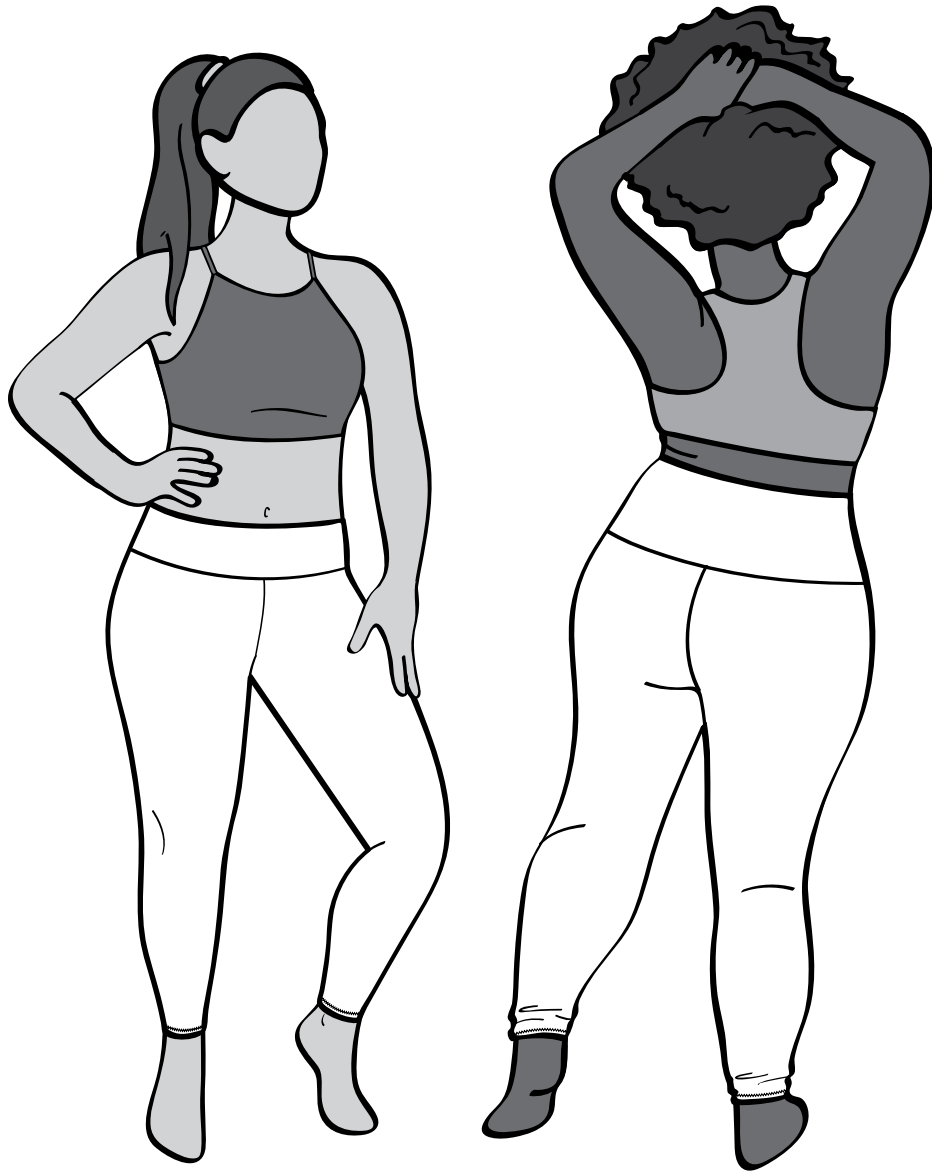


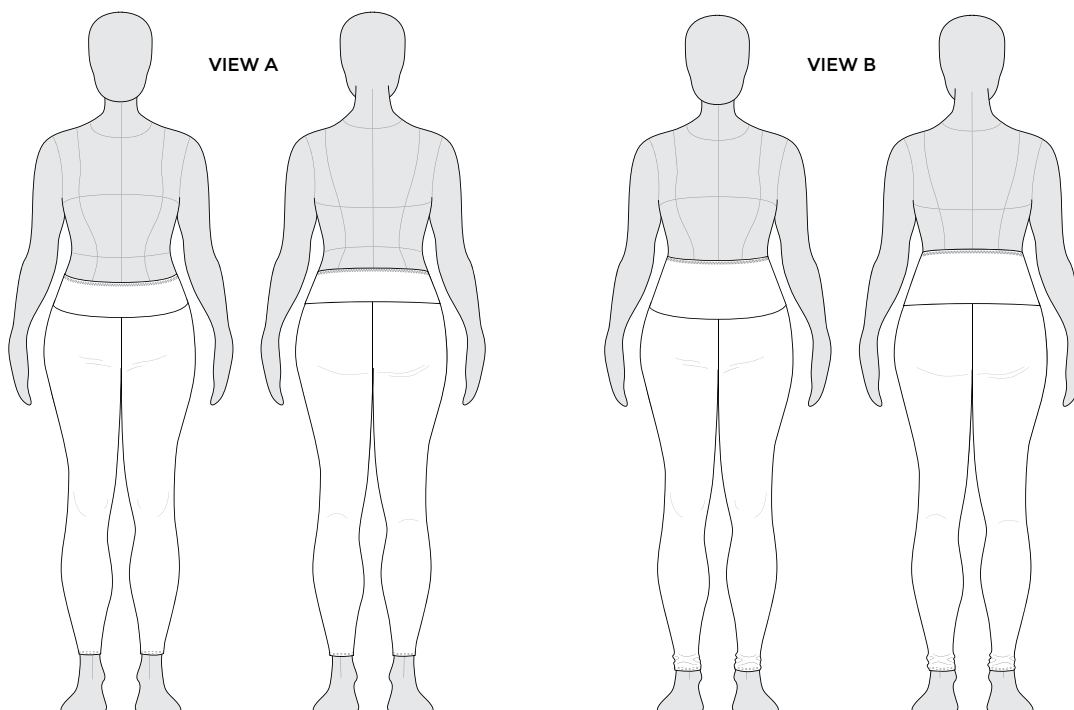
AVERY LEGGINGS



Advanced Beginner | Sizes XS-XXL | Style #1002

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Helen's Closet



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" Elastic

Sewing Skills Learned:

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

Difficulty

Advanced Beginner

Sizes

XS - XXL US

Fabric Recommendations

Four-way stretch knits with **at least 70% stretch horizontally and vertically**. 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

	XS (0 - 2)	S (4 - 6)	M (8 - 10)	L (12 - 14)	XL (16 - 18)	XXL (20-22)
Waist	24 - 25"	26 - 27"	28 - 29"	30 - 32"	34 - 36"	38 - 40"
	61 - 63.5 cm	66 - 68.5 cm	71 - 74 cm	76 - 81.5 cm	86.5 - 91.5 cm	96.5 - 102 cm
Hip	33 - 34"	35 - 36"	37 - 38.5"	40 - 42"	44 - 46"	48 - 50"
	84 - 86.5 cm	89 - 91.5 cm	94 - 99 cm	102 - 107 cm	112 - 117 cm	122 - 127 cm

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

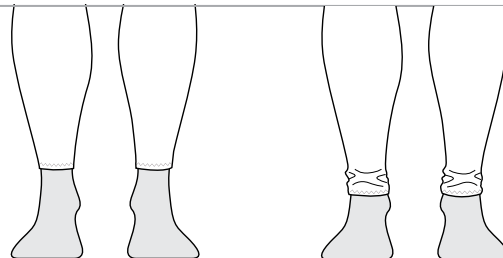
Finished Garment Measurements

	XS (0 - 2)	S (4 - 6)	M (8 - 10)	L (12 - 14)	XL (16 - 18)	XXL (20-22)
Waist	19"	20.5"	23.5"	26.5"	30.5"	34.5"
	48 cm	52 cm	60 cm	67 cm	77.5 cm	88 cm
Hip	25"	26.5"	29"	32"	35.5"	39.5"
	63.5 cm	67 cm	74 cm	81.5 cm	90 cm	100 cm
Length* View A (mid-rise)	36.5"	36.5"	36.5"	36.5"	36.5"	36.5"
	90 cm	90 cm	90 cm	90 cm	90 cm	90 cm
Length* View B (high waist)	41"	41"	41"	41"	41"	41"
	101.5 cm	101.5 cm	101.5 cm	101.5 cm	101.5 cm	101.5 cm

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

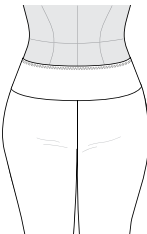
This pattern has negative ease. The leggings are designed to be form fitting and stay up. It is important to **use a fabric with at least 70% stretch in both directions** to ensure that the leggings fit as intended.

View A is ankle length, ideal for tucking into boots

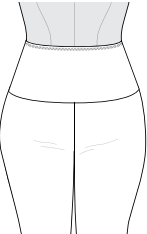


View B is extra long, ideal for lounging

Fabric Requirements - View A (mid-rise waist)

		XS	S	M	L	XL	XXL
	57"/ 150cm wide	1 m	1 m	1 m	1 m	1 m	1 m
		1 y	1 y	1 y	1 y	1 y	1 y
	45"/ 115cm wide	1.2 m	1.2 m	1.2 m	1.2 m	1.2 m	1.2 m
1.3 y		1.3 y	1.3 y	1.3 y	1.3 y	1.3 y	

Fabric Requirements - View B (high waist)

		XS	S	M	L	XL	XXL
	57"/ 150cm wide	1.1 m	1.1 m	1.1 m	1.1 m	1.1 m	1.1 m
		1.2 y	1.2 y	1.2 y	1.2 y	1.2 y	1.2 y
	45"/ 115cm wide	1.5 m	1.5 m	1.5 m	1.5 m	1.5 m	1.5 m
1.7 y		1.7 y	1.7 y	1.7 y	1.7 y	1.7 y	

Cutting Layouts - All Views

