

# Joggers

**Level of difficulty**



**Time required**

Around 3 hours

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## Material

### Fabric

- Depending on the size, between 1.20 m et 1.50 m in length by 140 cm in width (between 1.3 yards to 1.75 yards in length by 55 inches in width).

### Threads

- 4 cones of polyester thread that match your fabric
- 1 cone of decorative thread for the overlocking machine

### Elastic waistband

- Stretch elastic 4 cm (1.5 inches) wide
- Length depending on your waist size plus 2 cm (1 inch) for the criss-cross.

## Machines and accessories

elna eXtend overlock et coverlock machine. In this tutorial, we use the elna eXtend 864air and eXtend covermax

- Metal standard foot
- Transparent foot (included with the standard accessories of the eXtend covermax)



## 1. Prepare Your Fabric

The pattern includes a 1.5 cm (.6 inch) seam allowance. To customise your joggers, you can add an additional seam allowance which you will later remove.

Fold your fabric in half right sides together.

Double down all the pieces of the pattern.

For the pieces that you will cut out once, lay your pattern on the right side of the fabric to mark the stitch markings. Then draw the lines using a ruler.

Over the other pieces, cut the edge to size and mark the markings before removing your pattern.

For the belt, cut a strip with a width of 11 cm (4.3 inches), and length equal to your waist circumference plus 2 cm (1 inch).





Set your machine to the triple top cover stitch.

Test first and adjust the stitch length according to the desired result and thickness of your decorative thread.

Sew the triple top cover stitch, over all the lines you have drawn, at the front of the joggers.

For a perfectly straight seam, place the middle needle mark of your presser foot over the seam line. You can also use the transparent presser foot.

After topstitching all lines, put the pattern back over the pieces to cut off the seam allowance you had left.



## 2. Assembly

Lay the pocket liners, right sides together, on the two front sides of the trousers, sew with a 4-thread overlock stitch.

Fold the pocket liners inside out, iron and topstitch all around the edge with a wide cover stitch.

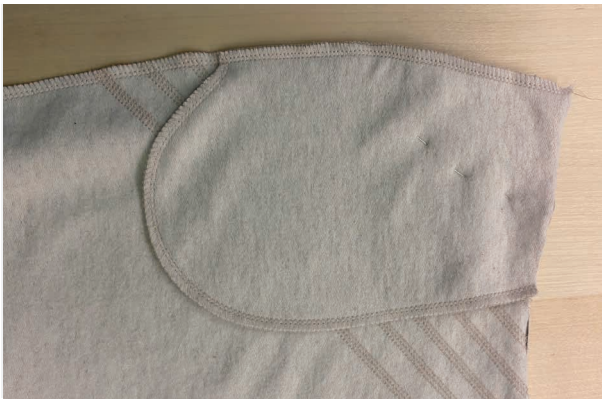




Lay the second part of the pocket by following the markings, baste or pin along the topstitch to hold the two parts of the pocket together. Sew the pocket lining with a 4-thread overlock stitch.



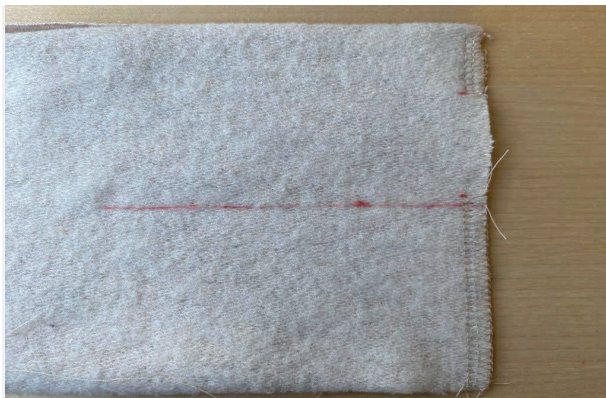
Lay the front and back parts of the trousers, right sides together, and sew the seams on each side with a 4-thread overlock stitch. Then sew the crotch seam by joining your decorative stitches.



Lock the mid-back seam of your belt with a 4-thread overlock stitch. Leave an opening of about 3 cm (1.2 inches) to slide through your elastic. Fold your belt in half, iron the fold and hold the two layers together with a basting stitch. For a perfectly straight seam, draw a line all the way around at a distance of 4 cm (1.6 inches ) from the fold.

Mark the middle front of the belt

Place the seam of the belt over the middle back seam of the joggers, and the middle front marking over the middle front seam of the joggers. Spread your fabric and pin all the way around the belt.



Place the needle mark of your presser foot over the 4 cm (1.6 inches) line and sew all the way around the waistband with a 4-thread overlock stitch.

Using a safety pin, slide the elastic into the belt, overlay the two ends of your elastic and sew with the chain stitch. Lock the opening with a hand stitch.



Mark the hems according to your shape and sew with a wide cover stitch. Iron and you're done!



Congratulations, your jogging pants are finished.

If you want to complete your sportswear set, you will find the hoodie tutorial in the Inspiration section of our website.