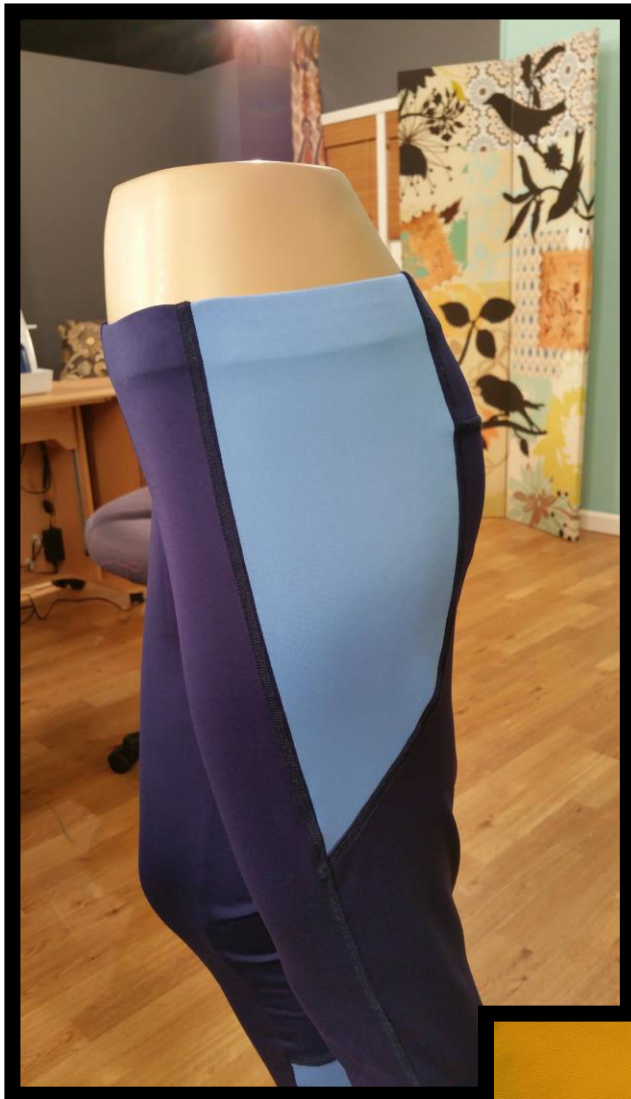


Season 1109-3

- Active-Wear Leggings

Fabric, Patterns and Sewing Supplies are found on :

[The Angela Wolf Pattern Collection](#)



Active wear is not just for the gym! Depending on the fabric and color, these have become a mainstream garment – commonly referred to as athleisure wear.

The pattern is from my *Angela Wolf Pattern Collection* ([coming fall 2016](#))

Supplies:

- Fabric: Sports lurex (check [my website](#) for sources)
- Stretch or ballpoint needle
- Sports elastic
- Wooly nylon thread for the serger and coverhem machines

Here are a few tips for sewing a sporty looking seam with a home serger and coverhem machine:

- With right sides together, serge the seam with an overlock machine.
- From the wrong side of the fabric, use a 3-thread coverhem stitch, stitch along the serged seam allowance.



Join me ...





There are many ways to attach elastic to the waistband, but one of my favorites is the invisible waistband:

- On the wrong side of the fabric, line up the sports elastic with the top edge of the waistline.
- Serge the fabric to the elastic
- Turn the fabric toward the wrong side of the fabric, enclosing the elastic.
- Tack the elastic in place along the seams

Hemming:

- Turn up hem and press, use a [tailor's clapper](#) for a crisp crease
- Using a 3-thread coverhem stitch, stitch the hem in place. This can be stitched from the right or wrong side of the fabric depending on the desired look.



Use coupon code **ITSEWEASY10** for 10% off everything at www.AngelaWolfPatterns.com

Refer to my [blog](#) for more sewing tip and tricks!

Cheers,

Angela

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