

Jogging Pants to Skirt UpCycle Tutorial

Tutorial by Jayda InStitches – 2015 – Happy Crafting!

Materials Required

Old Jogging Pants
Sewing Machine
Scissors
Pins
Measuring Tape
Thread



1. Lay our your old jogging pants and smooth them down as flat as possible, make sure the front and back pieces lay evenly on top of each other (tug on the edge seams). These jogging pants ended at the knee. If you have a full length pair of pants, you'll have even more material to work with!



2. With your measuring tape, measure the distance from the **bottom** of the waste band to the top of the middle crotch seam. On these pants it was 6 inches. From one edge seam to the other, measure this distance at even intervals and place a pin at the bottom. This line will be where you cut. The bottom should be completely open. This is your Waist Piece.



3. Now take the pant legs and cut off the bottom elastic casing (if there is one). Cut up both side seams to create 4 separate pieces. They will probably be wider at the top than the bottom.



4. When you have all four pieces, line them up short edge next to wide edge, next to short edge, next to wide edge. Trim the tops and bottoms so that they're ***mostly*** even. Pin and sew them together. Use a straight stitch and do **not** pull your fabric as you sew, it will make it warp. You will now have one ***somewhat*** rectangular piece of fabric.



5. Time to decide how long you want your skirt to be! Hold the measuring tape at your waist (or wherever your jogging pants waist sits) and measure to what point along your leg you want the length of your skirt to end (for me this was 24 inches). Write down this measurement. Now **SUBTRACT** the measurement of the top part of your skirt (for example, mine was 6 inches). For me this worked out to $24 - 6 = 18$.
6. With pins and measuring tape, mark this new length (from the top of the fabric) from one side to the other and cut along this line. Repeat. You will have two long rectangular pieces of fabric.



7. Place these two long rectangles right sides together, pin along the short edges and sew together. You will now have one really long circle piece of fabric. This is your Skirt Piece.
8. Now gather one long edge of your Skirt Piece. You can do this by hand (with a long piece of thread and a needle, going in and out of the fabric every centimeter or so) or take a long piece of thread, floss or yarn, lay it along the edge of your fabric and with your sewing machine, carefully zig zag stitch over top of the thread (careful not to catch the thread or floss). Pull the long thread to gather.



9. Now the time consuming part! You want to match up your gathered Skirt Piece edge with the bottom edge of your Waist Piece. Make sure that the right sides of both pieces are together. You don't want the seam to wind up on the wrong side of your skirt! A tidy way of doing this is to align the Waist Piece side seams with either edge of the Skirt Piece and then evenly distribute the gathering between them on the front and back. This will take some shuffling, repinning, and possibly a little extra gather or letting a bit of it out. Be patient and take your time, because this work will make your skirt look really cute!



10. When you're satisfied with the even distribution of gathered fabric and you have enough pins in it to keep it together as you sew, carefully move it to your sewing machine and start sewing the two pieces together. Sew along the gathered fabric side. Take your time here as well!



11. Finishing: You can finish the inside of your raw seam edges by zig zag stitching over top of them. It is **not** recommended that you Zig Zag stitch the bottom of your skirt because it will pull it out of shape. I left mine raw because jogging suit material doesn't fray (much). If you want to finish it nicely, you can sew some seam binding or ribbon along the bottom of it, using a straight stitch. And POOF! Super -cute and really comfy skirt! Embellish as desired ☺



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