

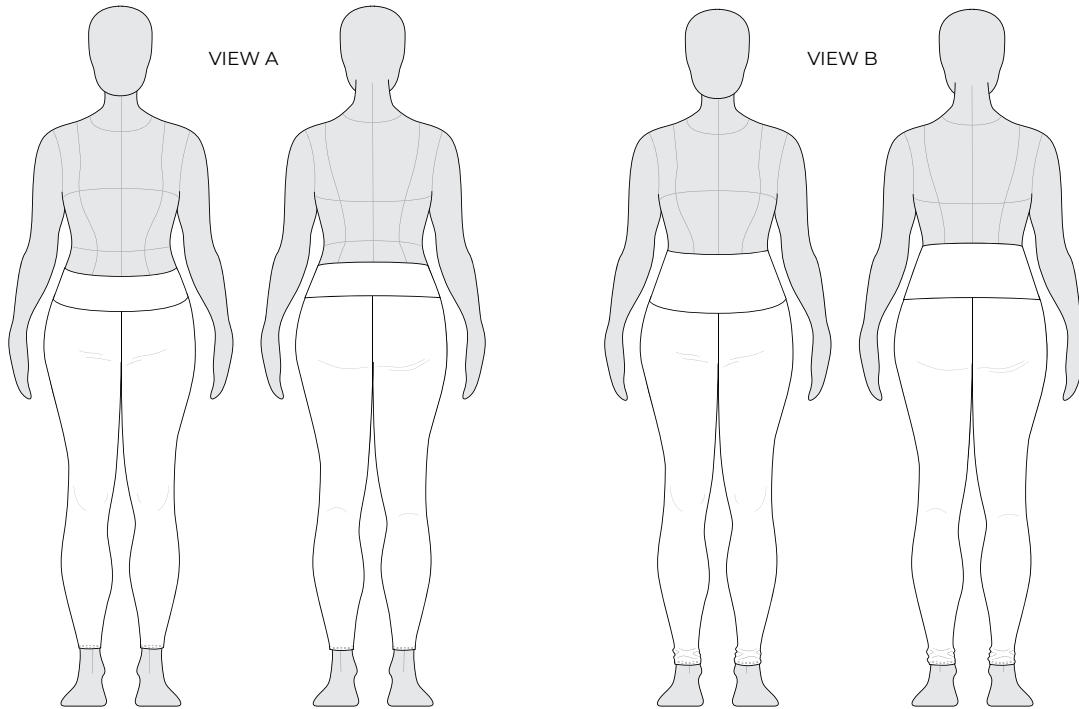
AVERY

LEGGINGS | ADVANCED BEGINNER | SIZES 0 - 34 | #1002



HELEN'S CLOSET

PATTERNS



The Avery leggings are the ultimate leg layer. They are simple to sew while still featuring unique details that make them special. The Avery leggings have no outer leg seam, so you have a nice smooth leg for layering. They have a crotch gusset for improved range of movement that also reduces bulky seams. Each view features a waistband and waistband facing with a fully enclosed and stabilized elastic, ensuring your leggings won't fall down. Try view A for a classic look or view B for an ultra-high waist and extra-long legs. The Avery leggings can be worn anywhere from yoga to the workplace and are a great wardrobe staple.

Notions

- Thread
- 1M 1/2" (1.3 cm) wide elastic

Difficulty

Advanced Beginner

Sizes

0-34 US

Sewing Skills Learned:

- Sewing a crotch gusset
- Sewing with elastic
- Sewing with knit fabric

Fabric Recommendations

Four-way stretch knits with **at least 70% stretch horizontally and vertically** (see the stretch chart on page 3). Look for nylon spandex, cotton spandex, bamboo jersey, or rayon jersey. For leggings that aren't intended to be layered, make sure to find a fabric that is 100% opaque. Look for 'performance jersey', 'technical fabric', 'activewear knits' or 'dancewear' when shopping.



Size Chart

inches

	0/2	4/6	8/10	12/14	16/18	20/22	24/26	28/30	32/34
Waist	24-25	26-27	28-29	30-32	34-36	38-40	42-44	46-48	50-52
Hips	33-34	35-36	37-38.5	40-42	44-46	48-50	52-54	56-58	60-62

centimeters

	0/2	4/6	8/10	12/14	16/18	20/22	24/26	28/30	32/34
Waist	61-63.5	66-68.5	71-73.5	76-81.5	86.5-91.5	96.5-101.5	106.5-112	117-122	127-132
Hips	84-86.5	89-91.5	94-98	101.5-106	112-117	122-127	132-137	142-147.5	152.5-157

This pattern has been drafted for a 5'6" tall woman

Finished Garment Measurements

inches

	0/2	4/6	8/10	12/14	16/18	20/22	24/26	28/30	32/34
Waist	19	20.5	23.5	26.5	30.5	34.5	38.5	42.5	46.5
Hips	25	26.5	29	32	35.5	38.5	42.5	46.5	50.5
Length (A: mid-rise)	36.5	36.5	36.5	36.5	36.5	36.5	36.5	36.5	36.5
Length (B: high-rise)	41	41	41	41	41	41	41	41	41

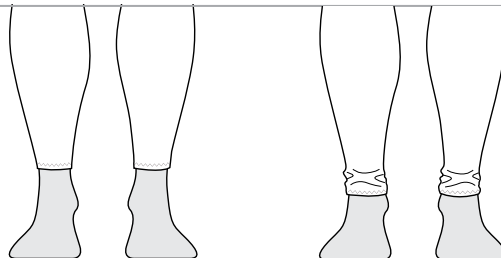
centimeters

	0/2	4/6	8/10	12/14	16/18	20/22	24/26	28/30	32/34
Waist	48	52	59.5	67	77.5	87.5	98	108	118
Hips	64	67.5	73.5	81.5	90	98	108	118	128.5
Length (A: mid-rise)	92.5	92.5	92.5	92.5	92.5	92.5	92.5	92.5	92.5
Length (B: high-rise)	104	104	104	104	104	104	104	104	104

*Length is measured from the top of the waistband to the hem. The leggings will stretch vertically when worn.

This pattern has negative ease. The leggings are designed to be form fitting and stay up. It is important to **use a fabric with at least 70% stretch in both directions** to ensure that the leggings fit as intended.

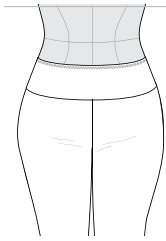
View A is ankle length, ideal for tucking into boots



View B is extra long, ideal for lounging

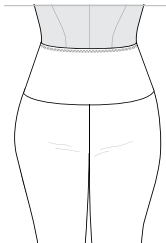


Fabric Requirements - View A (mid-rise waist)



	0/2	4/6	8/10	12/14	16/18	20/22	24/26	28/30	32/34
57"/ 150cm wide	1 m	1 m	1 m	1 m	1 m	1.3 m	1.3 m	1.3 m	1.3 m
	1 y	1 y	1 y	1 y	1 y	1.4 y	1.4 y	1.4 y	1.4 y

Fabric Requirements - View B (high waist)



	0/2	4/6	8/10	12/14	16/18	20/22	24/26	28/30	32/34
57"/ 150cm wide	1 m	1 m	1 m	1 m	1 m	1.4 m	1.4 m	1.4 m	1.4 m
	1 y	1 y	1 y	1 y	1 y	1.5 y	1.5 y	1.5 y	1.5 y

For sizes 24-34, please allow extra fabric for directional prints.

