

French Terry Sweat Shorts

French Terry Sweat Shorts Verified open pattern specification

Garment Type: Sweat Shorts | Difficulty: Beginner | Provenance: Threadline Open Design Studio | License: CC BY-SA 4.0

PRINTER CALIBRATION & SCALE VERIFICATION

Measure both test squares with a rigid ruler before cutting fabric. Print at 100% scale without shrinking.



- Scale Rules:
- 1. Open in Acrobat Reader
 - 2. Select Actual Size 100%
 - 3. Do NOT Fit to Page
 - 4. Verify dimensions above

SIZE SELECTION & EASE RECOMMENDATIONS

Select size corresponding to natural waist and full hip/seat measurements. If between sizes, choose the larger size and adjust side seams.

+6 to +10 cm hip ease for comfortable relaxed lounge fit.

STANDARD BODY MEASUREMENTS CHART

Size Range	XS	S	M	L	XL	2XL	3XL
Natural Waist	64 cm	72 cm	80 cm	88 cm	96 cm	104 cm	112 cm
Full Hip / Seat	90 cm	98 cm	106 cm	114 cm	122 cm	130 cm	138 cm

FINISHED MEASUREMENTS & MATERIALS

FINISHED GARMENT MEASUREMENTS (INCLUDES DESIGN EASE)

Dimension	XS	S	M	L	XL	2XL	3XL
Finished Waist	66 cm	72 cm	78 cm	84 cm	94 cm	104 cm	114 cm
Finished Hip	98 cm	104 cm	110 cm	116 cm	126 cm	136 cm	146 cm
Inseam Length	15 cm	15 cm	15 cm	15 cm	15 cm	15 cm	15 cm

FABRIC REQUIREMENTS (45 IN / 115 CM & 60 IN / 150 CM BOLTS)

Bolt Width	XS	S	M	L	XL	2XL	3XL
45" / 115 cm Fabric	1.1 yd	1.1 yd	1.1 yd	1.3 yd	1.3 yd	1.55 yd	1.55 yd
60" / 150 cm Fabric	0.85 yd	0.85 yd	0.85 yd	1.1 yd	1.1 yd	1.3 yd	1.3 yd

RECOMMENDED FABRICS & STRETCH PROPERTIES

Recommended Substrates: 100% cotton French terry, Cotton-modal loopback knit with 5% elastane, Medium-weight cotton fleece. Stretch Requirement: 15 25% crosswise stretch with moderate recovery.

NOTIONS & SEWING TOOLS CHECKLIST

- ☐ Matching polyester or poly-blend thread
- ☐ Stretch or ballpoint needle size 80/12
- ☐ 38 mm 1.5 in non-roll knit elastic
- ☐ 1.5 m flat knit drawstring or cotton cord
- ☐ Small piece of fusible interfacing for eyelets
- ☐ Sharp fabric shears
- ☐ Measuring tape
- ☐ Iron and pressing ham

PATTERN INVENTORY & CUTTING LAYOUT

STANDARD SEAM & HEM ALLOWANCES

Use the seam and hem allowances printed on each pattern piece. Verify every allowance label before cutting fabric.

PATTERN PIECE INVENTORY & CUTTING SCHEDULE

Piece Name	Cut Quantity	Material / Interfacing
Shorts Front Leg	Cut 1 Pair	Main Fabric
Shorts Back Leg	Cut 1 Pair	Main Fabric
Elastic Waistband Casing	Cut 1 in Rib Knit or Self	Main Fabric
Side Slant Pocket	Cut 2 Pairs	Main Fabric

FABRIC PREPARATION & CUTTING RULES

- Press fabric before cutting to remove packing folds and pre-shrink fibers.
- Align piece grainlines strictly parallel to fabric selvages.
- Transfer notch markings with small 3 mm snips into the seam allowance margin.

MULTI-PAGE TILE ASSEMBLY INSTRUCTIONS

1. Check Sheet 1 calibration square before printing the remaining pattern sheets.
2. Trim right and bottom border lines along the dashed perimeter frame.
3. Match corner crosshairs, such as A1 to A2 and B1 to B2, without overlapping.
4. Tape sheets securely on both sides before cutting paper pieces.

STEP-BY-STEP SEWING INSTRUCTIONS

Step 1: Cut Pieces & Apply Interfacing

Cut front legs, back legs, waistband casing, and pocket bags from French terry. Fuse small 25 mm interfacing squares on waistband center front for drawstring eyelets.

Step 2: Construct Side Slant Pockets

Stitch pocket facing to front leg pocket opening right sides together. Understitch, press inside, and stitch pocket bags together around curved lower edge.

Step 3: Crotch & Inseam Assembly

Stitch front crotch seam and back crotch seam right sides together using a stretch stitch. Align front and back at inseam, matching crotch intersection, and stitch from hem to hem.

Step 4: Side Outseams

Pin front and back legs right sides together along side outseams, encasing pocket edges smoothly. Stitch with serger or stretch stitch from waist to hem and press toward back.

Step 5: Waistband Casing & Leg Hems

Stitch drawstring eyelets or buttonholes on waistband. Form waistband ring, insert elastic and drawstring, and stitch to shorts waistline. Turn and double-needle hem each leg opening.

TROUBLESHOOTING & PRO SEWING TIPS

Issue: Seams puckering along stitch line

Fix: Insert fresh needle and test balance on fabric scrap.

Issue: Wavy edge along curved perimeter

Fix: Staystitch immediately after cutting and use walking foot.