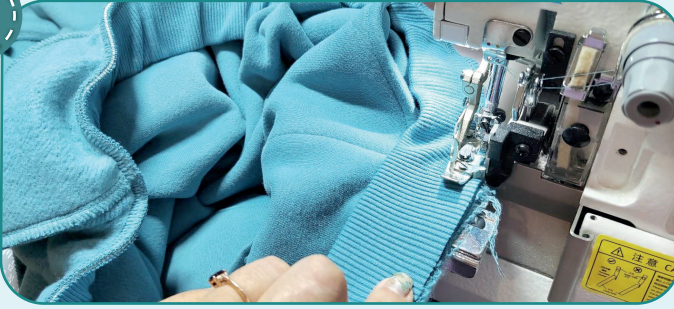


Turn the garment out to the wrong side and place the waistband (with elastic inside) to the garment upper edge. With right sides together, pin the waistband to the pants upper edge aligning the waistband seam with the back crotch seam and the waistband center mark with the front crotch seam, and aligning the marks with the side seams.

NOTE. The elastic should be 45 mm (1 3/4") wide and sewn to the pants together with the waistband. But if you are not sure what length of the elastic to take, or if you doubt your serger can take such thickness, 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 into a ring.



17



4針

2,5-3,5

7

Serge the waistband to the garment. While serging, stretch the elastic evenly, but avoid stretching the garment's upper edge. Stitch slowly, especially along the pockets. When stretching the elastic, the serger needles should be at their lowest position. Tie the thread tails and hide them into the seam. Press the seam allowances downward.



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

18



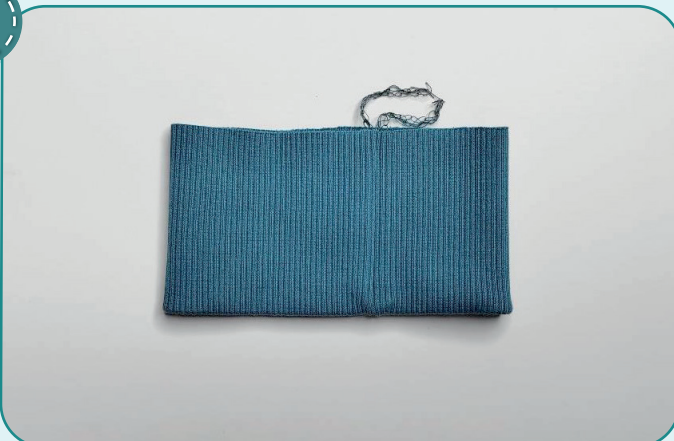
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2,5-3,5

7

Fold the cuffs in half, right side inside, and pin them along the short edges. Serge them. To avoid bulk while serging the cuffs, press the seam allowance ends in different directions.

19



Fold the cuffs in half, wrong side inside, and press them.



20



4



2,5-3,5



7

Aligning the cuff seam and the inseam, serge the cuff to the pant leg opening. When serging, evenly stretch the cuff, but avoid stretching the pant lower hem. Repeat the process for the opposite cuff. Press the seam allowances flat towards the pant legs.

21



Remove the basting stitches, trim and hide the thread tails and press once again. The pants are ready!



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Sweatsuit Micro

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

