

Gym Shorts



**INSTRUCTION
BOOKLET**

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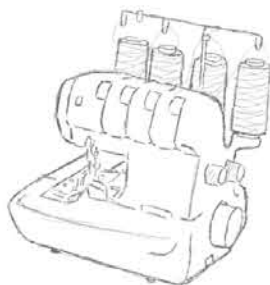
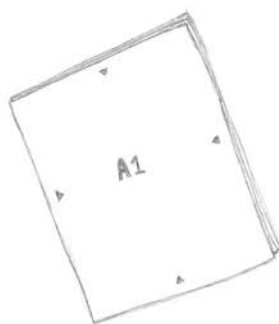
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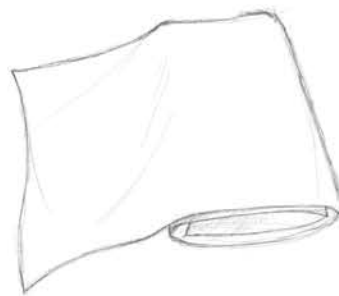
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What do I need to start sewing?



Sewing machine
Overlock/Serger
Pattern printout
Sewing thread
Measuring tape
Water erasable pen/Chalks
Scissors
Ruler
Pins



¼" or 0.6cm width 57" or 144.8cm long cotton drawstring
Buttonhole sewing foot
1 ¾" or 4.5cm width elastic band
Ballpoint needle or stretch knit needle

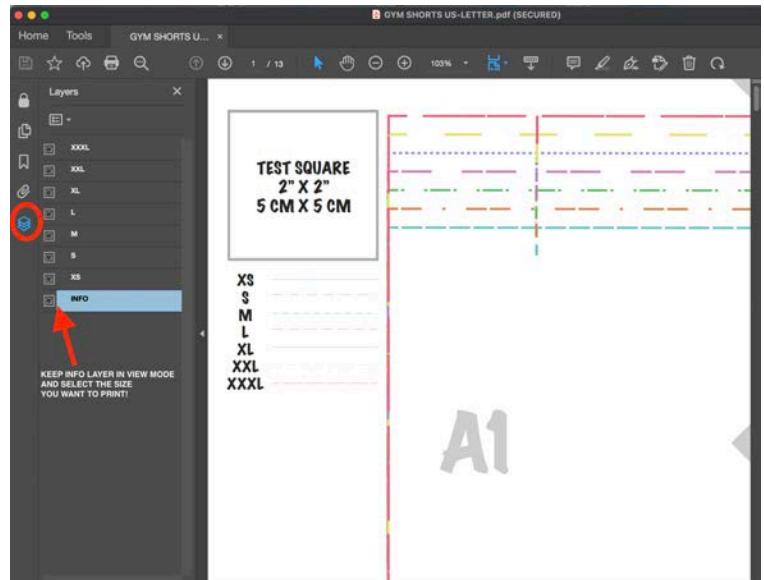
1 yard textured rib knit

Fabric Recommendations: 1x1 Rib Knit, cotton jersey, cotton 1x1 rib knit, waffle knit, bamboo jersey, pique.

Printing Instructions

Let's print out the pattern!

The sewing pattern comes with 3 different printing options! The US Letter and A4 print is a tile version PDF that you can print out at home. The A0 version is used by a printshop to print on a single sheet of paper and saves time taping the separate pages together.



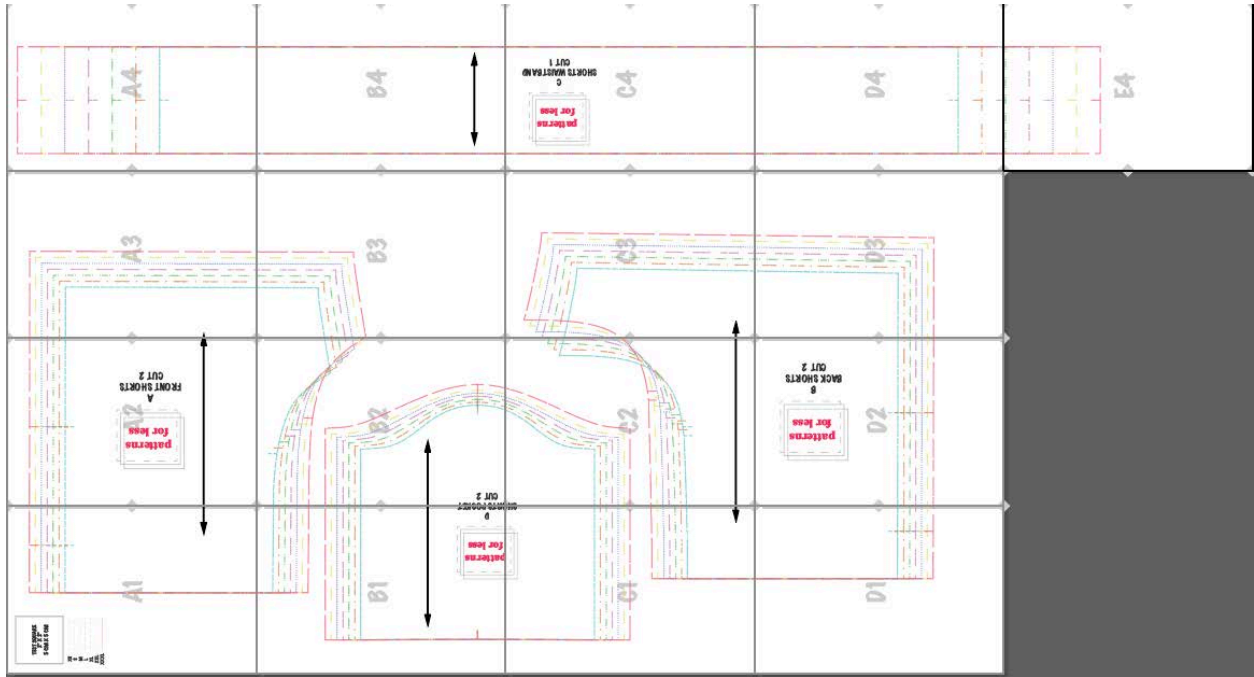
Additionally, you can use view mode to only select/print the size you are working on. Each pattern file is designed with layers of different sizes. There is an option to print only your size or all sizes based on your preference. Open the file in Adobe Acrobat and keep in legend layer.

If you print at home, then you need to trim each sheet by cutting off the top and excess margin. Tape each page together by row, and then attach the rows together. Use the diamond marks to align everything!

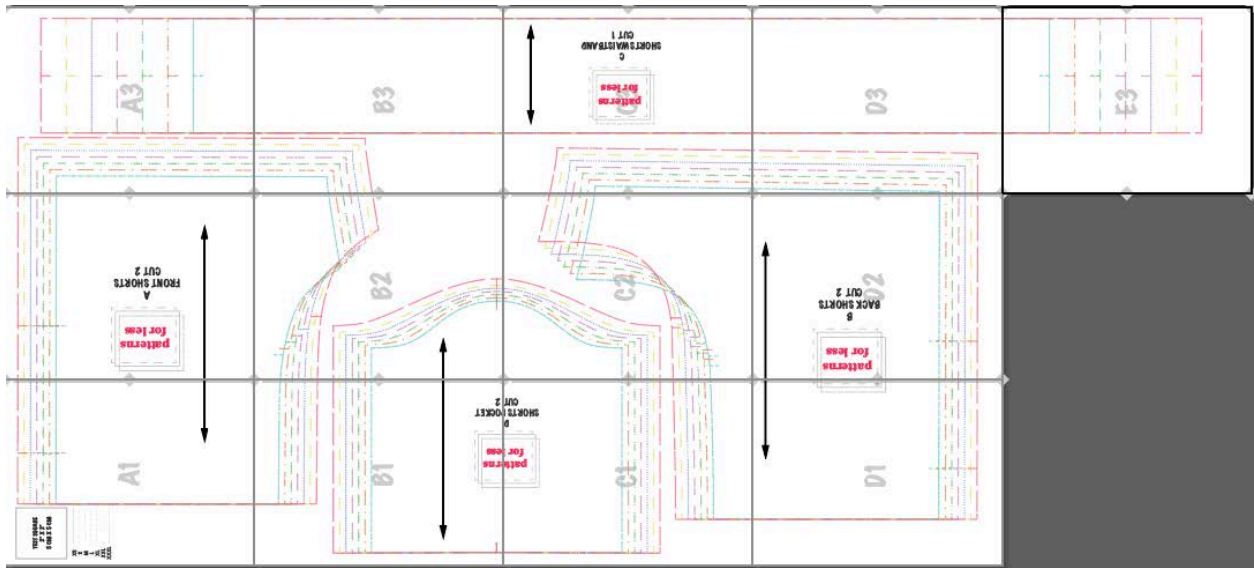
Always make sure to print on 100% scale.
(Do not 'fit to page' or reduce the size!)

There is a test square on the first page of the pattern.
Use as a scale to check if the dimensions are 5x5cm and/or 2x2".

A4



US Letter



Size Chart

inches

SIZE	BUST	WAIST	HIP
XS	30	25	36
S	33	27	38
M	36	29	40
L	39	31	42
XL	41	33	44
XXL	44	35	46
XXXL	47	37	48

centimeters

SIZE	BUST	WAIST	HIP
XS	76	63	91
S	84	68	96
M	91	74	102
L	99	79	107
XL	104	84	112
XXL	112	89	117
XXXL	119	94	122

Patterns

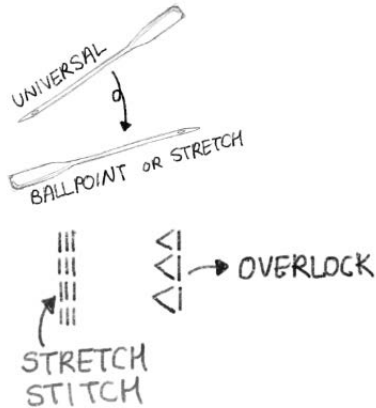
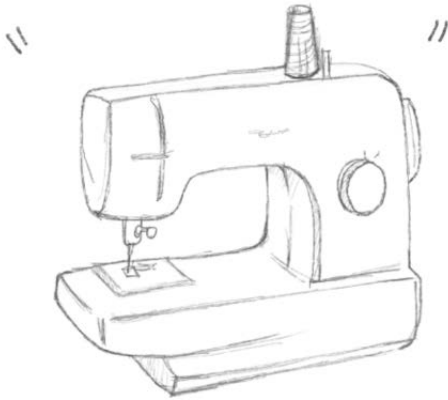


Gym shorts pattern pieces include:

- A- Front Shorts, cut 2
- B- Back Shorts, cut 2
- C- Shorts Waistband, cut 1 on folded fabric
- D- Shorts Pocket, cut 2

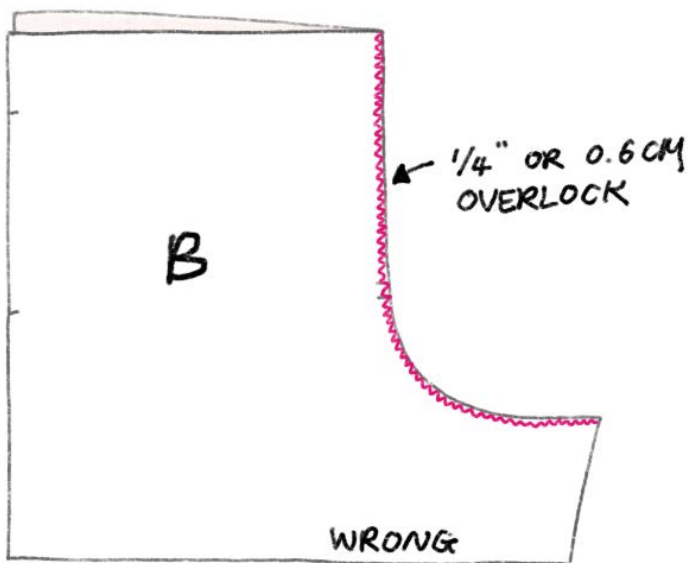
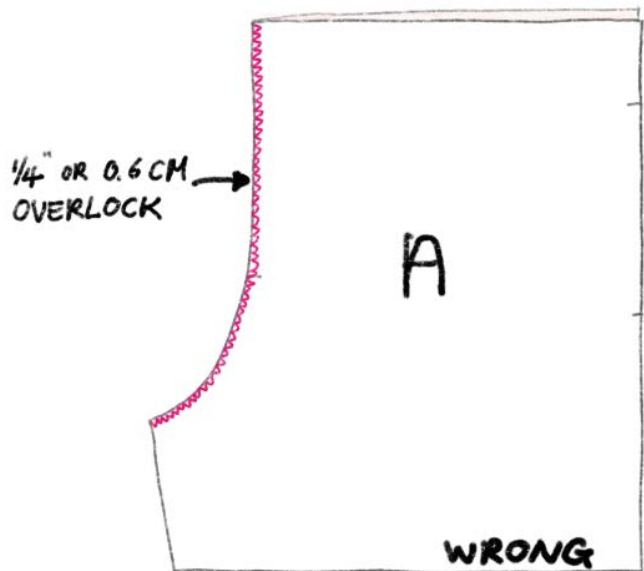
¼" or 0.6cm seam allowance is already included unless indicated on the pattern or instruction book.

Sewing Instructions

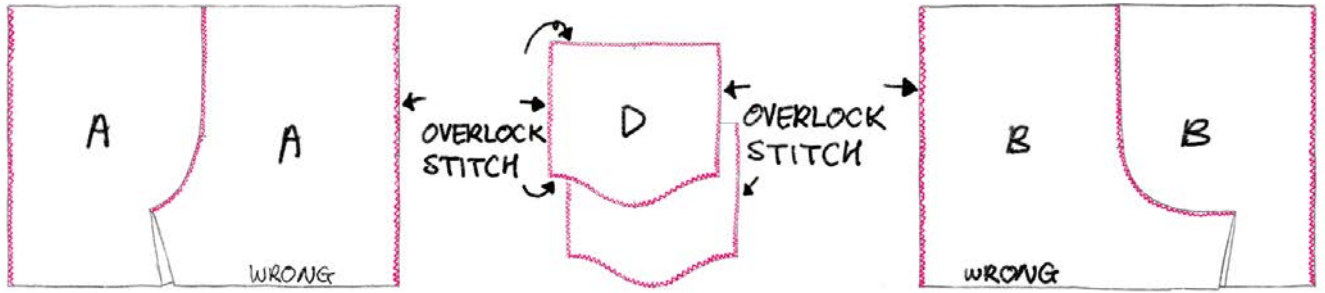


Step 1- Prepare your sewing machine by changing from regular sewing needle to ball point needle. Set the stitching to stretch stitch or overlock stitch mode.

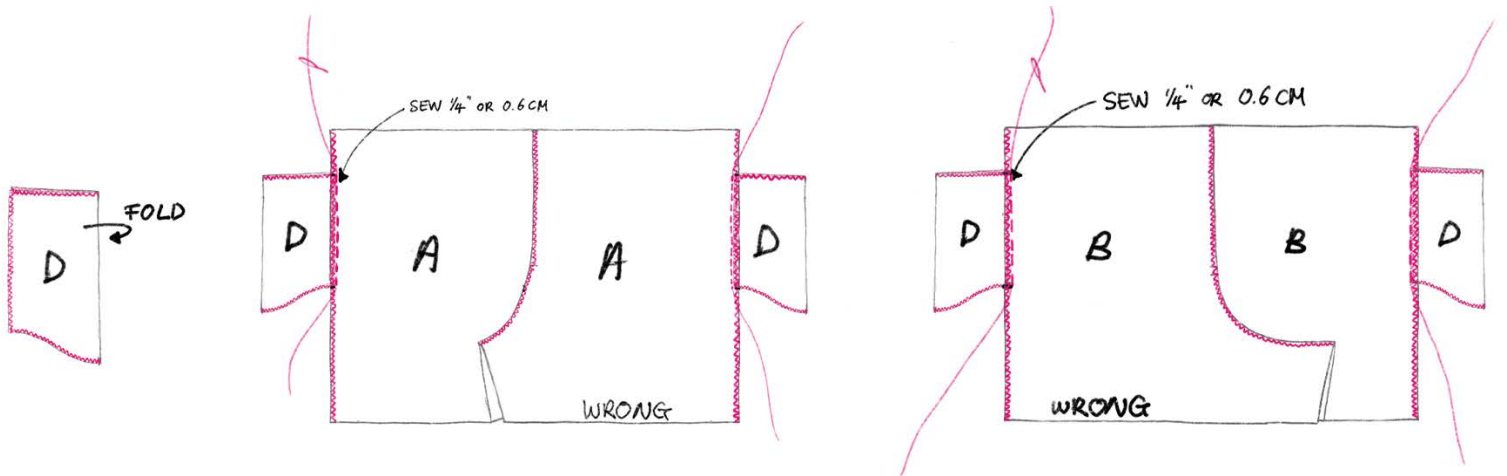
Step 2- Place two pieces of Front Shorts (A) right sides facing each other. Overlock stitch along the front rise with $\frac{1}{4}$ " or 0.6cm width to join. Press seam towards the side.



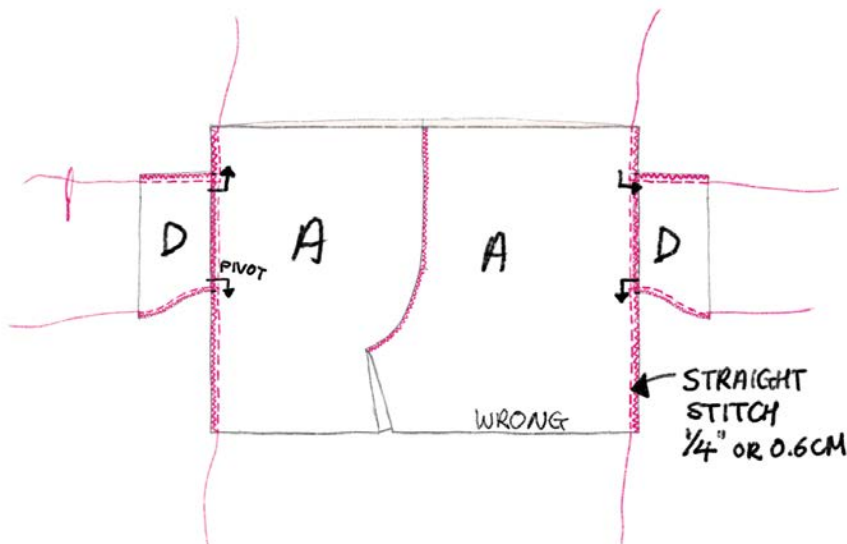
Step 3- Place two pieces of Back Shorts (B) right sides facing each other. Overlock stitch along the back rise with $\frac{1}{4}$ " or 0.6cm width to join. Press seam towards the side.



Step 4- Prepare the Front and Back Shorts (A & B) and Pocket (D) pieces by overlock stitching on the side seams of the Shorts and pocket pieces.

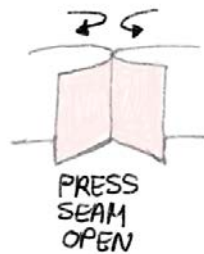
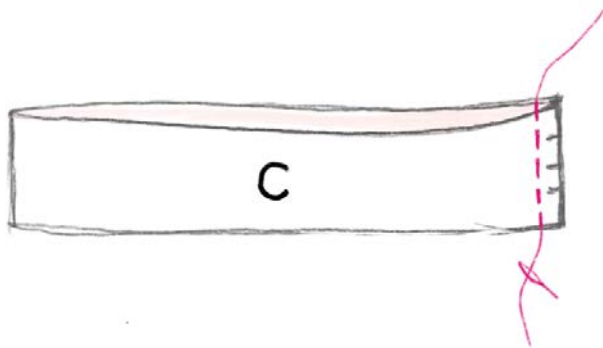
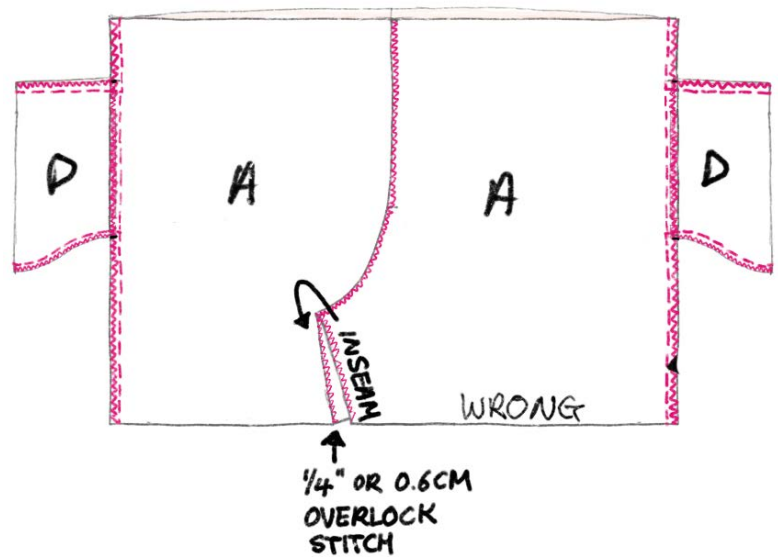


Step 5- Fold the Shorts Pocket (D) right sides facing each other, then place on the right side of Front Shorts (A) and Back Shorts (B). Position on the first notch and pin. Sew $\frac{1}{4}$ " or 0.6cm width straight stitch to join.



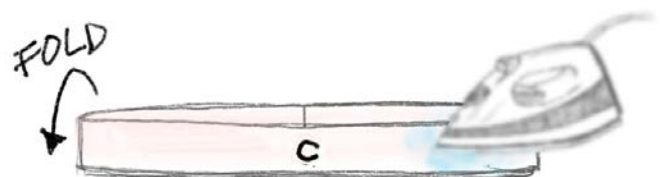
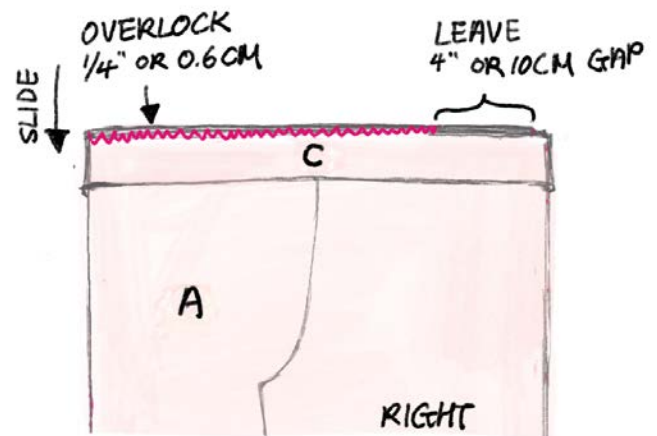
Step 6- Lay Front Shorts (A) and Back Shorts (B) right side facing each other with Shorts Pocket (D) pieces. Close the side seams and top and bottom of pockets with $\frac{1}{4}$ " or 0.6cm width straight stitch.

Step 7- Sew the inseam of Front Shorts (A) and Back Shorts (B) with $\frac{1}{4}$ " or 0.6cm overlock stitch to finish.



Step 8- Fold the Shorts Waistband (C) right sides facing each other and sew $\frac{1}{4}$ " or 0.6cm width straight stitch along the short edges. Press seam open.

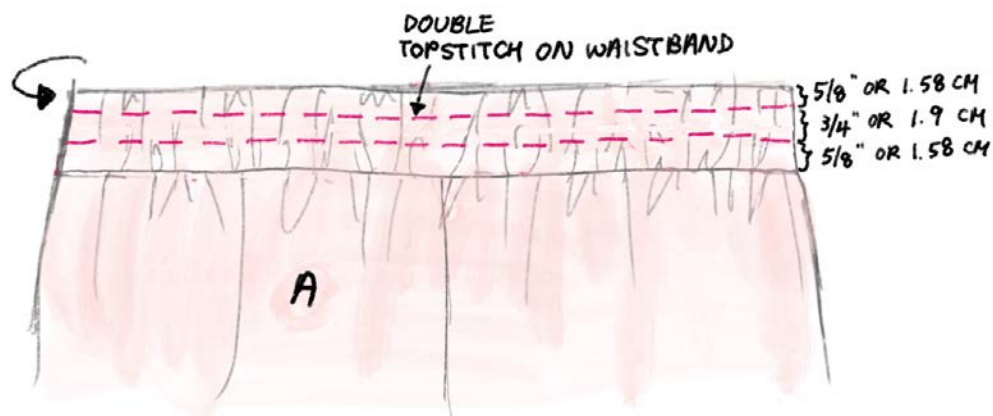
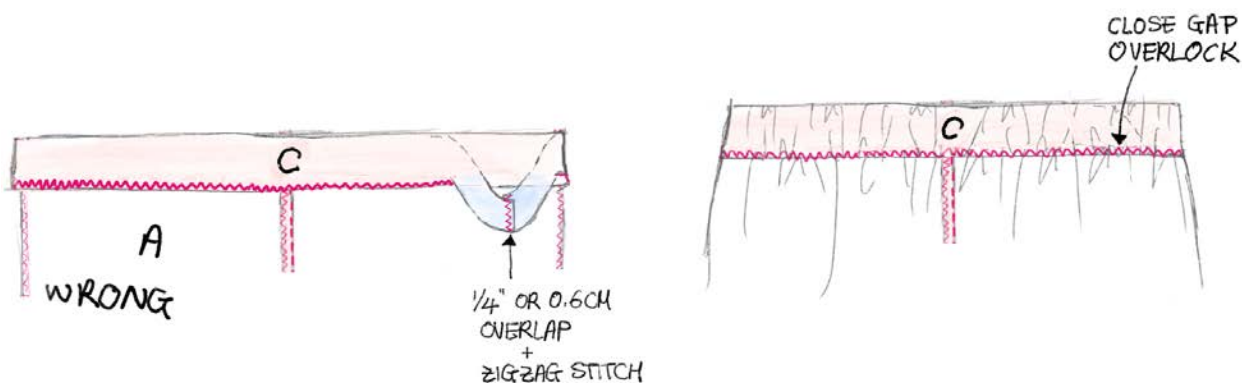
Step 9- Fold the Shorts Waistband (C) wrong side facing each other in half lengthwise and position around the right side of the shorts waistline. Overlock stitch around the Shorts and leave a 4" or 10cm gap to insert the elastic band.



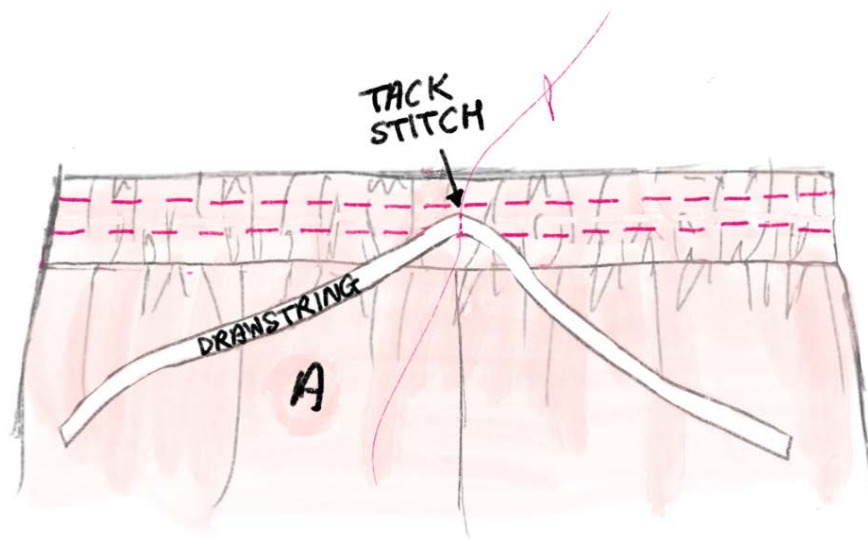
Step 10- Slide the 1¾" width elastic band through the tunnel to meet the end on the other side. Overlap the elastic band ¼" or 0.6cm and zigzag stitch to join. Close the waist opening by continuing the overlock stitch.

ELASTIC LENGTH

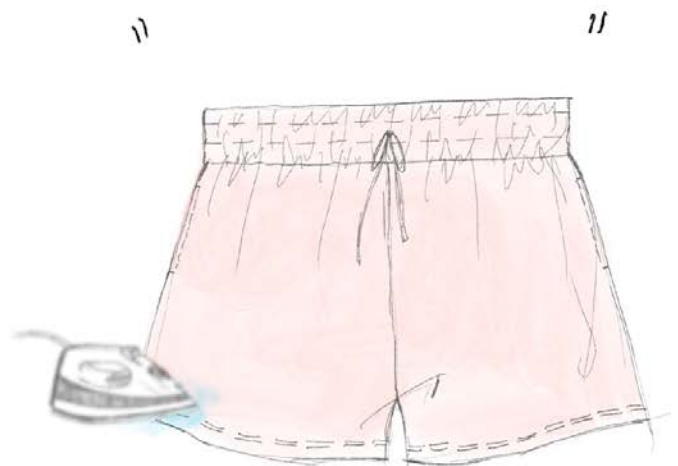
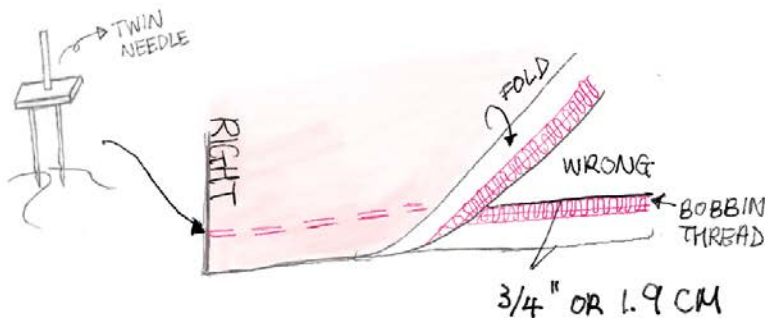
XS	23½"	OR	59.7 CM
S	25½"	OR	64.8 CM
M	27½"	OR	69.8 CM
L	29½"	OR	74.9 CM
XL	31½"	OR	80 CM
XXL	33½"	OR	85 CM
XXXL	35½"	OR	90.2 CM



Step 11- Double topstitch around the Shorts Waistband (C) by stretching the elastic as you sew. The distance apart between stitches is 5/8" or 1.58cm.



Step 12- Tack stitch the 36" or 91cm long cotton drawstring in the center of the Shorts Waistband (C).

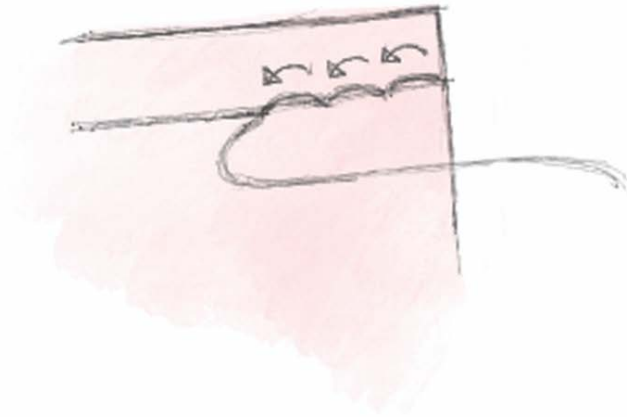


Step 13- Finish the knit hem by using double-needle or twin-needle on the right side of the fabric. The bobbin thread will zigzag between the parallel stitches resulting in a stretchier hem.

Note: If the knit fabric has elastic or synthetic fibers, use a pressing cloth and low heat setting instead of ironing directly on the fabric to prevent melting.

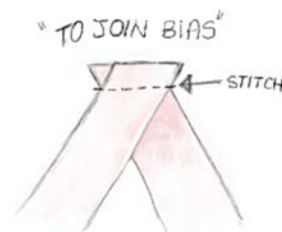
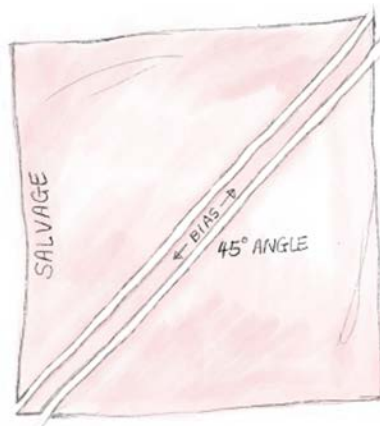
Sewing Glossary

Back Stitch



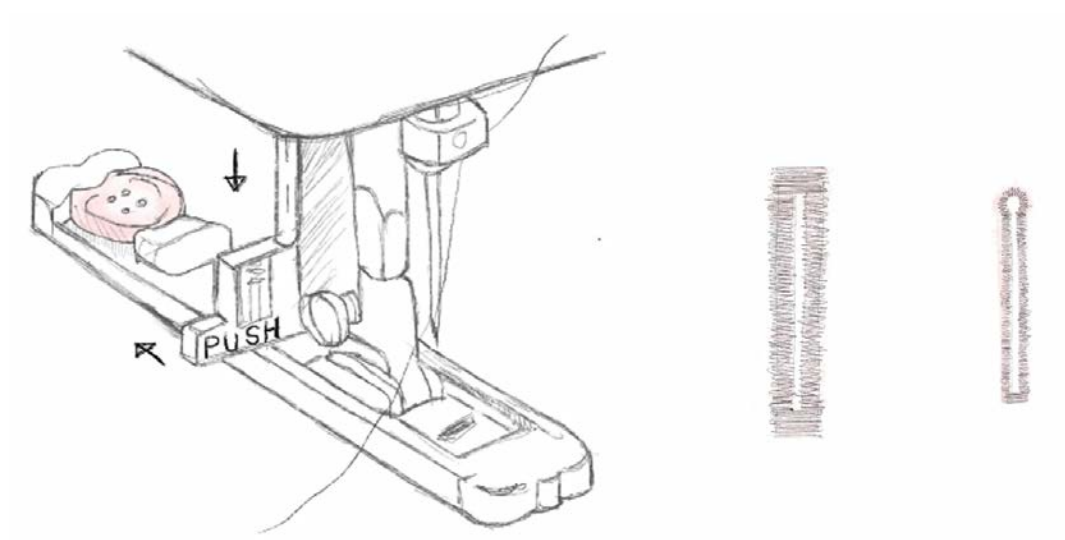
When you start a new seam or finish the seam, always backstitch by hitting the reverse button on your sewing machine. Back stitching consists of 3-4 stitches to lock the stitching and prevent unraveling.

Bias Tape



Bias tape is widely used in neckline, spaghetti strap, and other garment finishings. Prepare the bias strap by cutting in half diagonally to give a nice stretch. When needing to make a long continuous bias tape, sew the diagonal pieces together as long as you need.

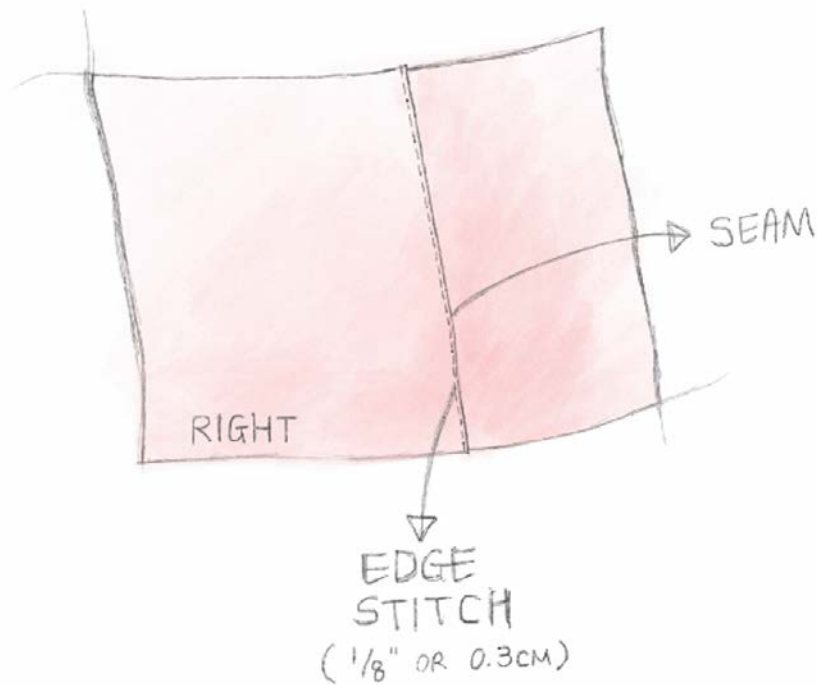
Buttonholes



There are various styles of buttonholes you can create with your sewing machine. For cleaner look, add interfacing and sew over the buttonhole more than once to create nice tight holes.

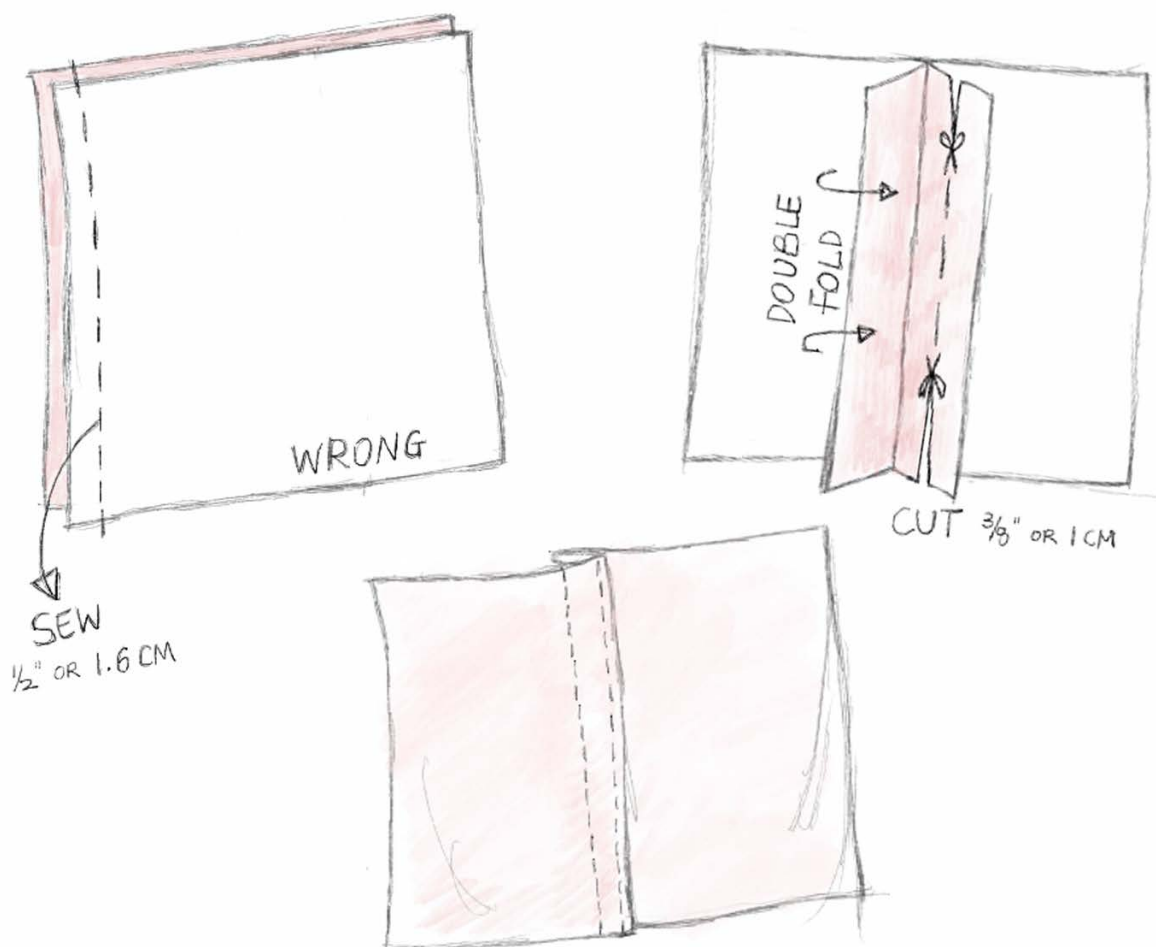
Use a buttonhole foot by inserting the button in the back of the foot, and snap the foot into place. Pull the button hole lever down, and select the buttonhole stitch on your machine. Press the pedal and stitch away, your machine will automatically go through the steps to make an accurate buttonhole.

Edge Stitch



Edge stitches are typically used to decorate or emphasize the original seam line. To achieve clean edge stitch, use a special footer to sew close to the edges without gliding off. Sew slowly to control the fabric.

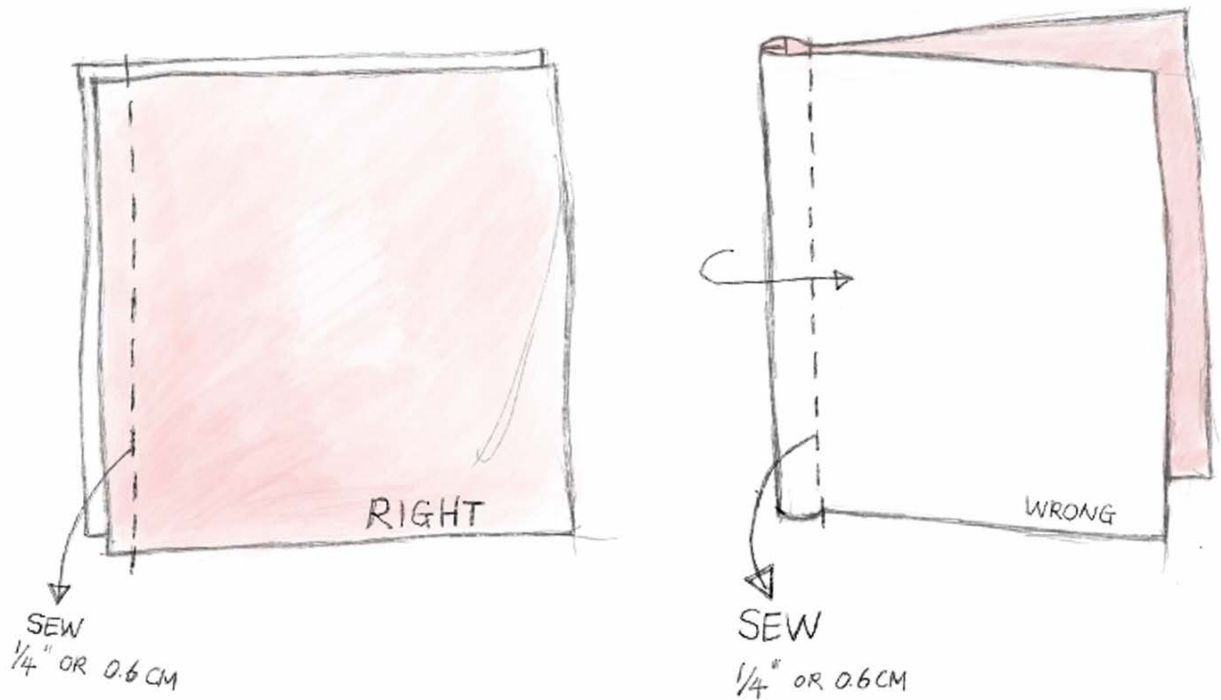
Flat Felled Seam



Flat felled seam or jeans seams is a great way to sew heavy duty fabric or bottoms to strengthen the garment.

Sew the fabric right sides facing each other. Trim one of the seam allowances in half. Turn the raw edge under and fold over to hide the half cut edge. Topstitch down the enclosed seam allowance.

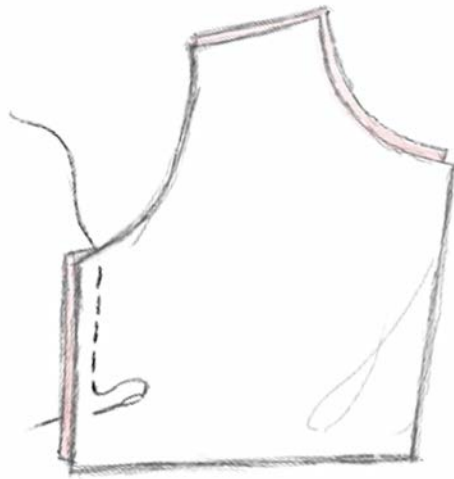
French Seam



When sewing silk or chiffon with delicate fabrication, French seams are a great way to achieve an excellent quality finish.

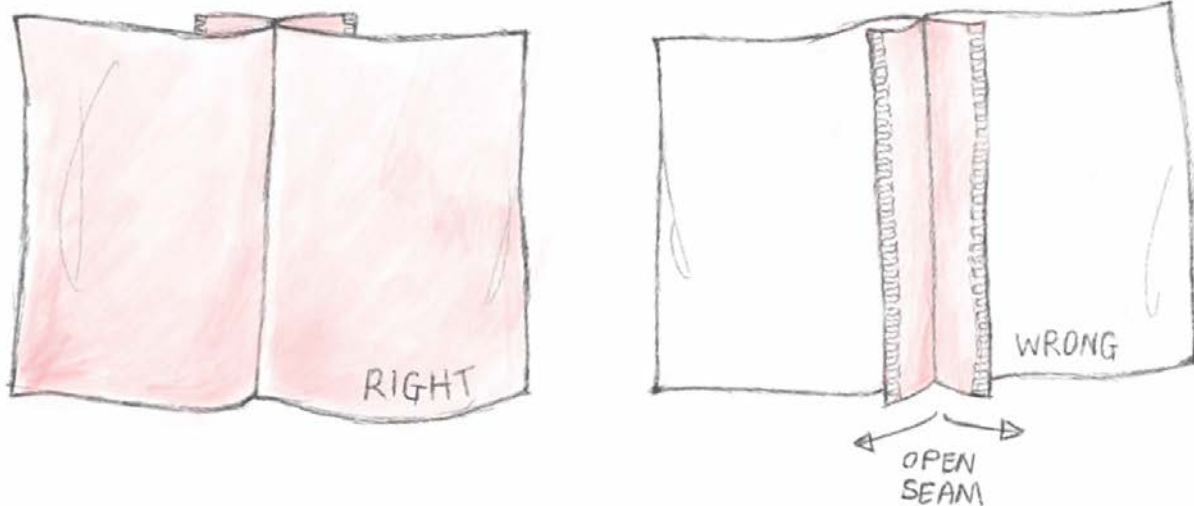
Place wrong sides of fabric facing each other and sew 1/4" or 0.6cm. Press the seam and fold the fabric along the seam line. Enclose the seam by stitching 1/4" or 0.6cm from the folded edge.

Hand Basting



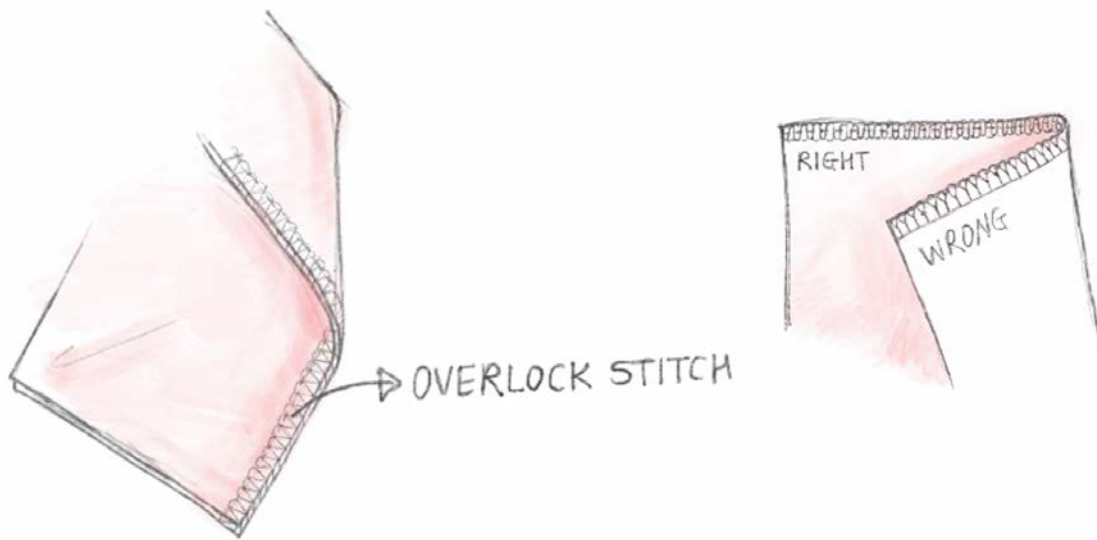
Basting or running stitches are simple hand stitches to use instead of pinning or gathering. Alternatively, you can increase the stitch length and loosen tension on your sewing machine to create a basting look.

Open Seam



Open seams are a technique used to make the seams clean and flat. It can be used for CF, CB, or side seams. Overlock both raw edges first, and then stitch the 2 pieces together to iron the seam open.

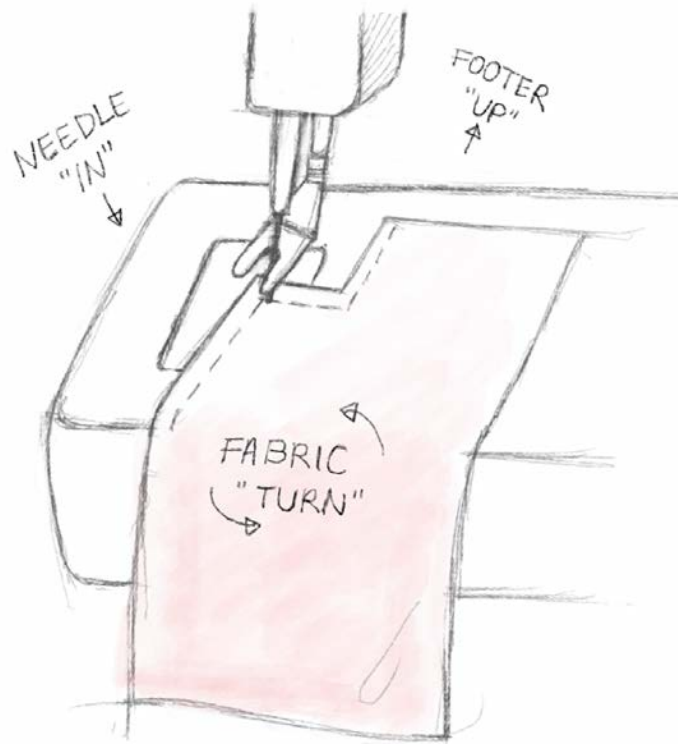
Overlock



Overlock stitches help to bind raw cut edges to prevent from fraying. This technique is mostly accomplished by overlock machine, serger, or your home sewing machine with overlock stitch setting.

Overlock machines have 2 to 3 needles and 2 top threads and lower threads to braid and stitch, which results in a variation of blanket stitch. The knife blade cuts the fabric edge to give a clean overlock stitch.

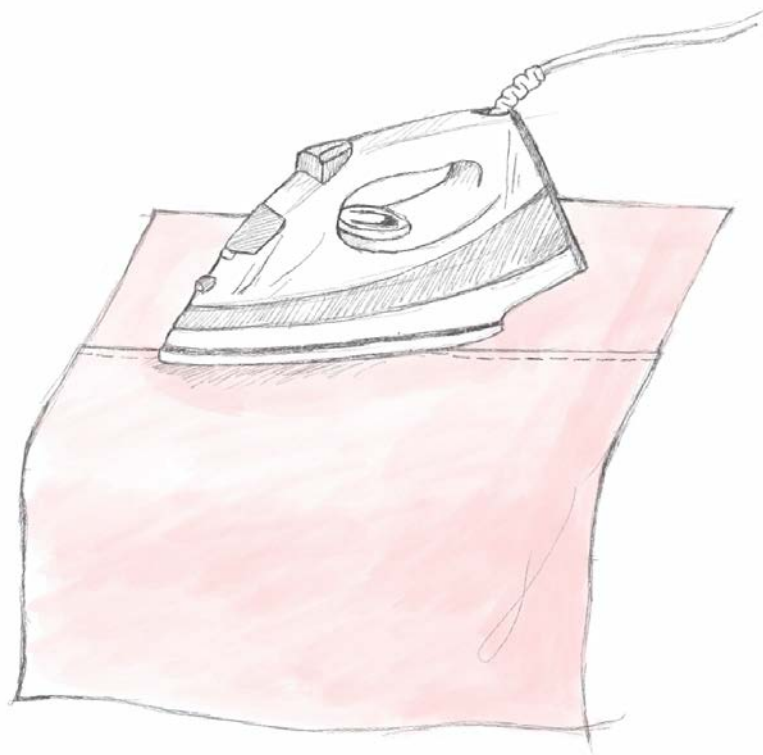
Pivoting



Use the pivoting method when sewing corners or at an angle such as pocket corners, tip of collars, v-neckline, etc.

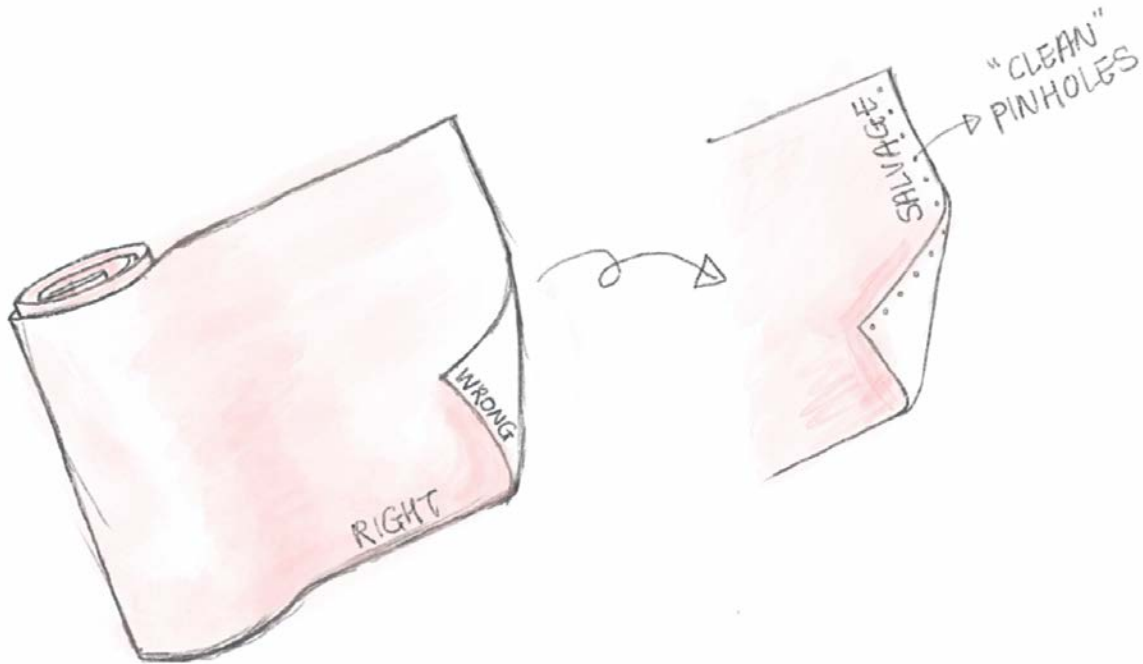
Execute the technique by leaving the needle in the fabric, lift the footer, and then turn the fabric as much as you need. Continue to sew by lowering the footer again, then stitch in the new direction.

Pressing



Steam and iron with pressure after every stitch you make in the garment. Pressing helps to relax the threads and finish the seams cleanly. Be aware to avoid extreme steam on natural fabrics such as cotton and linen due to the risk in shrinkage.

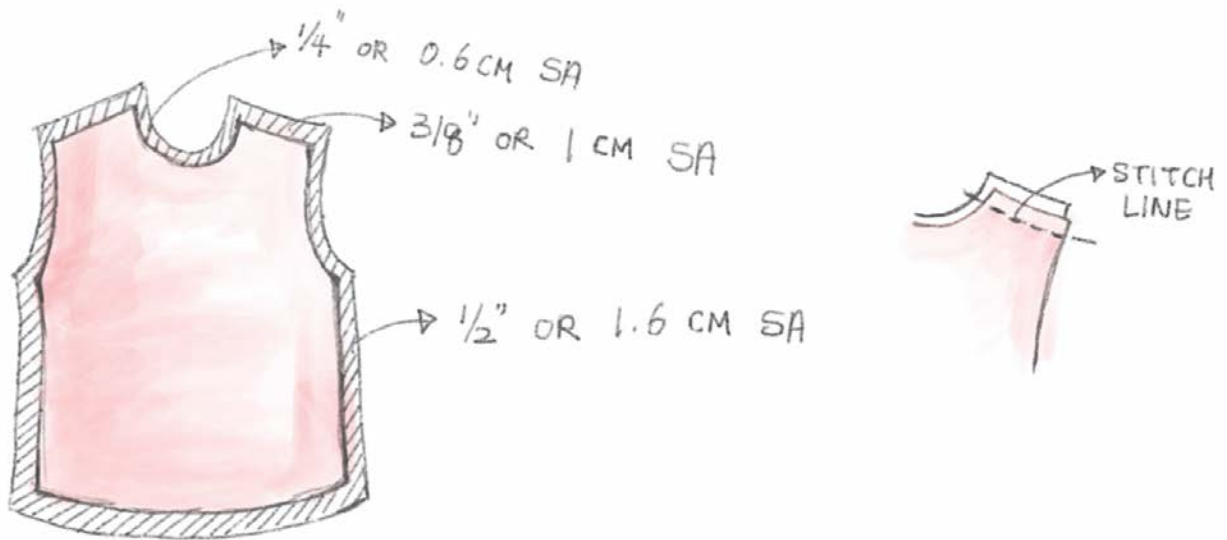
Right side - Wrong side



All fabrics have a right side and wrong side. The right side is mostly worn visibly to the outside whereas the wrong side should be on the inside of the garment. Some fabrics are easy to identify the right or wrong side by sheen or texture, but some might look identical both right and wrong side.

To find out the right and wrong side of the fabric, look for little pinholes along the selvage. The clean side of the holes is the right side.

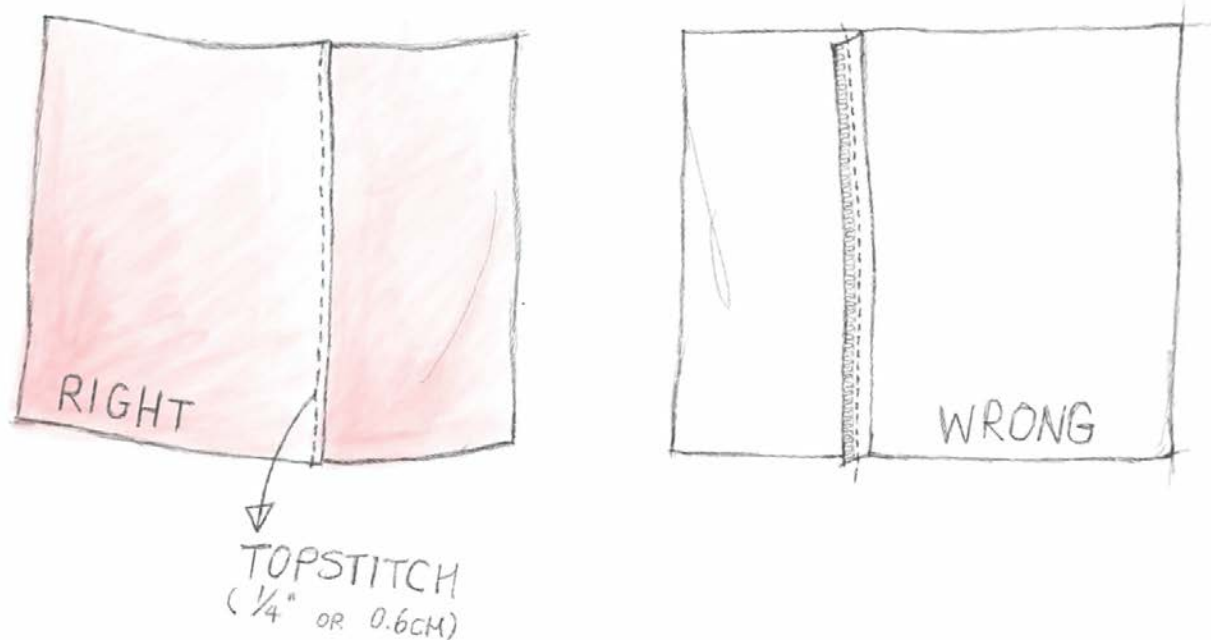
Seam Allowance



The seam allowance or SA is the extra fabric next to the stitch line all around each pattern piece. The additional space allows us to sew everything together.

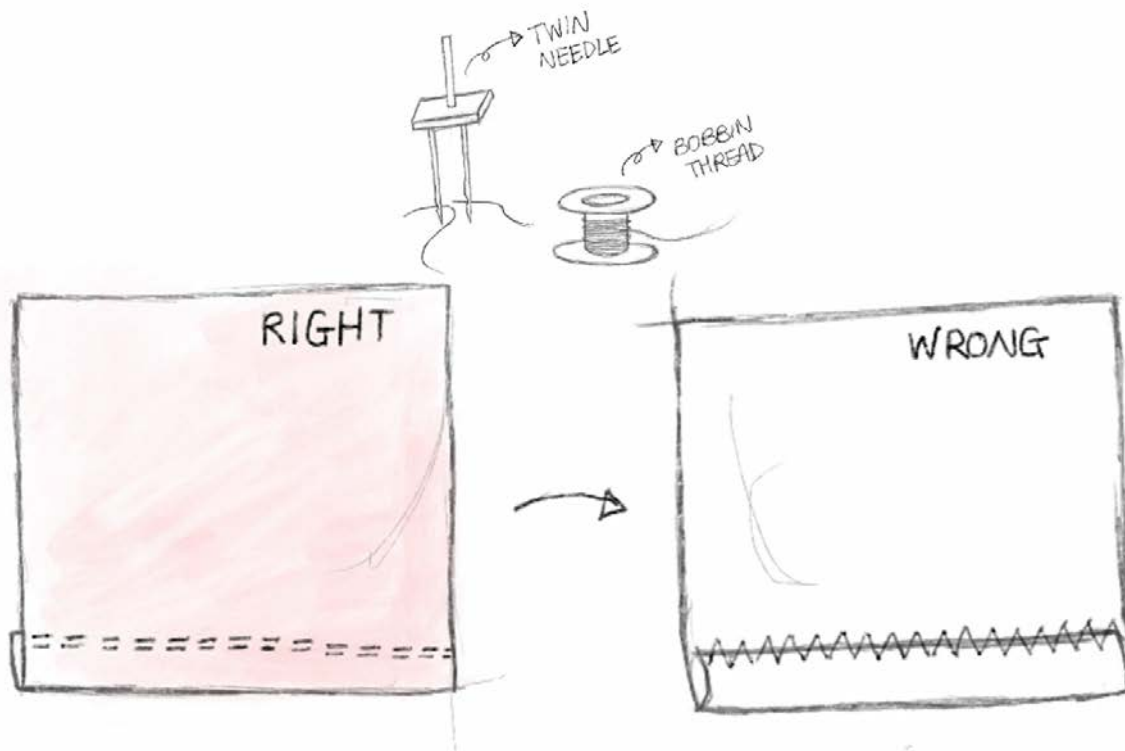
Depending on the seams and styles, the seam allowance is usually ($\frac{1}{4}"$, $\frac{3}{8}"$, $\frac{1}{2}"$) or (.6cm, 1cm or 1.2cm) width. Always refer to the pattern and instruction booklet for accurate seam allowance amount.

Topstitch



The purpose of top stitches are to add strength to the garment. Iron the seam allowance to the side. Straight stitch $\frac{1}{8}$ " or 0.3cm, or $\frac{1}{4}$ " or 0.6cm away from the original seam to sew the right side and seam allowance together.

Twin Needle



Twin needles are used in knit casual or sportswear for clean finishing without needing a double fold hemming method. The 2 top threads and 1 bobbin thread create parallel topstitch on the right side of the fabric and zigzag stitch on the wrong side of the fabric.