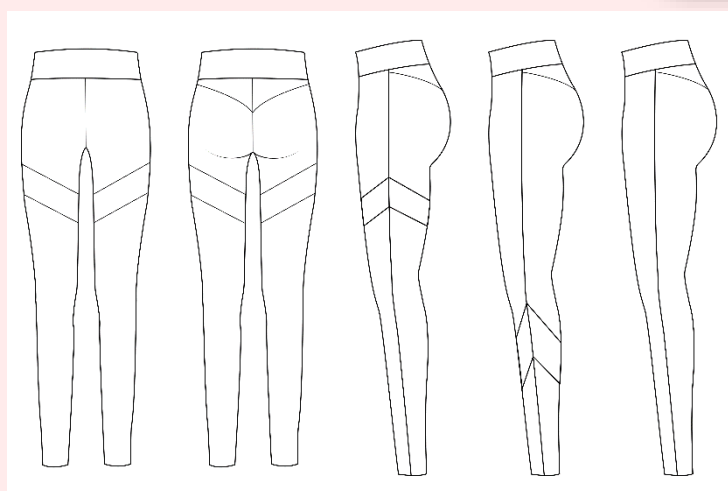
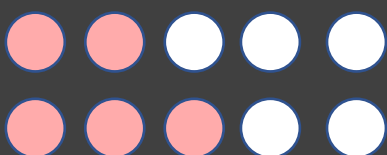




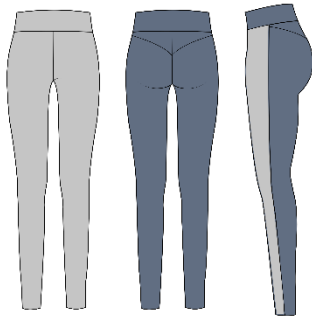
## Leggings Atlanta



Working time  
Difficulty

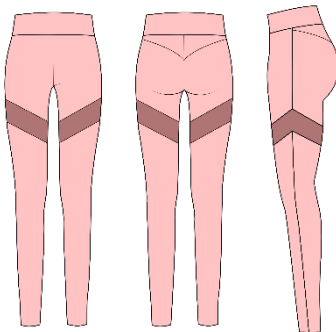


The leggings are designed for a body height of 1.68 m. If you are significantly smaller or taller, you should lengthen or shorten the leggings in the necessary places. The little fabric inserts give you the option to design your leggings just the way you like them. You can combine different fabrics and create your own favorite leggings.



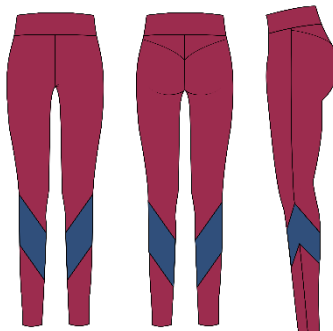
Variation 1: Two-color leggings

The two-color leggings is the fastest option and very suitable for beginners. The front and back are cut from two different colored fabrics. But you could also try different printed fabrics.



Variation 2: Thigh insert

The leggings with thigh insert is sewn with an approx. 8 cm wide strip in the middle of the thigh. The strip is continuous around the leg and meets on the side seam or inside leg seam in a V shape. If you want to sew a special eye-catcher, then try sewing the strip from mesh fabric or a contrasting fabric.



Variation 3: Calf insert

The calf insert is constructed similarly to the thigh insert and also runs once around the leg. The seam runs in an acute angle, which makes this version the trickiest in terms of sewing technique. Of course, you can also make this one special by using different fabrics and patterns.

## Finished garment measurements

EU/US	32/1	34/2	36/4	38/6	40/8	42/10	44/12
Hip	79,8 cm	82,5 cm	85,2 cm	87,9 cm	90,6 cm	95,2 cm	99,8 cm
Width Thigh	50,6 cm	52,4 cm	54,2 cm	56 cm	57,8 cm	60,7 cm	63,6 cm
Length (without waistband)	92 cm	92 cm	92 cm	92 cm	92 cm	92 cm	92 cm

## All Variations

This tutorial shows the sewing process of a pair of leggings with calf insert. However, you can use the instructions for all other variations, as they are constructed identically.



The easiest way to start is to lay the front and back pieces and all the inserts you have chosen out in front of you. Now sew the pieces together. For example, place the front and one of the inserts right sides together and close the seam with an elastic stitch on your sewing machine or overlock.



Now do the same with all the inserts of the two front leg pieces and the two back leg pieces. Press all seams towards the inserts. You should end up with two complete front leg pieces and two complete back leg pieces.



If you have chosen a yoke, place it right sides together on the back trousers. Pin everything in place and then close the seam with an elastic stitch. Press the seam towards the hem.