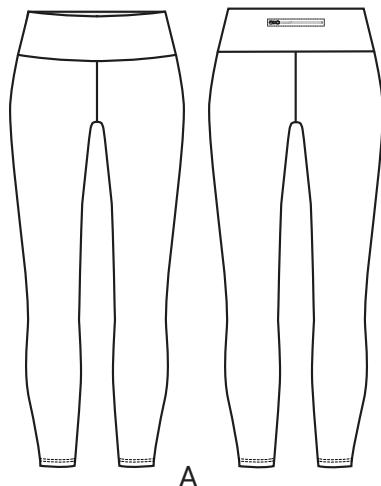
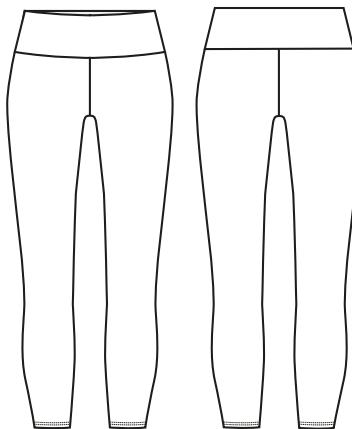


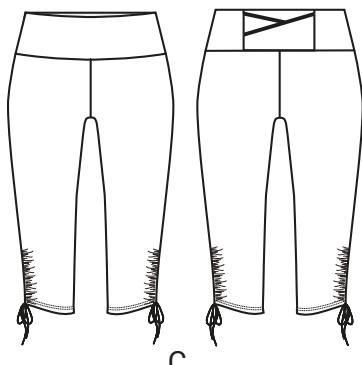
AILA LEGGINGS / 7 VIEWS / SIZES 34-52 (2-20)



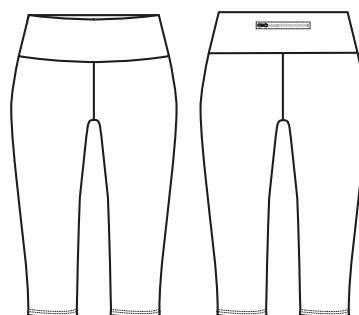
A



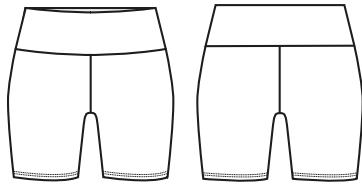
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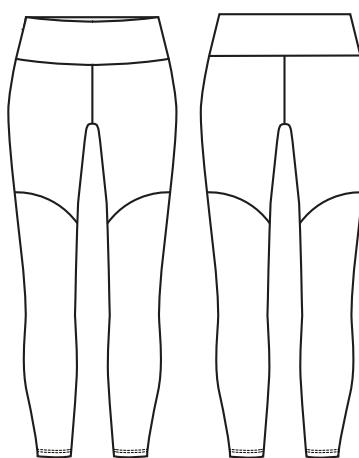
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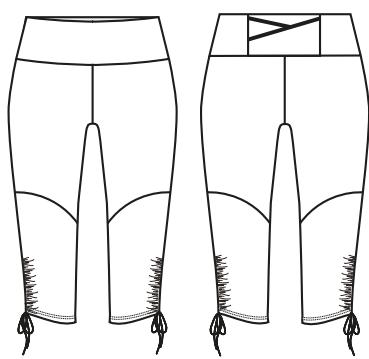
D



E



F



G

PATTERN FEATURES

- » Optional crotch gusset
- » Four lengths: Bike short, Capri, 7/8 and Full length
- » Contrasting panels option
- » Drawstring feature
- » Zip waistband pocket
- » Criss-cross back pocket
- » Round tummy waistband option

AILA SEW-ALONG

For more tutorials and bonus instructions go to thelaststitch.com/ailasewlong

SIZE CHART BODY MEASUREMENTS / EUR & US

		34 (2)	36 (4)	38 (6)	40 (8)	42 (10)	44 (12)	46 (14)	48 (16)	50 (18)	52 (20)
Waist	CM	64	68	72	76	80	84	88	94	100	106
	INCH	25	26 $\frac{3}{4}$	28 $\frac{1}{2}$	30	31 $\frac{1}{2}$	33	34 $\frac{1}{2}$	37	39 $\frac{1}{2}$	41 $\frac{3}{4}$
High hip/ tummy	CM	83	86	89	92	95	99	103	108	113	118
	INCH	32 $\frac{3}{4}$	34	35	36	37 $\frac{1}{2}$	39	40 $\frac{1}{2}$	42 $\frac{1}{2}$	44 $\frac{1}{2}$	46 $\frac{1}{2}$
High hip/ tummy Round	CM	86	89	92	95	98	101	105	111	116	121
	INCH	33 $\frac{3}{4}$	35	36 $\frac{1}{4}$	37 $\frac{1}{2}$	38 $\frac{3}{4}$	39 $\frac{3}{4}$	41 $\frac{1}{2}$	43 $\frac{3}{4}$	45 $\frac{3}{4}$	47 $\frac{3}{4}$
Low Hip	CM	88	92	96	100	104	108	112	117	122	127
	INCH	34 $\frac{1}{2}$	36	37 $\frac{3}{4}$	39 $\frac{1}{2}$	41	42 $\frac{1}{2}$	44	46	48	50

AILA LEGGINGS FINISHED GARMENT MEASUREMENTS

		34 (2)	36 (4)	38 (6)	40 (8)	42 (10)	44 (12)	46 (14)	48 (16)	50 (18)	52 (20)
Waistband*	CM	64	67	70	73	76	78.5	81.5	86	91	95.5
	INCH	25 $\frac{1}{4}$	26 $\frac{1}{2}$	27 $\frac{1}{2}$	28 $\frac{3}{4}$	30	31	32	33 $\frac{3}{4}$	35 $\frac{3}{4}$	37 $\frac{1}{2}$
Waistband* Round	CM	66	69	72	75	78	80.5	83.5	88	93	97.5
	INCH	26	27 $\frac{1}{4}$	28 $\frac{1}{2}$	29 $\frac{1}{4}$	30 $\frac{3}{4}$	31 $\frac{3}{4}$	33	34 $\frac{3}{4}$	36 $\frac{3}{4}$	38 $\frac{1}{2}$
Low Hip	CM	76	79	82	85	88	91	93.5	97.5	102	106
	INCH	30	31	32 $\frac{1}{4}$	33 $\frac{1}{2}$	34 $\frac{3}{4}$	35 $\frac{3}{4}$	37	38 $\frac{1}{2}$	40	41 $\frac{1}{4}$
Back crotch rise**	CM	24.5	25.3	26	27.3	28.5	29.7	30.1	32.3	33.6	35
	INCH	9 $\frac{1}{2}$	10	10 $\frac{1}{4}$	10 $\frac{3}{4}$	11 $\frac{1}{2}$	11 $\frac{3}{4}$	12	12 $\frac{3}{4}$	13 $\frac{1}{4}$	13 $\frac{3}{4}$
Front crotch rise**	CM	13.6	14	14.4	14.9	15.3	15.7	16.2	16.6	17	17.4
	INCH	5 $\frac{1}{4}$	5 $\frac{3}{8}$	5 $\frac{1}{2}$	5 $\frac{3}{4}$	6	6 $\frac{1}{4}$	6 $\frac{3}{8}$	6 $\frac{1}{2}$	6 $\frac{3}{4}$	7

Inseam Long leg	68 cm	26 $\frac{3}{4}$ "	Inseam Capri	44 cm	17 $\frac{1}{4}$ "
Inseam 7/8	64 cm	25 $\frac{1}{4}$ "	Inseam Bike shorts	17 cm	6 $\frac{3}{4}$ "

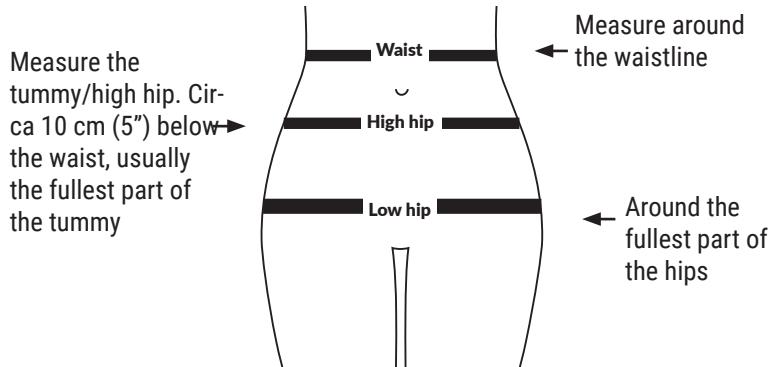
*Waistband sits about 4 cm (1 $\frac{1}{2}$ ") below the natural waistline.

**Without waistband. The waistband height is around 10 cm (4") .

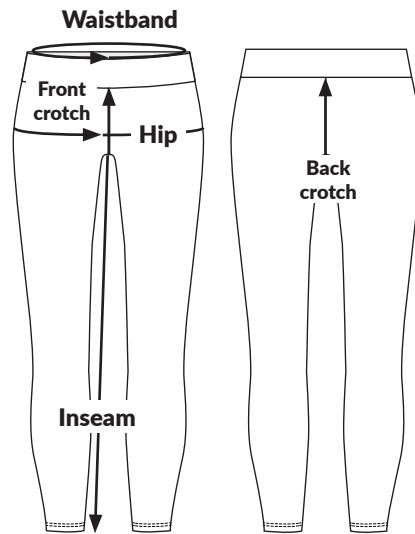
Pattern is drafted for a person 168 cm (5'6") tall with a 79 cm (31") inner leg length.

HOW TO MEASURE

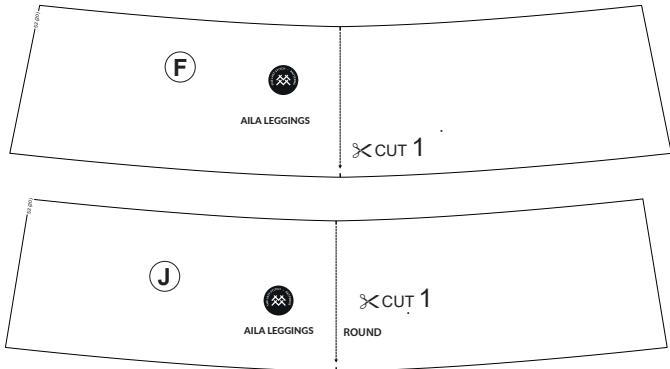
BODY MEASUREMENTS



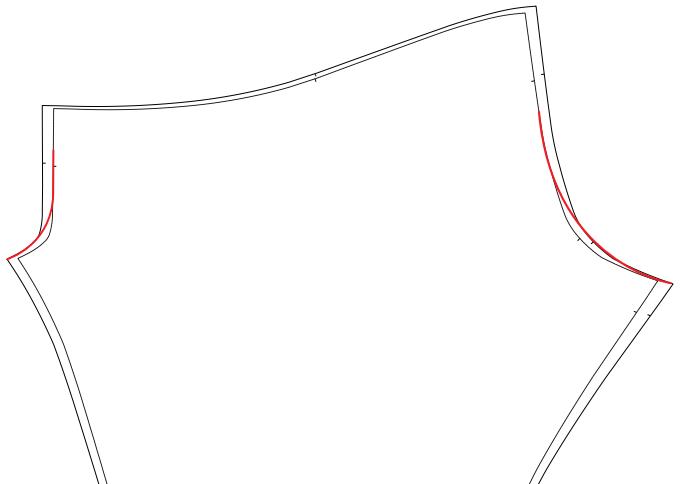
FINISHED GARMENT



PICK THE RIGHT SIZE



Regular and round tummy waistband



Grading between sizes for a bigger hip

WAISTBAND FIT: REGULAR AND ROUND

Aila Leggings has two sizing options for the waistband. Regular and round tummy. Check upper hip measurements on page 4 to see which option fits you the best.

TIP: Measure a pair of leggings that you already own and like the fit of and compare those with the Aila measurements to help you pick the right size.

HIP FIT

The leggings have negative ease (approx -20%) around the low hip area to ensure a great fit and shaping.

If your lower hip measurement is one or two sizes bigger than the waist and tummy measurements, either choose a size based on your waist and upper hip measurements and use a fabric with up to 100% stretch or pick a larger size and grade down to a smaller waist (see illustration above).

FABRIC REQUIREMENTS / METER & YARD / 145 CM WIDE (57")

		34 (2)	36 (4)	38 (6)	40 (8)	42 (10)	44 (12)	46 (14)	48 (16)	50 (18)	52 (20)
A+B Long & 7/8	METER	0.9	0.9	1	1	1	1	1.2	1.2	1.3	1.3
	YARD	1	1	1.1	1.1	1.1	1.1	1.3	1.3	1.4	1.4
C. Capri or (long) w. draw-strings	METER	0.75(0.9)	0.75(0.9)	0.85(1)	0.85(1)	0.85(1)	0.85(1)	1(1.2)	1(1.2)	1.1(1.3)	1.1(1.3)
	YARD	0.8(1)	0.8(1)	0.9(1.1)	0.9(1.1)	0.9(1.1)	0.9(1.1)	1.1(1.3)	1.1(1.3)	1.2(1.4)	1.2(1.4)
D. Capri	METER	0.75	0.75	0.85	0.85	0.85	0.85	1	1	1.1	1.1
	YARD	0.8	0.8	0.9	0.9	0.9	0.9	1.1	1.1	1.2	1.2
E. Bike shorts	METER	0.6	0.6	0.7	0.7	0.7	0.7	0.8	0.8	0.8	0.8
	YARD	0.7	0.7	0.8	0.8	0.8	0.8	0.9	0.9	0.9	0.9
F. Long panels upper and (lower)	METER	0.7(0.6)	0.7(0.6)	0.8(0.6)	0.8(0.6)	0.8(0.6)	0.8(0.6)	0.8(0.6)	0.8(0.6)	0.9(0.6)	0.9(0.6)
	YARD	0.8(0.7)	0.8(0.7)	0.9(0.7)	0.9(0.7)	0.9(0.7)	0.9(0.7)	0.9(0.7)	0.9(0.7)	1(0.7)	1(0.7)
G. Capri panels upper and (lower)	METER	0.7(0.3)	0.7(0.3)	0.8(0.3)	0.8(0.3)	0.8(0.3)	0.8(0.3)	0.8(0.3)	0.8(0.3)	0.9(0.3)	0.9(0.3)
	YARD	0.8(0.4)	0.8(0.4)	0.9(0.4)	0.9(0.4)	0.9(0.4)	0.9(0.4)	0.9(0.4)	0.9(0.4)	1(0.4)	1(0.4)

ELASTIC LENGTH / 1-1.5 CM (3/8-5/8") WIDE

		34 (2)	36 (4)	38 (6)	40 (8)	42 (10)	44 (12)	46 (14)	48 (16)	50 (18)	52 (20)
Waistband	CM	64 + 1*	67 + 1*	70 + 1*	73 + 1*	76 + 1*	78.5 + 1*	81.5 + 1*	86 + 1*	91 + 1*	95.5 + 1*
	INCH	25 $\frac{1}{4}$ + $\frac{1}{2}$ *	26 $\frac{1}{2}$ + $\frac{1}{2}$ *	27 $\frac{1}{2}$ + $\frac{1}{2}$ *	28 $\frac{3}{4}$ + $\frac{1}{2}$ *	30+ $\frac{1}{2}$ *	31+ $\frac{1}{2}$ *	32+ $\frac{1}{2}$ *	33 $\frac{3}{4}$ + $\frac{1}{2}$ *	35 $\frac{3}{4}$ + $\frac{1}{2}$ *	37 $\frac{1}{2}$ + $\frac{1}{2}$ *
Waistband Round	CM	66 + 1*	69 + 1*	72 + 1*	75 + 1*	78 + 1*	80.5 + 1*	83.5 + 1*	88 + 1*	93 + 1*	97.5 + 1*
	INCH	26 + $\frac{1}{2}$ *	27 $\frac{1}{4}$ + $\frac{1}{2}$ *	28 $\frac{1}{2}$ + $\frac{1}{2}$ *	29 $\frac{1}{4}$ + $\frac{1}{2}$ *	30 $\frac{3}{4}$ + $\frac{1}{2}$ *	31 $\frac{3}{4}$ + $\frac{1}{2}$ *	33 + $\frac{1}{2}$ *	34 $\frac{3}{4}$ + $\frac{1}{2}$ *	36 $\frac{3}{4}$ + $\frac{1}{2}$ *	38 $\frac{1}{2}$ + $\frac{1}{2}$ *

* 1 cm ($\frac{1}{2}$ ") is for overlapping the elastic

Other notions: 0.2 m (8") Power net and 0.55 m (21 $\frac{1}{2}$ ") fold-over-elastic for criss-cross pockets and as optional lining for the waistband. Zipper on a roll/by the yard or regular nylon coil zipper at least 20 cm (8") long with 1 slider, for the zipper pocket.



- » The pattern is designed for 4-way stretch knits that contains Lycra/Spandex
- » The fabric should have at least 65% stretch crosswise and good lengthwise stretch too with great recovery
- » Opt for a medium weight knit around 250–300g/m² (7.4–8.9 oz/yd²). Thin knit fabrics are not recommended for this pattern
- » The pattern is optimised for a slightly firmer/activewear fabric with great recovery