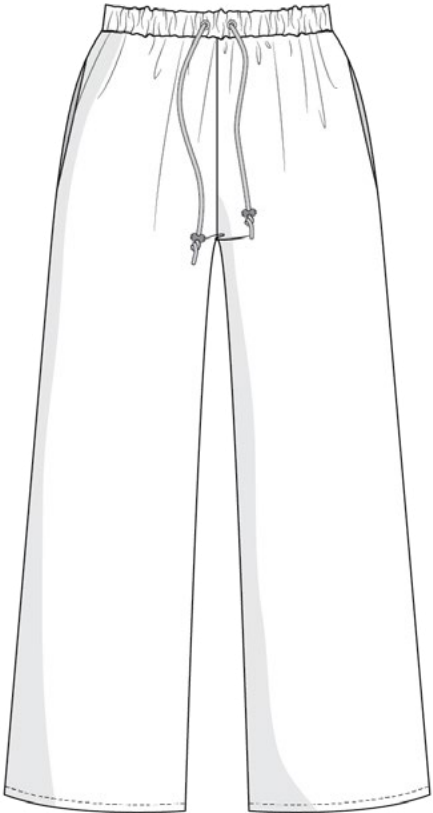




XS - XXL
34 - 44

Knit Pants / Shorts

Tutorial



Material

- » Sewing scissors, fabric pins/ clips, iron, yarn matching the fabric
- » 4 cm wide [elastic](#)
- » Optional: [cord](#)
- » Optional for light fabrics: use a piece of fleece, for example Vlieseline H180 for the cord holes

Suggested fabrics

- » [light knit](#)

Pay attention to the weight of the fabric, to make sure that the fabric is light enough for the pattern. This is the only way to make your new garment look like the pictures. My recommendation: <250g / m²

- » Light [Jersey](#), e.g. [cotton jersey](#) oder [viscose jersey](#)

Fabric consumption in cm, short version

width	XS 34	S 36	M 38	L 40	XL 42	XXL 44
115	90	100	100	110	110	120
150	90	100	100	110	110	120

Fabric consumption in cm, long version

width	XS 34	S 36	M 38	L 40	XL 42	XXL 44
115	210	210	210	220	220	220
150	190	190	190	200	220	220

	XS 34	S 36	M 38	L 40	XL 42	XXL 44
Cord in cm	140	145	150	155	160	165

Tip:

If you are sewing a very light knit fabric, then (if available) use an additional walking foot for your sewing machine.



Size Chart

(Inch size Chart on page 12)

In order for the finished garment to fit you perfectly, it is necessary to take your exact measurements! Make sure that you take the measurements horizontally and do not hold the tape measure too tight or too loose. Ideally, it should still be possible to move it back and forth.

You already know your measurements? Great! then you can choose the right size in the chart below.

Finished garment size chart

In this table you will find the measurements of the finished garment:

Dimensions in cm	XS 34	S 36	M 38	L 40	XL 42	XXL 44
Waist	82,5	87,5	92,5	97,5	102,5	107,5
Hips	92	97	102	107	112	117
Length, Shorts	4	4	4	4	4	4
Length, Lang	75	75	75	75	75	75

Body measurements table

The finished garment measures correspond to the following body measurements:

Dimensions in cm	XS 34	S 36	M 38	L 40	XL 42	XXL 44
Chest	80-85	85-90	90-95	95-100	100-105	105-110
Waist	60-65	65-70	70-75	75-80	80-85	85-90
Hips	90-95	95-100	100-105	105-110	110-115	115-120

The reference height is 168 cm.



Size Chart, inch

Finished garment size chart

In this table you will find the measurements of the finished garment:

	XS 34	S 36	M 38	L 40	XL 42	XXL 44
Waist	32.5	34.3	36.4	38.3	40.3	42.3
Hips	36	38	40	42	44	46
Length, Shorts	1.6	1.6	1.6	1.6	1.6	1.6
Length, Lang	29.5	29.5	29.5	29.5	29.5	29.5

Body measurements table

The finished garment measures correspond to the following body measurements:

	34	36	38	40	42	44 44
Chest	31-33	33-35	35-37	37-39	39-41	41-43
Waist	23-25	25-27	27-29	29-31	31-33	33-35
Hips	35-37	37-39	39-41	41-43	43-45	45-47

The reference height is 168 cm.

