

Description: Women's leggings are meant to have a tight fit and could be worn with a casual or formal top or with athletic wear. You could also pair it with a matching top to create the effect of a catsuit.

We recommend .35mm gauge latex sheeting or 4-way stretch vinyl, however thinner or thicker latex sheeting could be used depending on personal preference.

Difficulty level: Beginner to intermediate.

Recommended gauge: .35mm

Video Tutorial: <http://www.mjtrends.com/tutorial,DIY-Leggings>

Cut out the pattern

Step 1: Cut out each pattern piece along the solid lines.

Step 2: Place your pattern pieces face up (the side with the print on it) on top of your material.

Step 3: Cut out your material.

Glue the inner leg

Step 4: Glue the front leg to the rear leg on each pattern piece.

Glue crotch

Step 5: Starting where the inner leg seams join, glue the two pieces together up to the front waist.

Step 6: Starting where the inner leg seams join, continue gluing the two pieces together up to the rear waist.

Trim

Step 7: If the front waist or rear waist do not match perfectly, carefully trim off any excess material.

Glue Waistband


Step 8: With the backside facing up, start with the waistband $\frac{1}{4}$ of an inch past the end of the rear seam. This will allow the rear seam and the waistband seam lines to match up when you finish.


Scotch tape can be applied to the legging section 1 inch below the top to ensure that excess glue does not get on the body of the leggings.

Apply glue to both the waistband and 1 inch of the skirt top, working in 4 to 6 inch sections at a time.

Step 9 Wait 24 hours for your glue to cure. Enjoy!

Legend

 Straight lines show where to cut.

 Dashed lines represent the space for the seam overlay