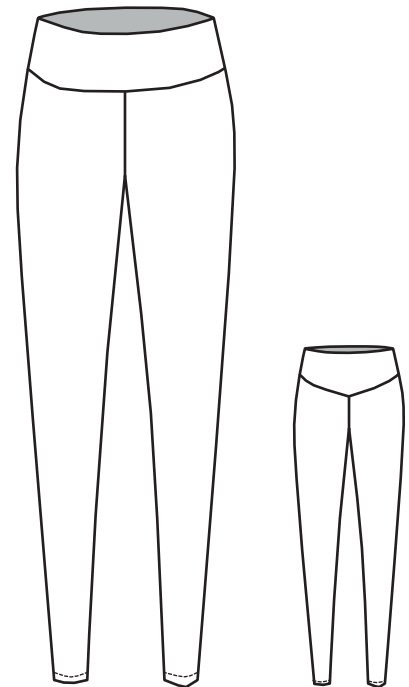




# The pattern for women's sports leggings YOGA





**Thank you for your purchase at Picolly.com.**

**The pattern is not intended for commercial use and cannot be shared without the author's permission.**

This PDF guide contains important information that will come in handy when sewing and working with pattern files.  
I recommend that you read it before you start working.

## CONTENTS:

- How to use digital sewing patterns
  - How to download, print, and assemble digital sewing patterns
  - What digital patterns look like & available pattern views
- Pattern adjustments
  - Width adjustments
  - Length adjustments
- **Info & recommendations for this particular pattern**
  - Technical parameters & diagrams
  - Recommended material & Fabric requirements
  - Layout plan
  - Where to find sewing instructions & Where to get advice
- General sewing info
  - Types of textile materials
  - How to lay out sewing pattern pieces
  - Markings on sewing patterns
- Size charts
- Recommendations for great results

### SHARED JOY IS A DOUBLE JOY

Enjoy sewing as much as you can and if you feel like it, share your results on social networks and tag them with **@picollysewingpatterns** or **#picollycom**.

## QR CODES:

This guide contains QR codes, thanks to which you can easily view specific articles and tutorials that I have prepared for you.

QR codes are especially useful when you decide to print this guide. They allow you to access related tutorials without having to type out long URLs.

Simply scan any QR code using your smartphone (its camera or some QR code scanner app) and you will be immediately referred to one of my articles.

If you are reading this guide on a computer or mobile device, you can visit the articles by clicking the links.

QR codes look like this



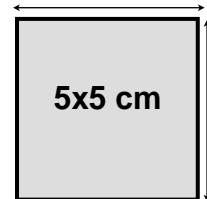


## HOW TO DOWNLOAD AND PRINT DIGITAL SEWING PATTERNS

Perform the following steps on a computer (not a phone or other mobile device) to avoid problems associated with corrupted/distorted files.

1. Download your new pattern by clicking the link in the email you will receive after purchase.
2. The downloaded file will be in ZIP format because it consists of a folder that contains several files. You need to extract the files to access them.
3. Print the pattern at 100% scale (do not increase or decrease the scale). In some cases, it is necessary to print in a "Poster mode".

The pattern always contains a reference square that allows you to verify that the print scale is correct. First, print only the page that contains the reference square and measure it. If the length of the sides of the square matches the dimensions written in it, you can print the rest of the file. Otherwise, you need to adjust the print settings in a dialog box on your computer. The reference square is exactly 1.968 inches wide and high.



Detailed article on working with digital sewing patterns can be found here:

<https://www.picolly.com/how-to-download-open-print-assemble-your-pattern/>



## HOW TO ASSEMBLE DIGITAL SEWING PATTERNS

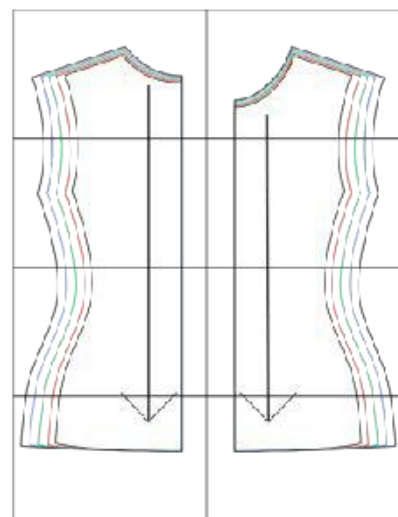
Your new pattern contains its pattern diagram that shows how the pattern is broken down into individual pages.

This diagram will help you assemble the pattern correctly - arrange the individual pages according to the pattern diagram. If you print the pages in the order, they are in the pattern file, you have them arranged straight away as they follow each other.

Align the related points (corners) of the pages (they are marked with letters). Fold (or trim) the margins of the pages to make the sections of the pattern pieces tile seamlessly.

Detailed instructions for this procedure can be found here:

<https://www.picolly.com/how-to-assemble-the-paper-pattern-from-a4-pages-in-6-steps-correct-and-simple-way/>





If you have any questions, please do not hesitate to contact me at: [petra@picolly.com](mailto:petra@picolly.com)

## WHAT DIGITAL PATTERNS LOOK LIKE AND HOW TO WORK WITH THEM

My patterns are in PDF format and they are optimized for printing on home printers in A4 format. There is also A0 / A1 format which is suitable for printing on an office plotter or in a copy centre.

There are four versions (views) of this pattern:

- **PDF A4 version showing individual sizes with their seam allowances – Individual sizes view**  
This pattern view contains all the necessary seam allowances. Seamlines are marked in red, and the overall shape of the pieces (incl. seam allowances) in blue. When using this view, cut the pieces exactly according to the template (blue outer lines) – do not add seam allowances.
- **PDF A4 version showing all sizes without seam allowances in one picture – All sizes view**  
This pattern view doesn't contain seam allowances. When using this view, you must transfer the pieces to the fabric and add seam allowances yourself, then you can cut out the pieces.
- **PDF A0 / A1 version – All sizes view & individual sizes view**  
Large-format views with and without seam allowances).

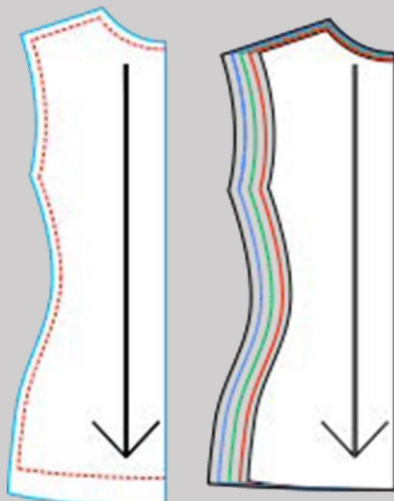
## SEAM ALLOWANCES

Seam allowance is the area between the edge of the fabric and the seamline.

The seam allowances are usually 1-2 cm (0.4" – 0.8") wide, but the width may vary depending on the type of pattern (whether it is designed for woven fabrics or knits) and their location on the pattern. For example, in the side seams, they may be wider than 2 cm (0.8"), while in the neck opening or armholes, they may be only 0.75 cm (0.3") wide.

Hem allowances are one type of seam allowance. They are used to finish the edges of the garment (not to attach another piece of fabric). You can find them on the bottom hems of T-shirts and skirts, or maybe at the ends of the sleeves. Hem allowances are usually 3-4 cm (1.2" – 1.6") wide.

**The correct size of all seam allowances is always indicated in the Individual sizes view of my patterns.**



- Individual sizes view of the pattern showing one size with its seam allowances (left).  
The dashed inner line is the seamline the outer solid line is used to cut the piece from fabric.
- All sizes view of the pattern showing several sizes without seam allowances (right).  
Each line is a seamline for a different size. Be sure to add seam allowances yourself when using this view.



## WIDTH ADJUSTMENTS

If you want to tailor the pattern so that the garment fits you perfectly, or you need to upscale/downscale it by 1 - 2 sizes, I recommend reading this summary article, which also contains a video tutorial on how to make specific adjustments:

<https://www.picolly.com/how-to-adjust-your-pattern-for-a-perfect-fit-video-tutorial/>



## LENGTH ADJUSTMENTS

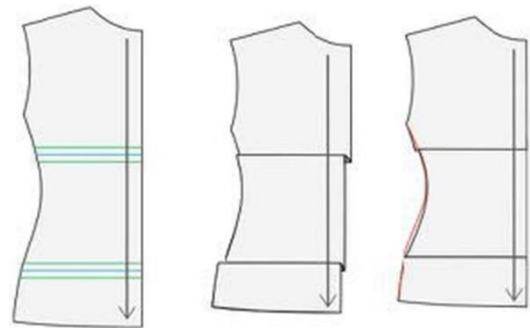
Sewing patterns are usually designed for an average body height (168 cm / 5' 6" for women & 180 cm / 5' 11" for men). Start by standing next to the mirror and lightly pressing the paper pattern to your body. This is the easiest way to see where it needs to be shortened or extended. Mark these places with lines that are perpendicular to the grainline (a large arrow that indicates the correct orientation of the pieces).

If you want to **shorten the garment**, draw another two lines above and below your original line. The distance between these two new lines determines how much you shorten the pattern. Fold the pattern piece so that the new lines lie on top of each other and glue the fold in this position.

It is necessary to shorten the adjacent part(s) in the same way. For example, if you shortened the front piece, now shorten the back piece and vice versa. If you shorten the pattern in its top part and the adjustment affects the armholes, you will also need to adjust your sleeve pieces. Shorten the height of the sleeve cap by the same amount as the front/back piece.

However, this step also reduces the overall length of the sleeve. If you want the sleeve to have the original length, then you need to extend near the elbow area (by the same amount).

Don't forget to draw your new side seam (and armhole) as a smooth curve.

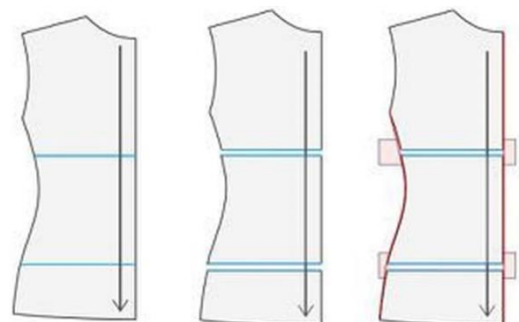


If you want to **extend the length**, the procedure is similar. Press the paper pattern to your body and find the places where the pattern needs to be extended. Mark these places with lines that are perpendicular to the grainline. Cut the pattern along this line and move the individual parts apart by the required distance.

It is important to extend the front and back pieces by the same amount (and in the same places) so that they can be connected later. Insert a strip of paper into the gap and glue both parts of the pattern to it. If the change affects the shape of the armhole, you will also need to adjust the sleeve cap.

Extend the sleeve cap but remember that the overall length of the sleeve will increase. If necessary, shorten the total length of the sleeve in the elbow area.

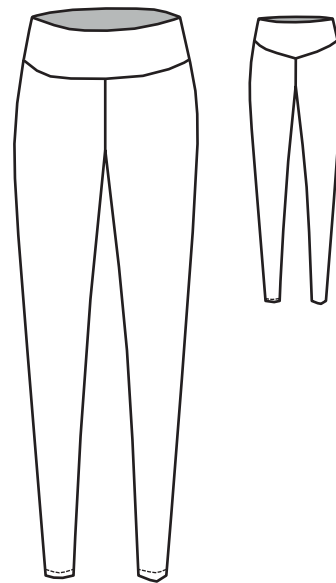
Don't forget to draw your new side seam (and armhole) as a smooth curve.





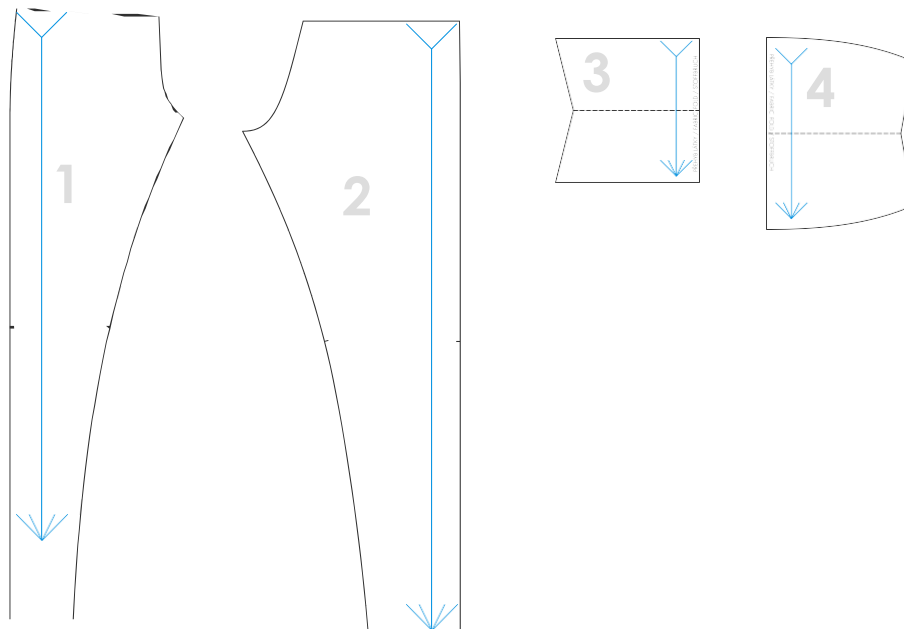
## TECHNICAL PARAMETERS

- **Size:** 32-60 (find size charts below)
- **Difficulty level:** Beginners (●○○○○)
- **Material:** Knits
- **Silhouette:** Close-fitting



## PATTERN PIECES

- Front piece (1)
- Back piece (2)
- Waistband/yoke – front piece (3)
- Waistband/yoke – back piece (4)





## RECOMMENDED MATERIAL

The pattern for women's sports leggings is designed for very elastic knits of medium thickness.

Fabric for sports version should be elastic in both directions. In the case of leggings for casual wear, it is sufficient if the fabric is flexible in its width.

## FABRIC REQUIREMENTS

(for 140 cm wide fabric)

- Sizes 32-48: 1.2 m (48")
- Sizes 50-60: 2 m (79")

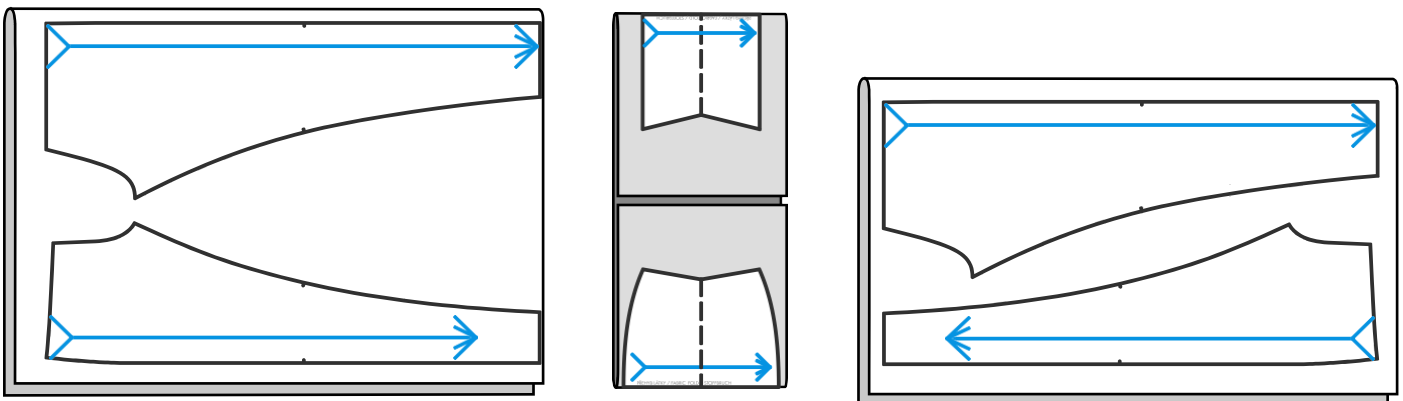
## LAYOUT PLAN

All seam allowances are 1 cm (0.4") wide and the hem allowances (bottom hems) are 3 cm (1.18") wide.

### Prepare:

- 2x front piece
- 2x back piece
- 1x front waistband/yoke (cut on the fold)
- 1x back waistband/yoke (cut on the fold)

You can arrange the pieces as shown below.



If you use a monochromatic material (no prints and patterns), you can position the pieces this way and save some space.



## SEWING INSTRUCTIONS

Sewing instructions can be found here:

<https://www.picolly.com/how-to-sew-simple-mens-v-neck-sweatshirt-weekend/>



## WHAT YOU SHOULD KNOW BEFORE YOU BEGIN

Useful information you should know before you start sewing can be found here: <https://www.picolly.com/c/before-you-start/>

What you should know before you begin:



## FURTHER INSTRUCTIONS AND TIPS

I'm continually preparing articles with tutorials, sewing instructions for individual patterns, and tips & and tricks for you.

You can find all these articles here:

<https://www.picolly.com/c/tutorials-and-patterns/>

All articles with sewing instructions:



## SEWING STRETCH FABRICS WITH A REGULAR SEWING MACHINE

Elastic materials should be sewn on an overlock machine (serger). But if you don't have it, you can use your regular sewing machine. Just follow a few simple tips that you'll find in this article:

<https://www.picolly.com/sewing-elastic-fabrics-on-regular-sewing-machine-4-steps-to-success-sewing-knits/>

Sewing without an overlock machine:







## TYPES OF TEXTILE MATERIALS

There are two basic groups of textile materials - knits and woven fabrics.

**Woven fabrics** are produced in weaving mills on looms. You can probably imagine a simple frame loom on which the warp threads are stretched, and a weft thread is threaded between them, which creates a flat woven fabric. In industrial weaving mills, of course, looms are much more complex and the whole process is much more complicated, but the idea of a simple loom will work for us here. The number, size, and arrangement of the warp and weft threads in the loom determine the weave of the fabric, i.e. how the weft thread is interwoven between the warp threads. This thread arrangement is called the type of weave. The important thing is that the woven fabrics themselves (without elastane) are rigid.

**Knits** are created on knitting machines. You can imagine knit as a plane of intertwined loops. There are many different types of knits. By their nature, knits are flexible, either in one or both directions. Knits are usually more flexible in width than in length. The loops that make up the knit can stretch, hence the primary (natural) elasticity. In addition, if the knit contains elastic fibers (elastane), it is even more elastic (secondary elasticity). Elastane also extends the life of the knit. When you stretch an elastane-free knit often, over time the loops lose their ability to retract to their original shape and the knit as a whole loses elasticity. Therefore, only use knits with added elastic fibers for clothes that are exposed to a higher level of stress (leggings, tight T-shirts), otherwise, the elbows and knees will start to "sag".

Further information on the types of textile materials can be found here:

<https://www.picolly.com/types-of-textile-materials-woven-fabrics-knits-natural-synthetic/>



## FABRIC WEIGHT

The weight (grammage) of the fabric is usually given in grams per square meter ( $\text{g/m}^2$ ). The weight depends on the density of the fabric and the strength of the individual fibers and thus also on the strength of the yarn used. If you want to sew a T-shirt for the winter, you should be looking for heavier (thicker) knits, usually, over  $200 \text{ g/m}^2$ , for a summer T-shirt a knit with a weight of around  $120 \text{ g/m}^2$  will be suitable.

### ELASTICITY

Elasticity is a very important property. You need to know the elasticity, for example, if you want to find out whether a fabric is suitable for some close-fitting pattern/garment. The material can be naturally elastic (primary elasticity), or it can gain elasticity due to the content of the elastic fiber (secondary elasticity). Elastic fibers added to knits increase the elasticity a prolong their service life. Further reading on elasticity and instructions on how to determine the elasticity of the fabric and its suitability for your specific project can be found in this article:

<https://www.picolly.com/how-to-test-the-elasticity-of-your-material/>





## HOW TO LAY OUT SEWING PATTERN PIECES

The pattern contains a reference line/grainline (large arrow). This determines the direction in which the pattern should be placed on the fabric. If there is no note near the grainline, you should position the pattern "along the thread" (along the warp threads, along the lengthwise grain - for woven fabrics) or "along the rib" (for knits). In some cases, however, you may also encounter patterns requiring "diagonal positioning / bias" - basic circle or half circle skirts are like that - or "along the weft / crosswise grain" - for example, for knits that are more flexible in the direction of the ribs than along the weft.

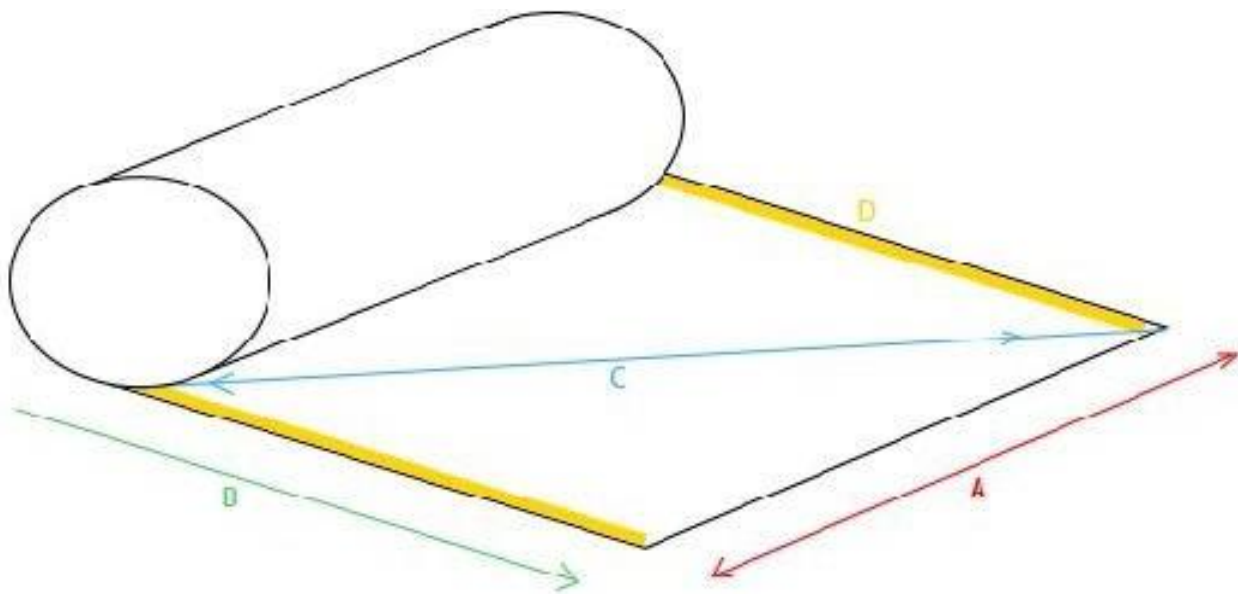
A – Direction of the weft threads (width of the fabric). If the pattern should be positioned along the crosswise grain, align the grainline with the weft threads.

This is called "along the weft". The weft thread is always perpendicular to the warp thread.

B - Direction of the warp threads (woven fabric) or ribs (knits). When the pattern should be positioned in the direction of the warp thread, place it on the fabric so that the grainline follows the direction of the warp threads (or ribs). This is called "along the thread" or "along the rib". This method of positioning is the most common.

C - Diagonal positioning Grainline on the pattern must form an angle of exactly 45 ° with the selvage of the fabric, this is called "diagonal positioning" or "bias".

D - Selvage These are the edge of the fabric going in the direction of the warp threads or ribs, they are usually several centimetres wide and they are not used for sewing. Selvages are used to attach the fabric to the frame of the loom during production. They run along the entire length of the fabric. These parts of the fabric are of lower quality and do not have the required (same) properties as the rest of the fabric.



## MARKINGS ON SEWING PATTERNS

The pattern contains marks that help to correctly align the individual pieces. You will always find the meaning of specific marks in the sewing instructions. The patterns also contain marks of an informative nature. In the case of tops, these may be, for example, marks on the side seam which show the position of the waistline or hips. These marks are especially useful if you need to slightly narrow or widen the pattern in one of these sections. These markers indicate where the cut can/should be adjusted. Patterns for tops usually contain corresponding marks on the sleeve pieces and the front piece. These are used to properly connect the sleeves to the torso. They will help you sew the sleeve correctly - for example, when using them, you cannot mix up the sleeves. Patterns for pants sometimes have marks indicating the knee area. Always carefully transfer all important marks to the fabric. Thanks to them, you will be able to easily and accurately sew even long seams without risking inaccuracies.



## HOW TO CHOOSE THE RIGHT SIZE

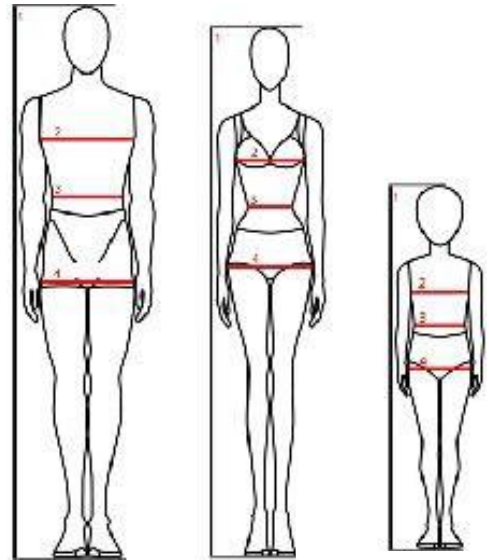
Select the size of the pattern based on the size chart, which utilizes body dimensions, not according to the size in which you usually buy clothes. Select the sizes of the tops (T-shirts, sweatshirts, jackets, etc.) according to the circumference of the chest (2), the size of the bottom garments (trousers, skirts, etc.) according to the circumference of the hips (4). When sewing dresses, it is necessary to take into account both the circumference of the chest and the circumference of the seat, while the circumference of the chest is more important. The waist circumference (3) is an auxiliary dimension. Children's sizes are primarily selected according to their height. The suitability of the selected size is further assessed according to the circumference of the chest or hips (depending on the type of garment).

To properly measure your body dimensions, take off your clothes (you can keep your underwear on) and stand upright. Do not hold your breath.

The numbers in the size charts are body dimensions in inches.

Metric size charts can be found here:

<https://www.picolly.com/size-charts-womens-childrens-and-mens-clothing/>



For more information on patterns, pattern design, and sizes, see this article:

<https://www.picolly.com/what-is-a-clothing-pattern-how-to-choose-a-correct-size-and-why-you-may-need-to-adjust-your-pattern-a-bit/>



### SIZE CHART - WOMEN'S SIZES

- this chart is compiled for a woman of average height (5'6")

Size	32	34	36	38	40	42	44	46	48	50	52	54	56	58	60
Chest	30"	31 1/2"	33"	34 1/2"	36"	37 1/2"	39"	41"	43"	45 1/2"	48"	50 1/2"	53"	55 1/2"	58"
Waist	23"	24 1/2"	26"	27 1/2"	29"	30 1/2"	32"	34"	36"	38 1/2"	41"	43 1/2"	45 1/5"	48"	50 1/2"
Hips	32 1/2"	34"	35 1/2"	37"	38 1/2"	40"	41 1/2"	43 1/2"	45 1/2"	48"	50 1/2"	53"	55"	57 1/2"	60"

### SIZE CHART - CHILDREN'S SIZES CLASSIC

Size	80	86	92	98	104	110	116	122	128	134	140	146	152	158	164
Height	31 1/2"	33 3/4"	36 1/4"	38 1/2"	41"	43 1/3"	45 2/3"	48"	50 1/3"	52 3/4"	55"	57 1/2"	59 3/4"	62 1/3"	64 1/2"
Chest	19 2/3"	20 1/3"	21"	21 2/3"	22"	22 1/2"	22 3/4"	23 2/3"	24"	24 3/4"	26"	27 1/3"	28 1/3"	29 1/2"	30 2/3"
Waist	20"	20 1/3"	20 2/3"	21"	21 2/3"	22"	22 1/2"	22 3/4"	23 2/3"	24"	24 1/3"	24 3/4"	25 1/2"	26 1/3"	27"
Hips	21 2/3"	22"	22 3/4"	23 1/3"	24"	24 3/4"	25 2/3"	26 1/3"	27"	28"	29"	30 2/3"	32 1/3"	33 2/3"	35 1/2"

### SIZE CHART - CHILDREN'S SIZES SLIM

Size	80	86	92	98	104	110	116	122	128	134	140	146	152	158	164
Height	31 1/2"	33 3/4"	36 1/4"	38 1/2"	41"	43 1/3"	45 2/3"	48"	50 1/3"	52 3/4"	55"	57 1/2"	59 3/4"	62 1/3"	64 1/2"
Chest	18"	19"	19 2/3"	20"	20 1/4"	20 2/3"	21 1/4"	22"	22 1/2"	23 1/4"	23 2/3"	24 1/3"	25 1/4"	26"	26 3/4"
Waist	18"	18 1/2"	19"	19 1/3"	19 2/3"	20"	20 1/2"	20 2/3"	21 1/4"	21 2/3"	23 1/4"	23 1/4"	24"	24 3/4"	25 2/3"
Hips	20"	20 1/2"	21 1/4"	21 2/3"	22 1/2"	23 1/4"	24"	24 3/4"	25 2/3"	26 1/3"	27 1/2"	25 1/4"	30 1/3"	31 1/2"	32 2/3"

### SIZE CHART - MEN'S SIZES

- this chart is compiled for a man of average height (6')

Size	44	46	48	50	52	54	56	58	60	62	64	66
Chest	34 2/3"	36 1/4"	37 3/4"	39 1/3"	41"	42 1/2"	44"	45 2/3"	47 1/4"	48 3/4"	50 1/3"	52"
Waist	30"	31 1/2"	33"	34 2/3"	36 1/4"	37 3/4"	40 1/4"	42 1/2"	45"	47 1/4"	49 2/3"	52"
Hips	36 2/3"	37 1/3"	38 2/3"	39 1/3"	40 1/2"	41 1/3"	43"	44"	45 2/3"	46 3/4"	48"	48 3/4"



## FOR THE BEST RESULTS...

The patterns are constructed in ready-made sizes because it is not possible to construct a pattern for all body types and sizes. To make the clothes fit the individual figure perfectly, you need to carefully measure it first. Then compare measurements with size chart and paper pattern. This is the only way to find the right size. Also, it's almost always necessary to adapt the pattern to a specific figure with minor adjustments. Even if we have two women whose measurements are the same, they will differ in other ways - one of them may have a narrower back and a larger bust, the other may be more muscular with a smaller bust. One of them may also have wider hips and flatter buttocks, the other may have narrower hips and rounder buttocks... The patterns are, therefore, mere guides, and if you want the garment to fit like a glove, you always need to sew a test piece. Then, if necessary, adjust the pattern and sew the final piece.

You will find more about pattern adjustments on page 4 in the chapter on "Pattern adjustments".

Also, remember to mark and use the seam allowances properly. A common mistake is that the seamstress does not measure the seam allowances and "eyeballs it". It is necessary to measure seam allowances with the measuring tape around the entire pattern and then sew along the correct seamlines - the right distance from the cutting edge. Careless work with the seam allowances can result in large deviations in the overall widths and lengths of the individual pieces. If you want to save some time, use pattern version/view with pre-drawn seam allowances.

When positioning the paper pattern pieces always make sure that the pieces are oriented correctly. If you position the pieces inaccurately, your garment may become twisted in certain areas. Learn to use the grainline correctly. You probably have some bad experiences with clothes from stores, so you know what I'm talking about.

It is also necessary to test and measure the garment during sewing. No two fabrics are the same, therefore, please note that what works with one fabric may not work with another. I also recommend basting (temporarily stitching) all seams that affect circumferences (such as side seams, instep seams, etc.) before sewing. So, you can try the garment on and adjust it if necessary. Also, do not underestimate ironing. These "extra" things will pay off. Believe me.

### TEST PIECE

If you are interested in the process of sewing a test piece (muslin), you can read this article:

<https://www.picolly.com/how-and-why-to-make-a-muslin-video/>



In addition to seam allowances, the patterns always contain so-called allowances for the freedom of movement and allowances for design elements. You won't find these marked in the pattern, but they determine the overall shape of the garment, for example, whether it will be tight or oversized, etc. Therefore, when comparing your body dimensions with the paper pattern, do not forget to take into account the overall design of the garment.