Jogging pants (FreeSewing Paco)

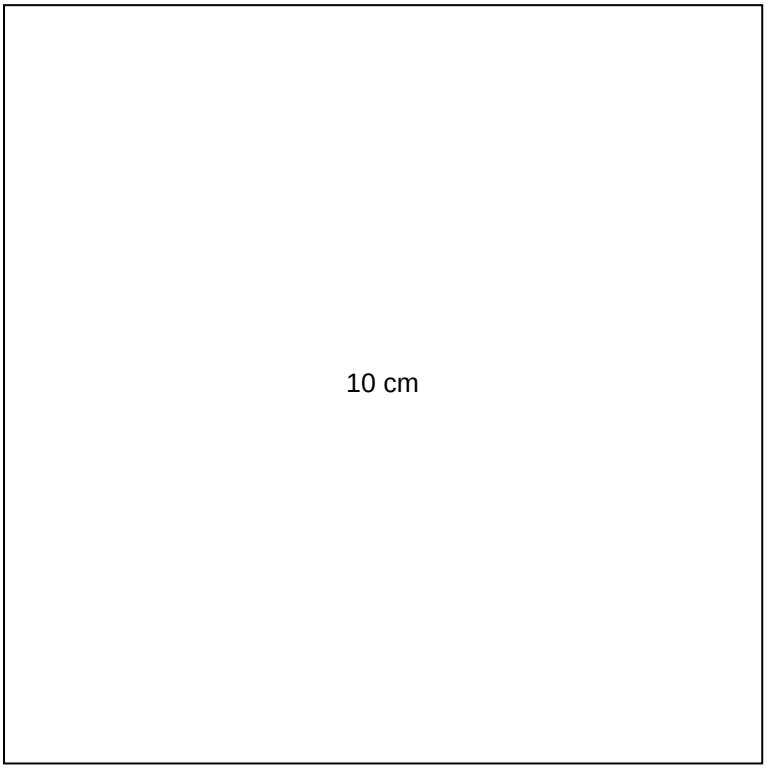
Six menswear sizes nested.

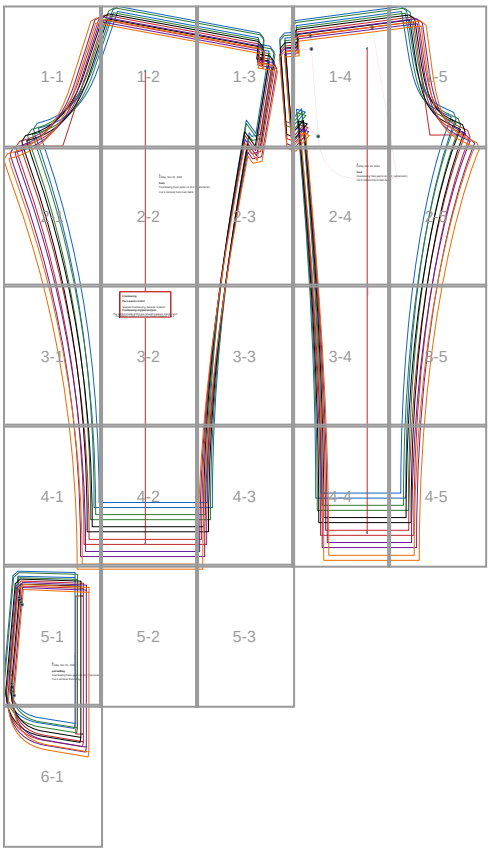
Pattern: FreeSewing Paco, MIT licence.

36 38 40 42 44 46

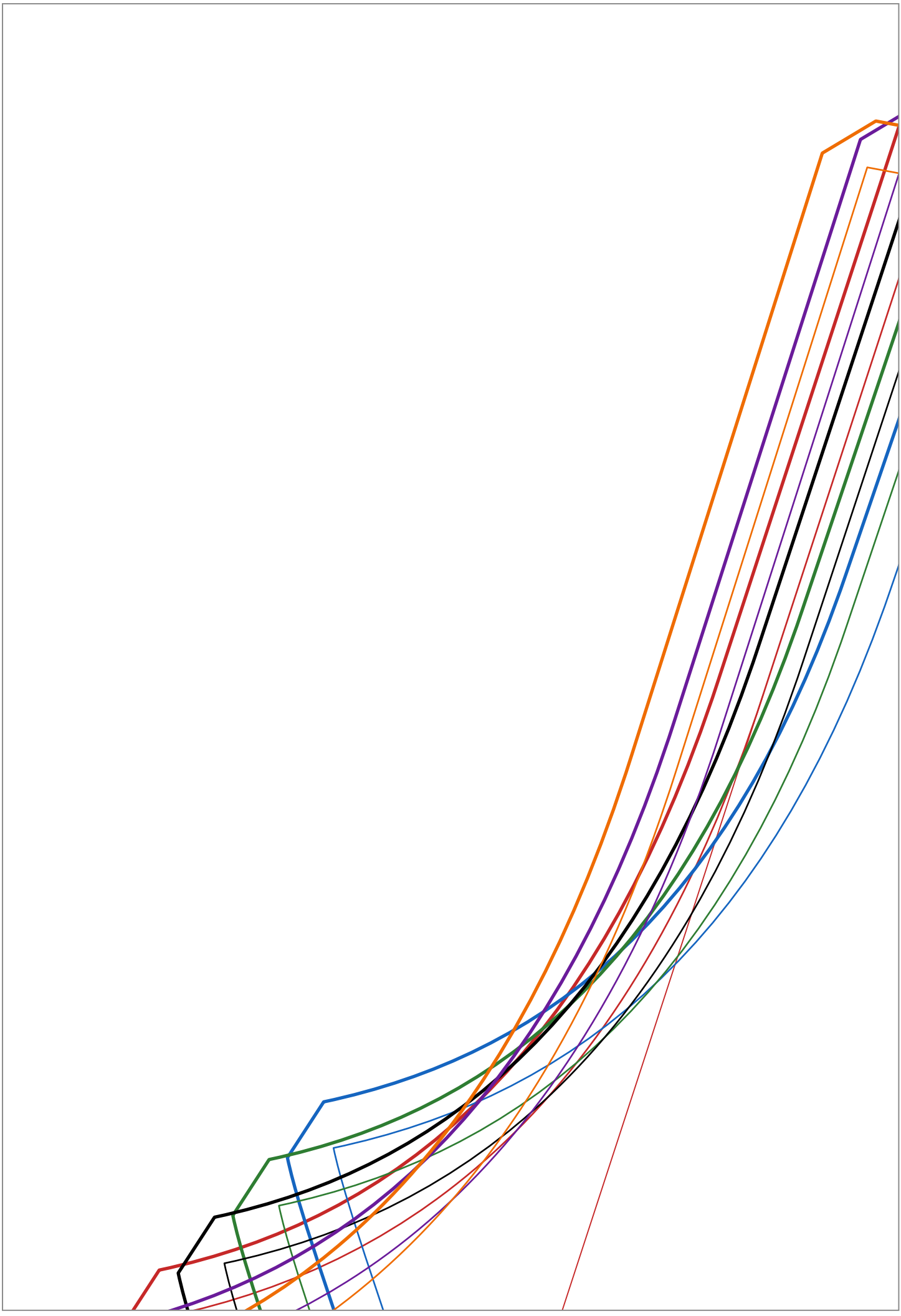
Cut without a pattern piece (seam allowance included):
Cuff: cut 2 from main fabric, 16.6 cm wide × 39.3 / 39.8 / 40.3 / 40.8 / 41.3 / 41.8 cm long
Waistband: cut 1 from main fabric, 10.0 / 10.0 / 12.0 / 12.0 / 12.0 / 12.0 cm wide × 100.9 / 104.1 / 107.3 / 110.5 / 113.8 / 117.0 cm long
Measurements per size: 36 / 38 / 40 / 42 / 44 / 46

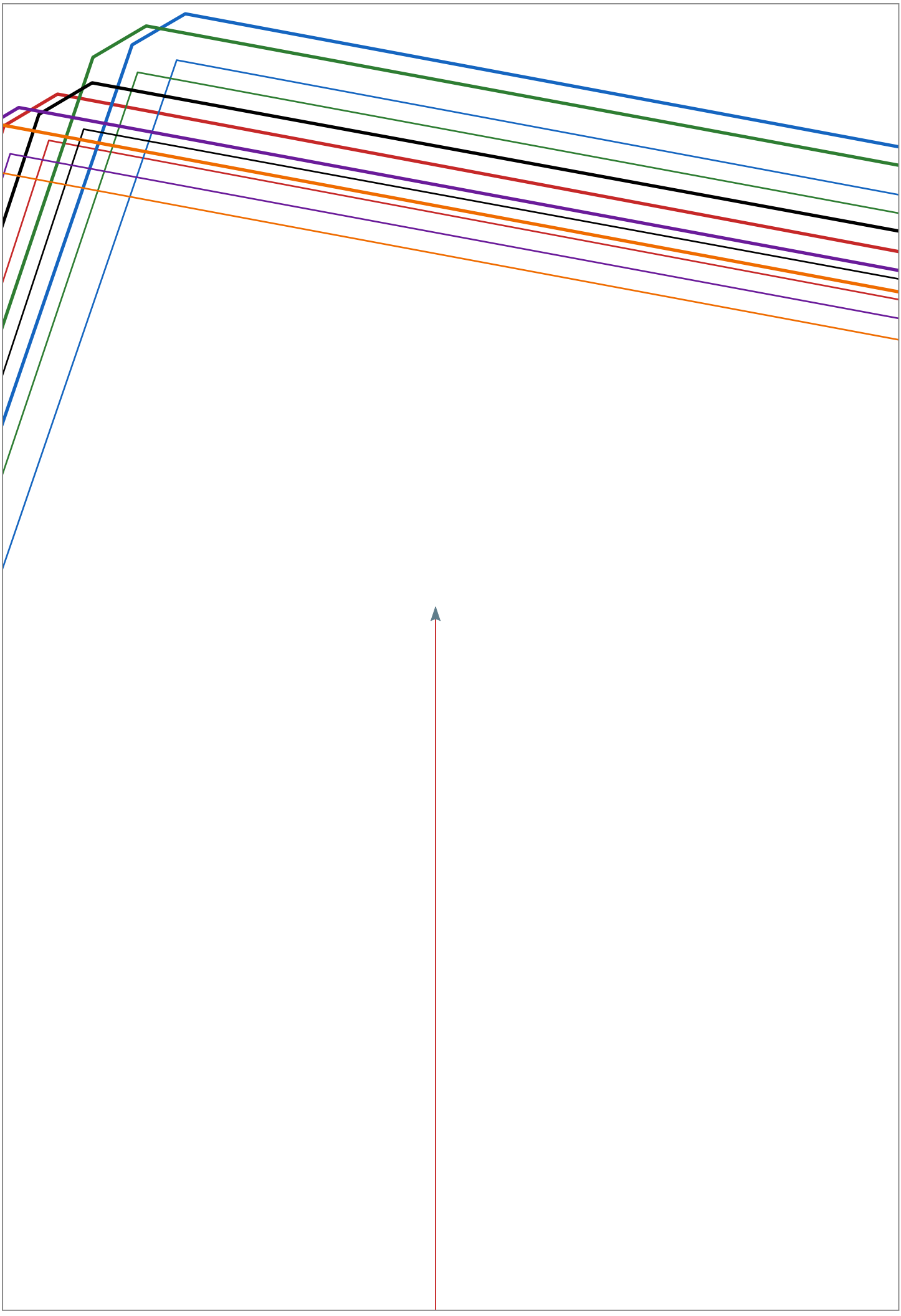
Print at 100 % ("actual size"). 24 pages on a grid of 6 rows x 5 columns (blank squares are not printed): trim, lay out by row/column, tape.

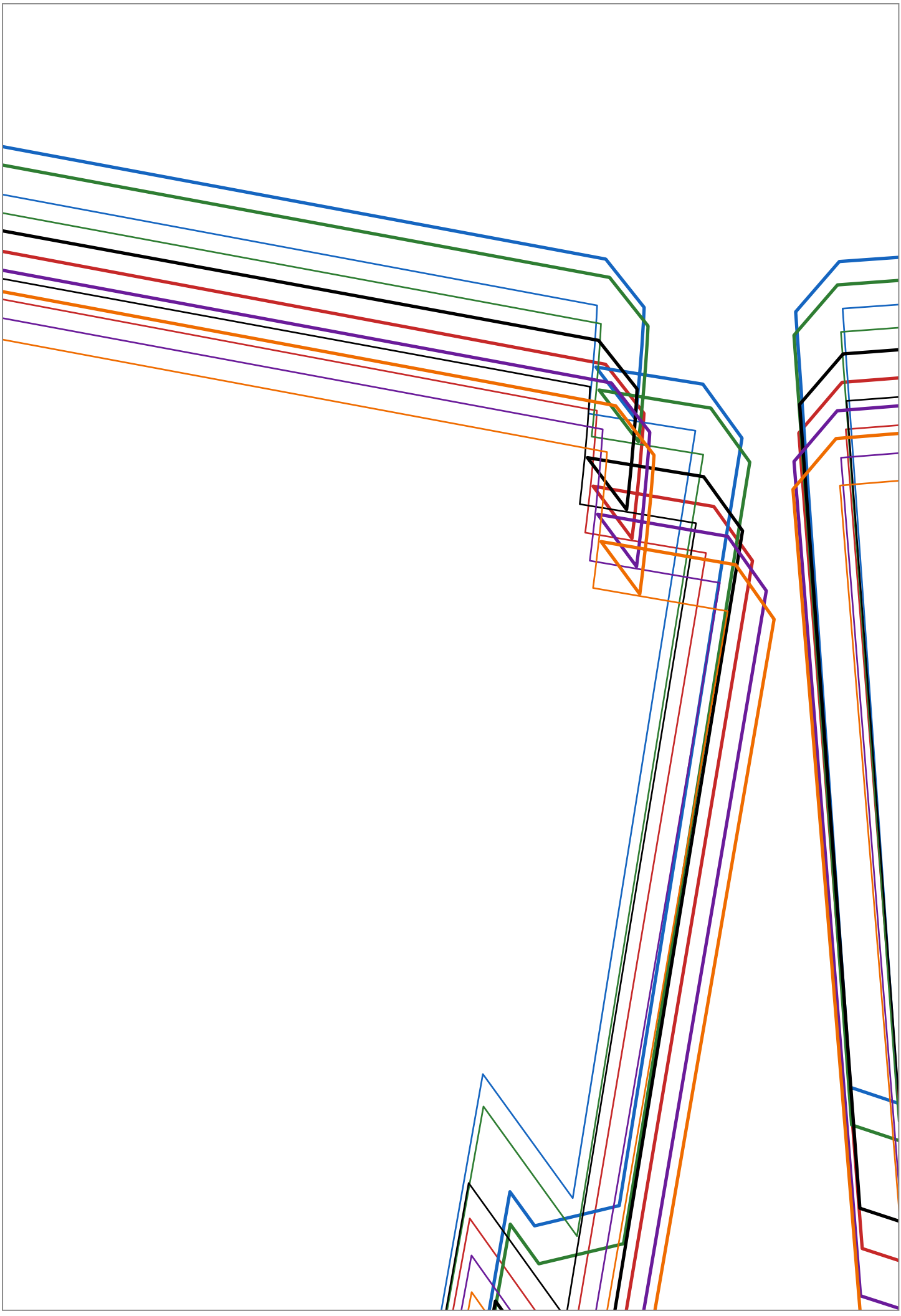


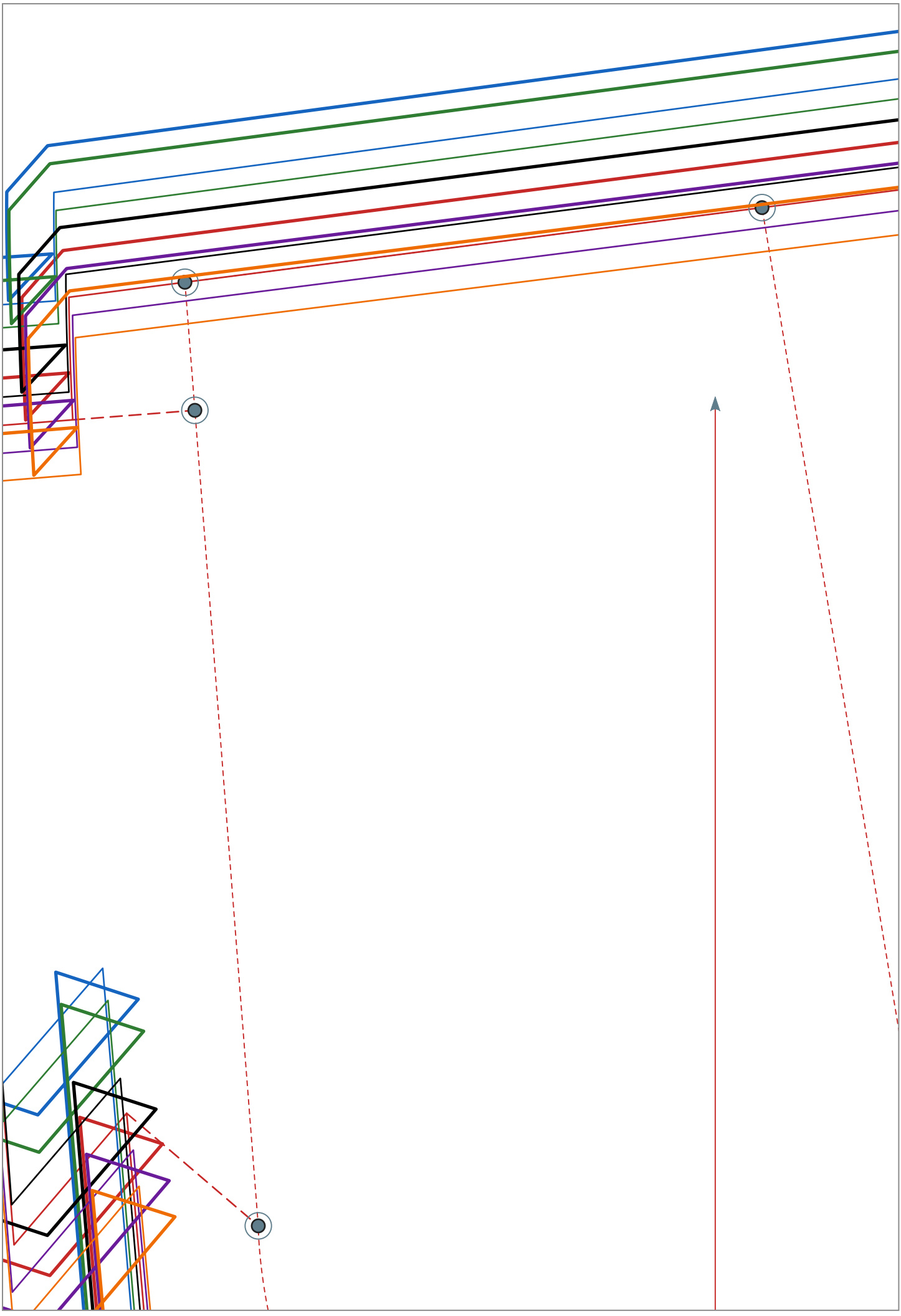


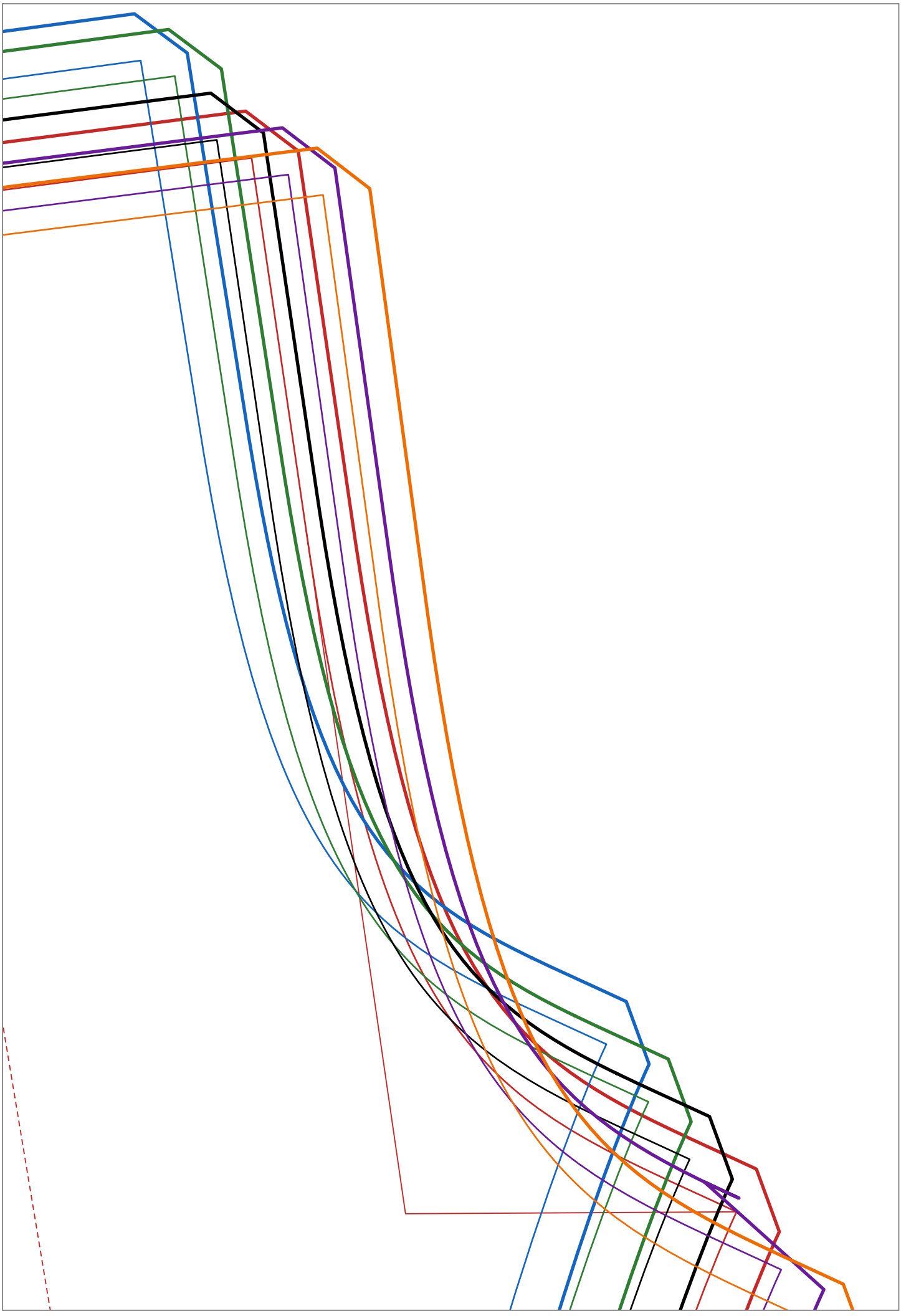
row 1 - column 1



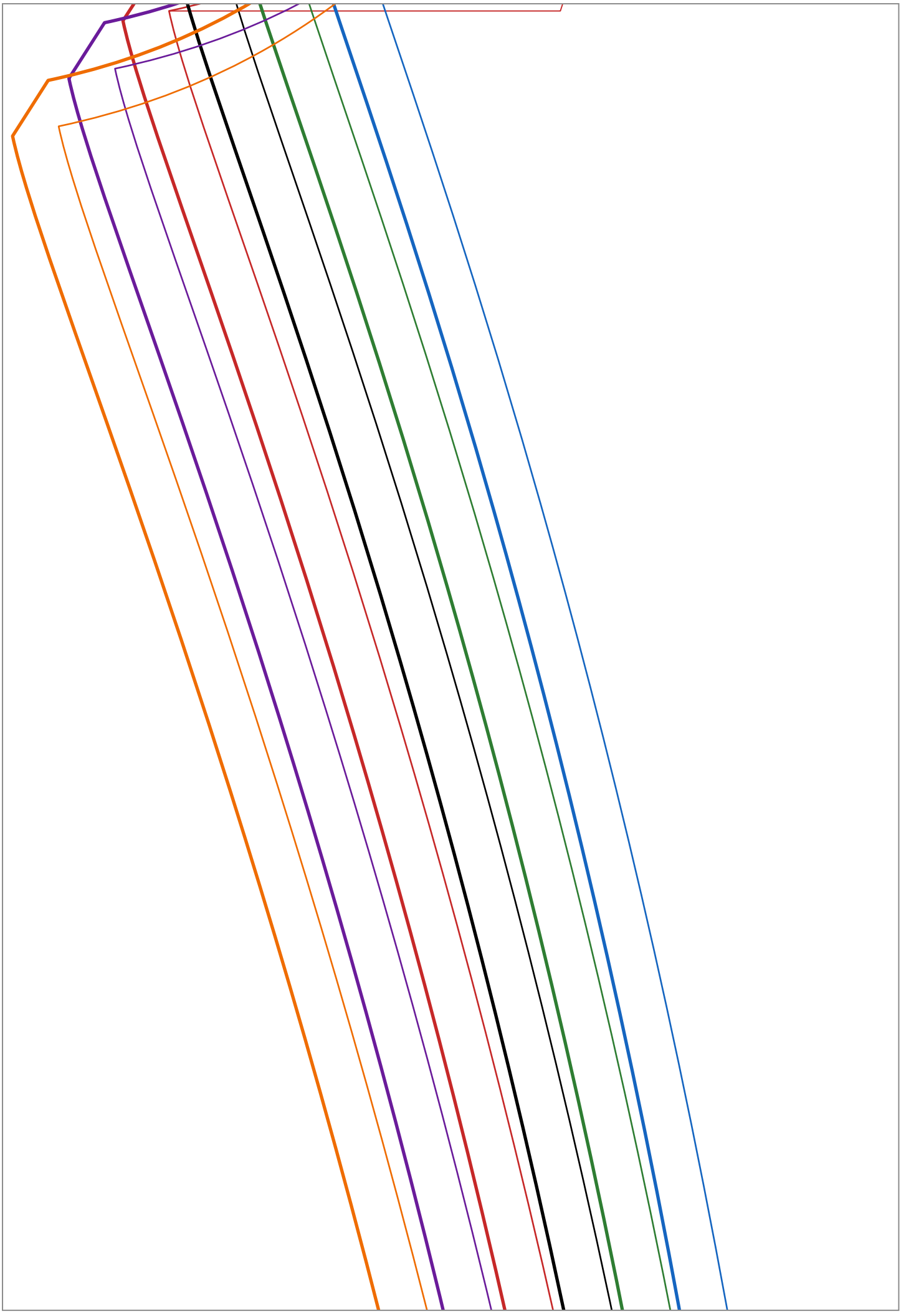








row 2 - column 1

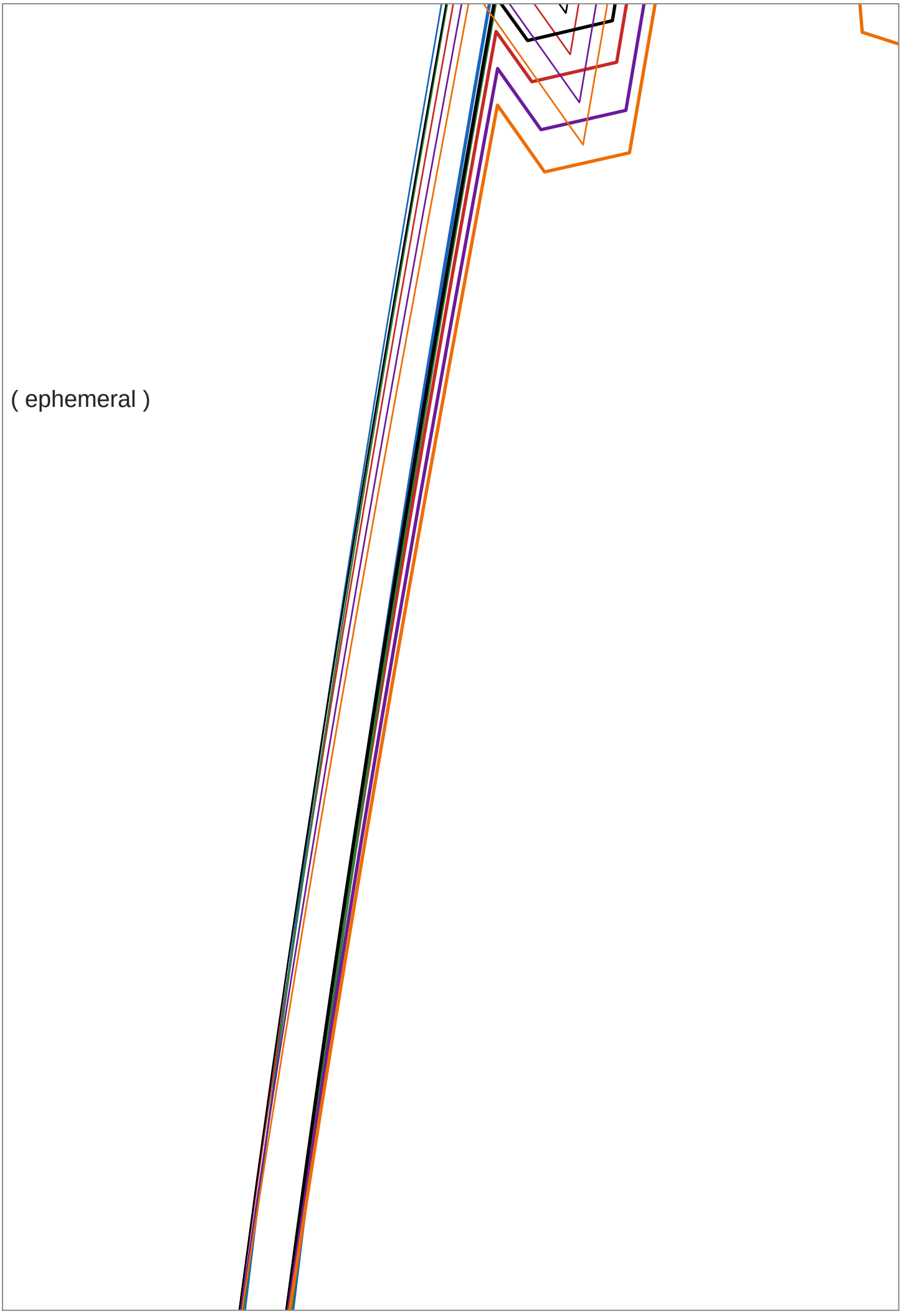


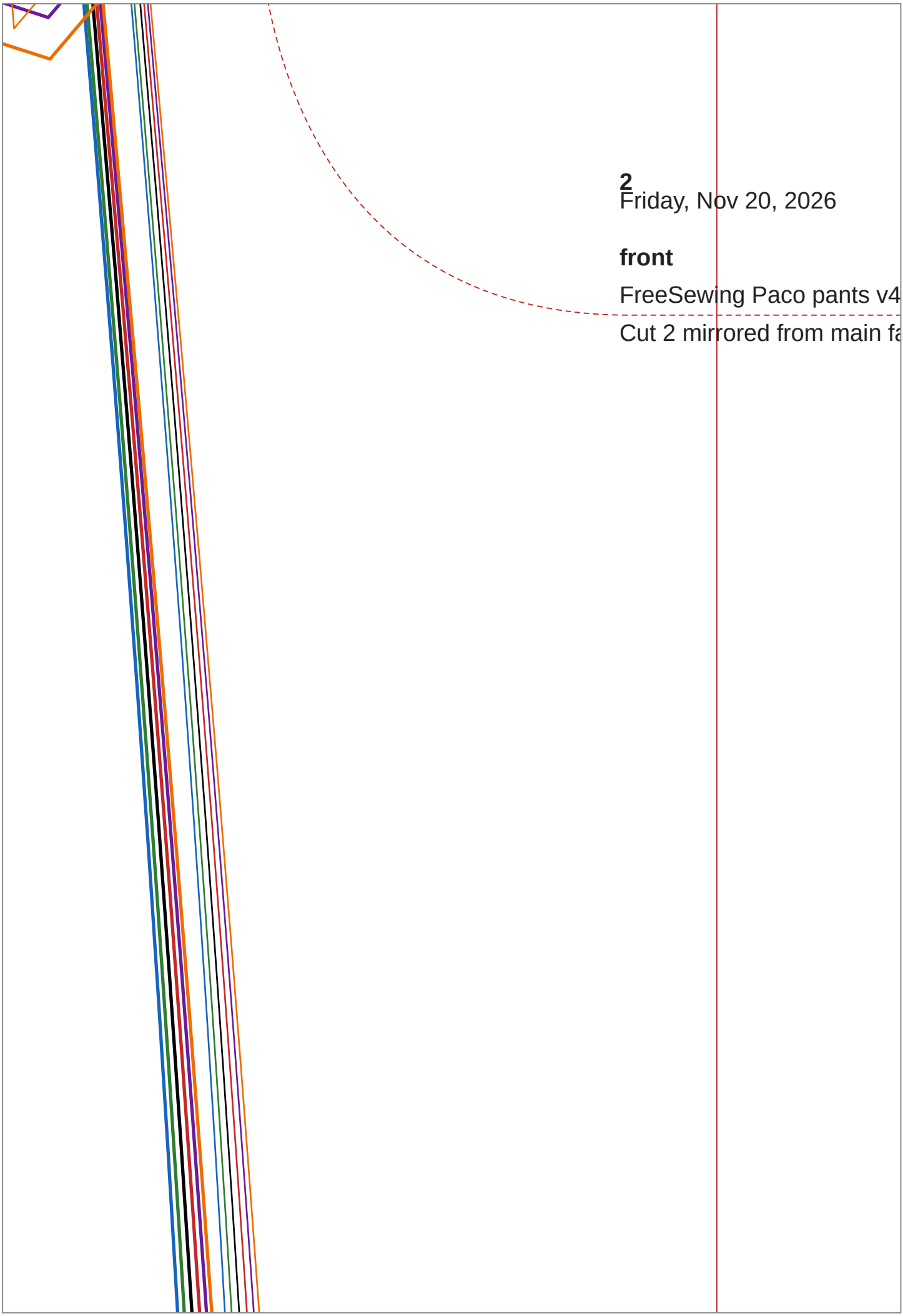
1
Friday, Nov 20, 2026

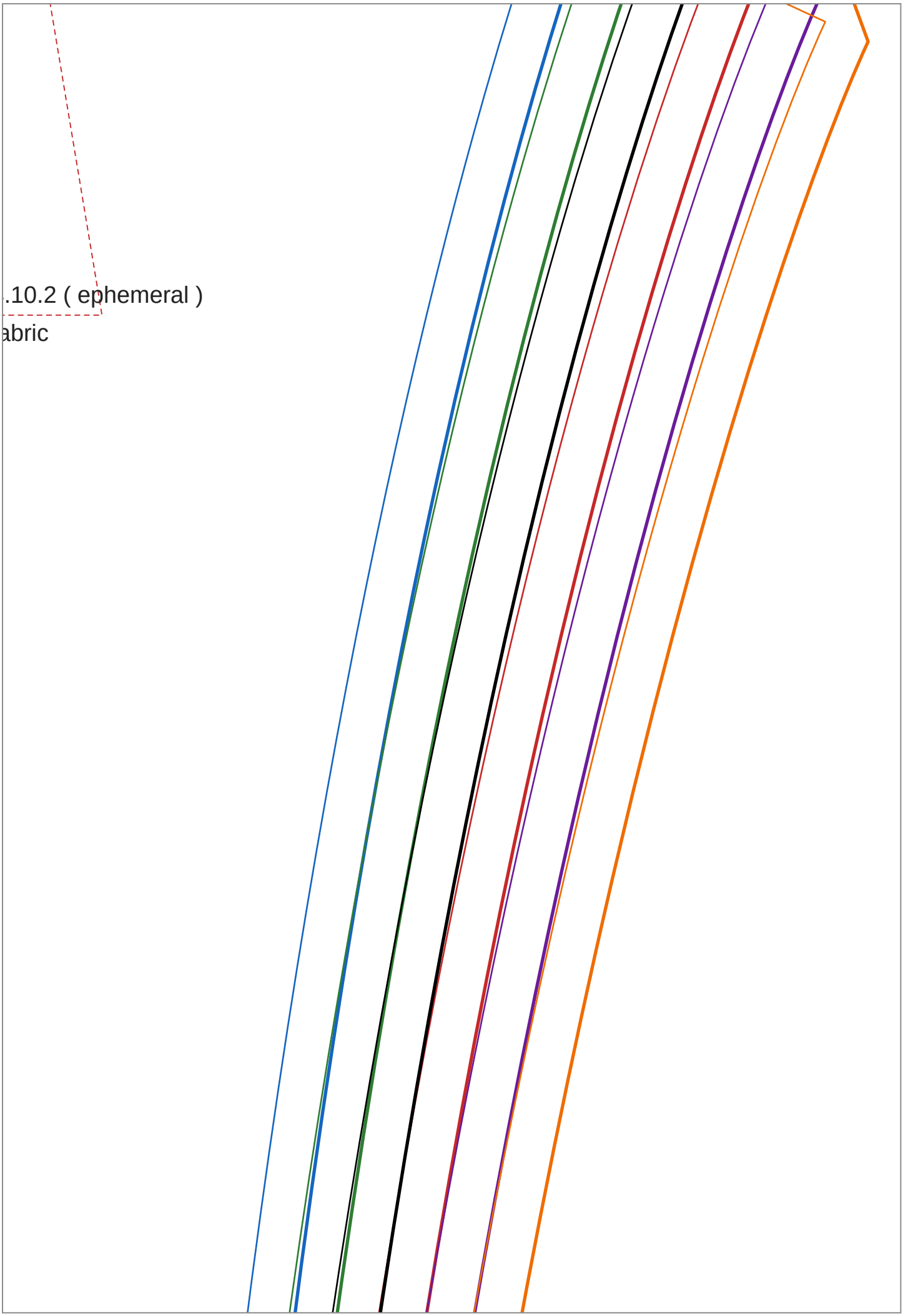
back

FreeSewing Paco pants v4.10.2

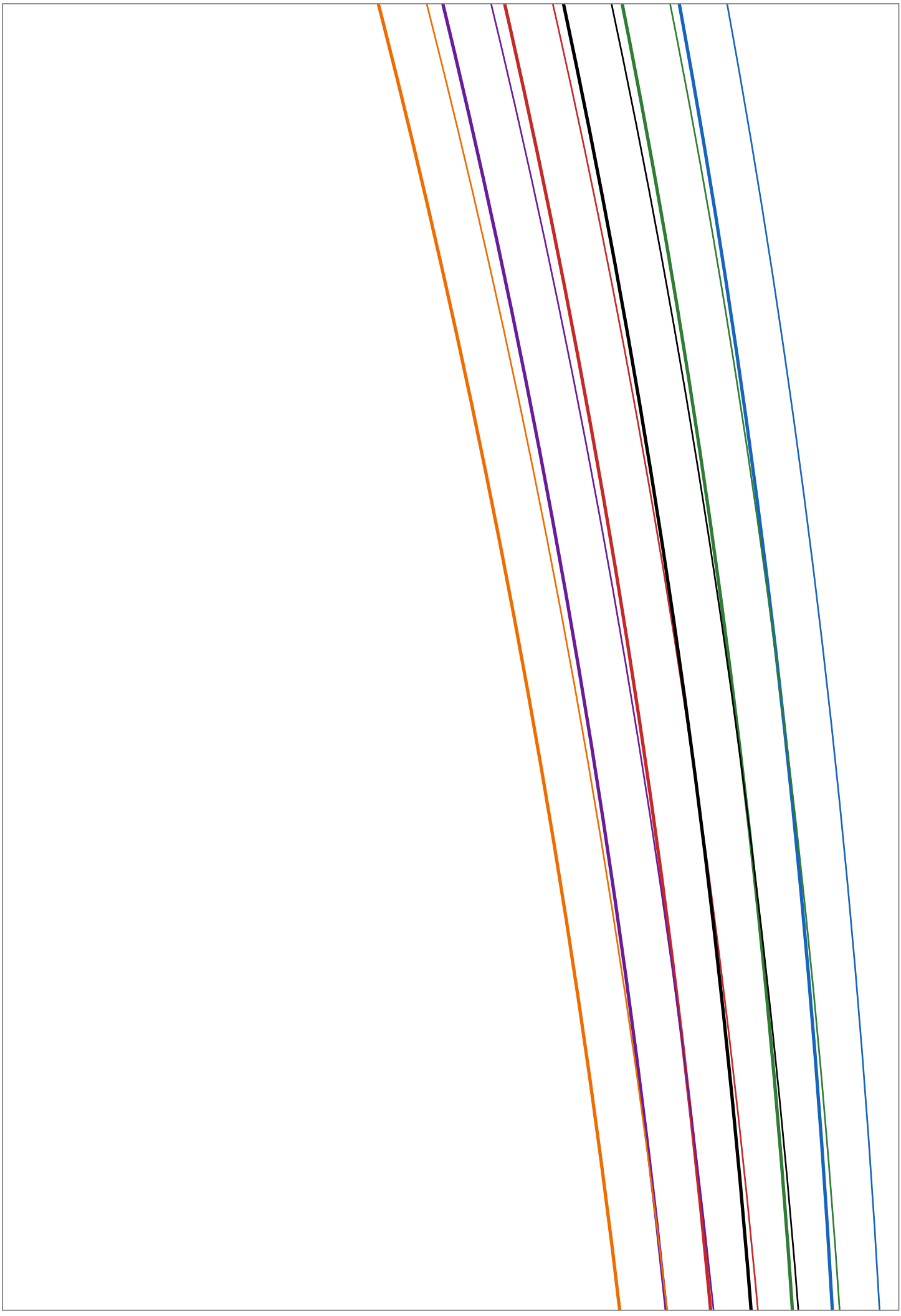
Cut 2 mirrored from main fabric


(ephemeral)


2
Friday, Nov 20, 2026
front
FreeSewing Paco pants v4
Cut 2 mirrored from main fa


.10.2 (ephemeral)
abric

row 3 - column 1



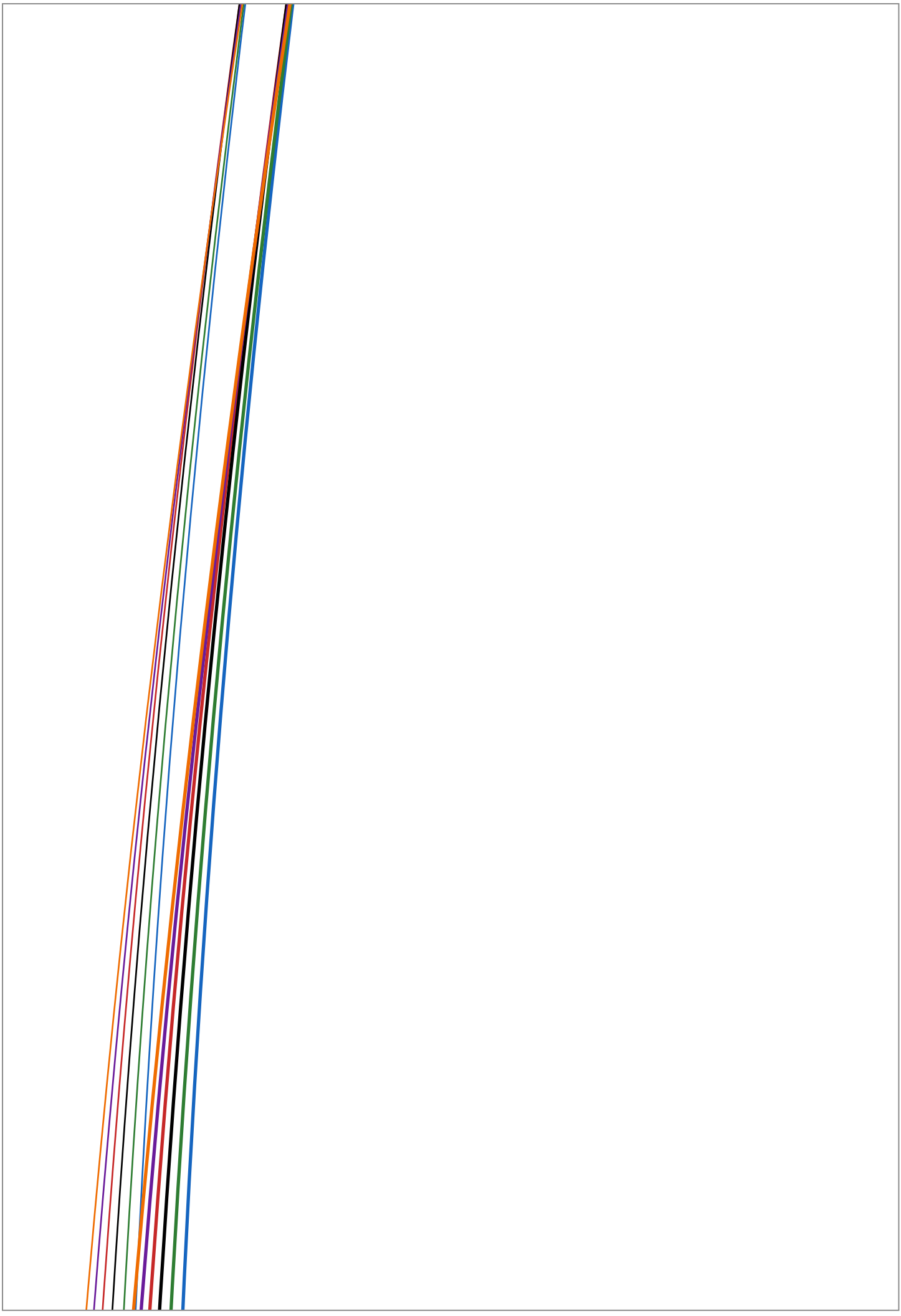
FreeSewing

Paco pants v4.10.2

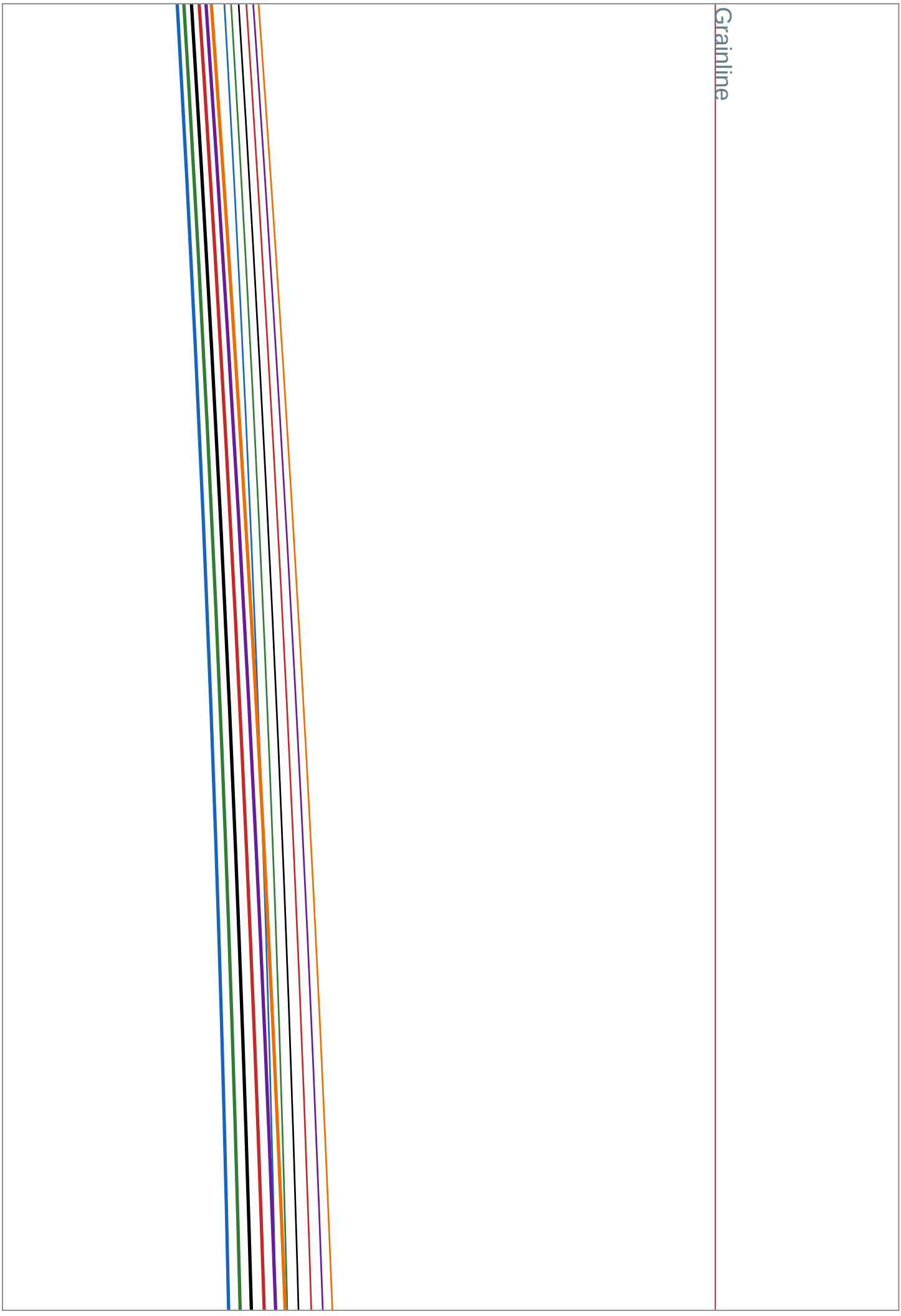
Support FreeSewing, become a patron
FreeSewing.org/patrons/join

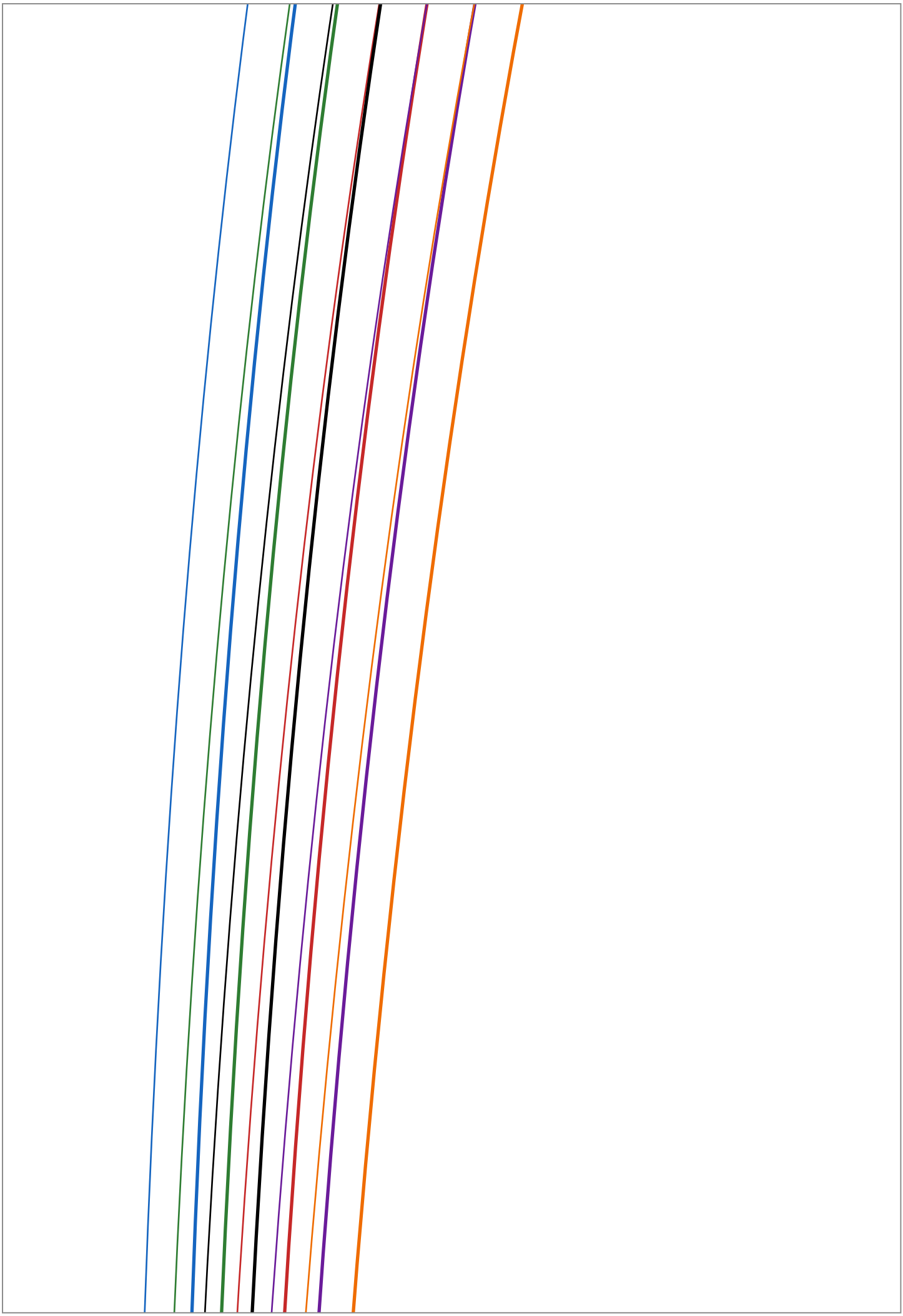
The (white) inside of this box should measure 10cm x 5cm
The (black) outside of this box should measure 4“ x 2“

row 3 - column 3

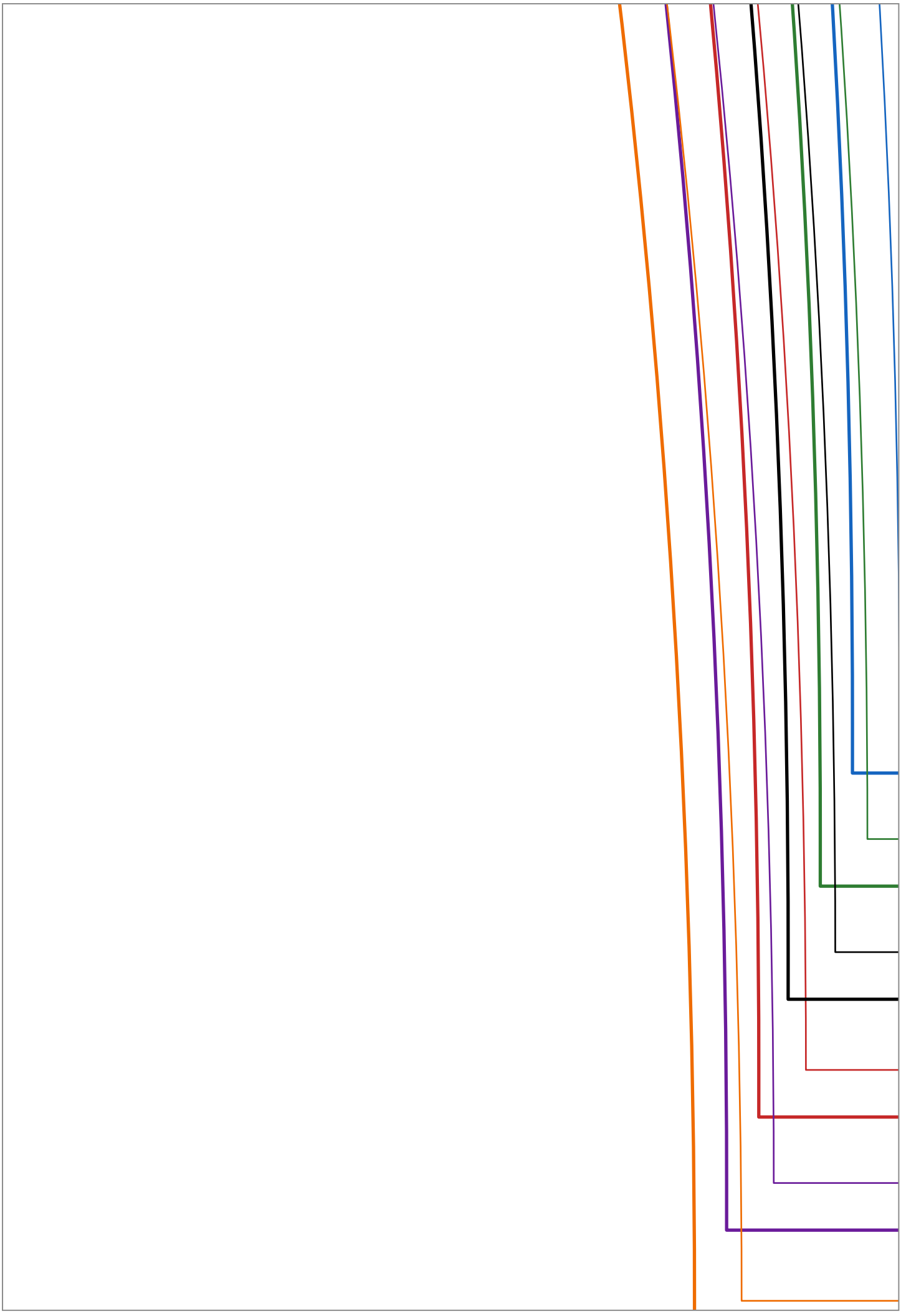


row 3 - column 4

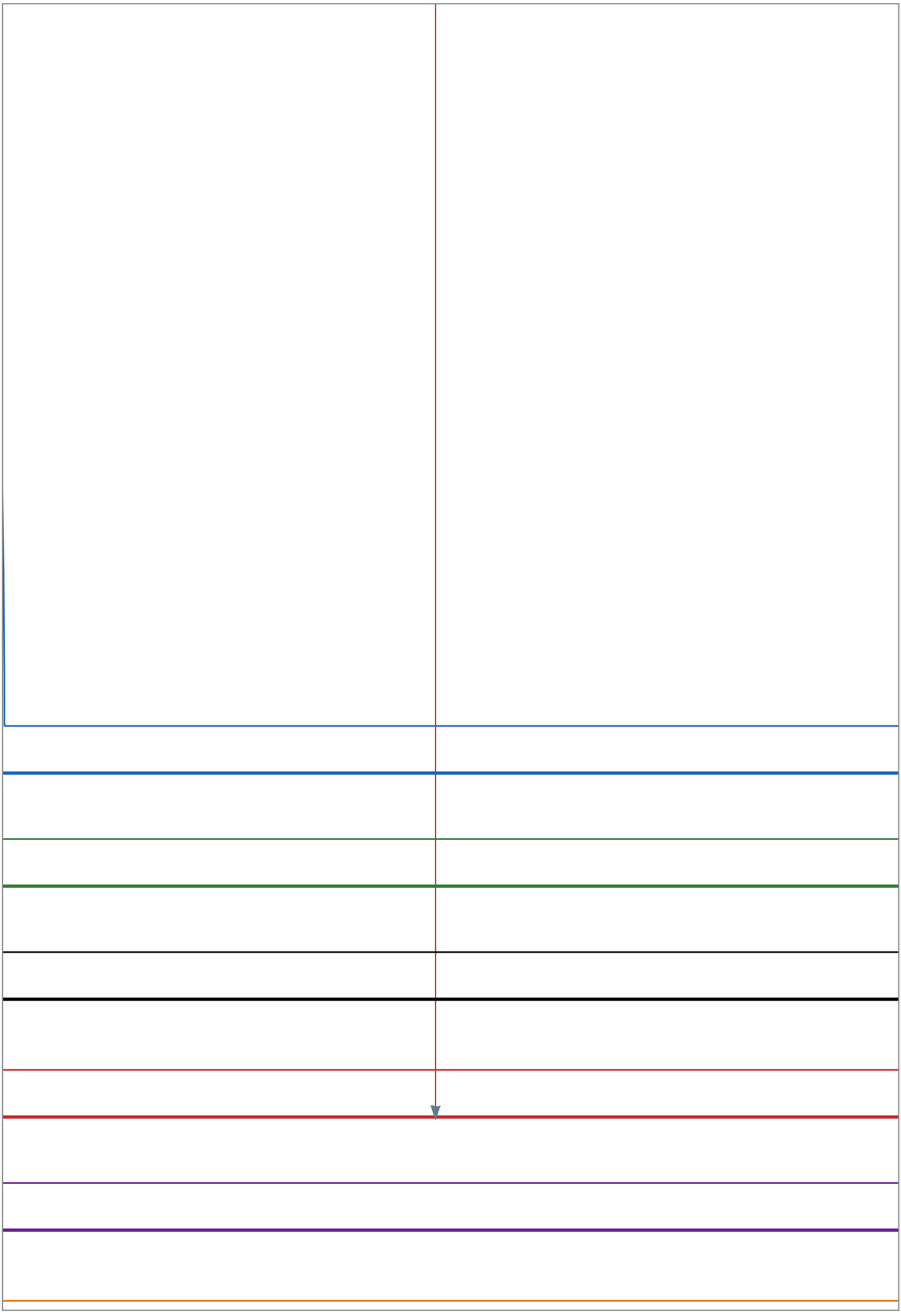


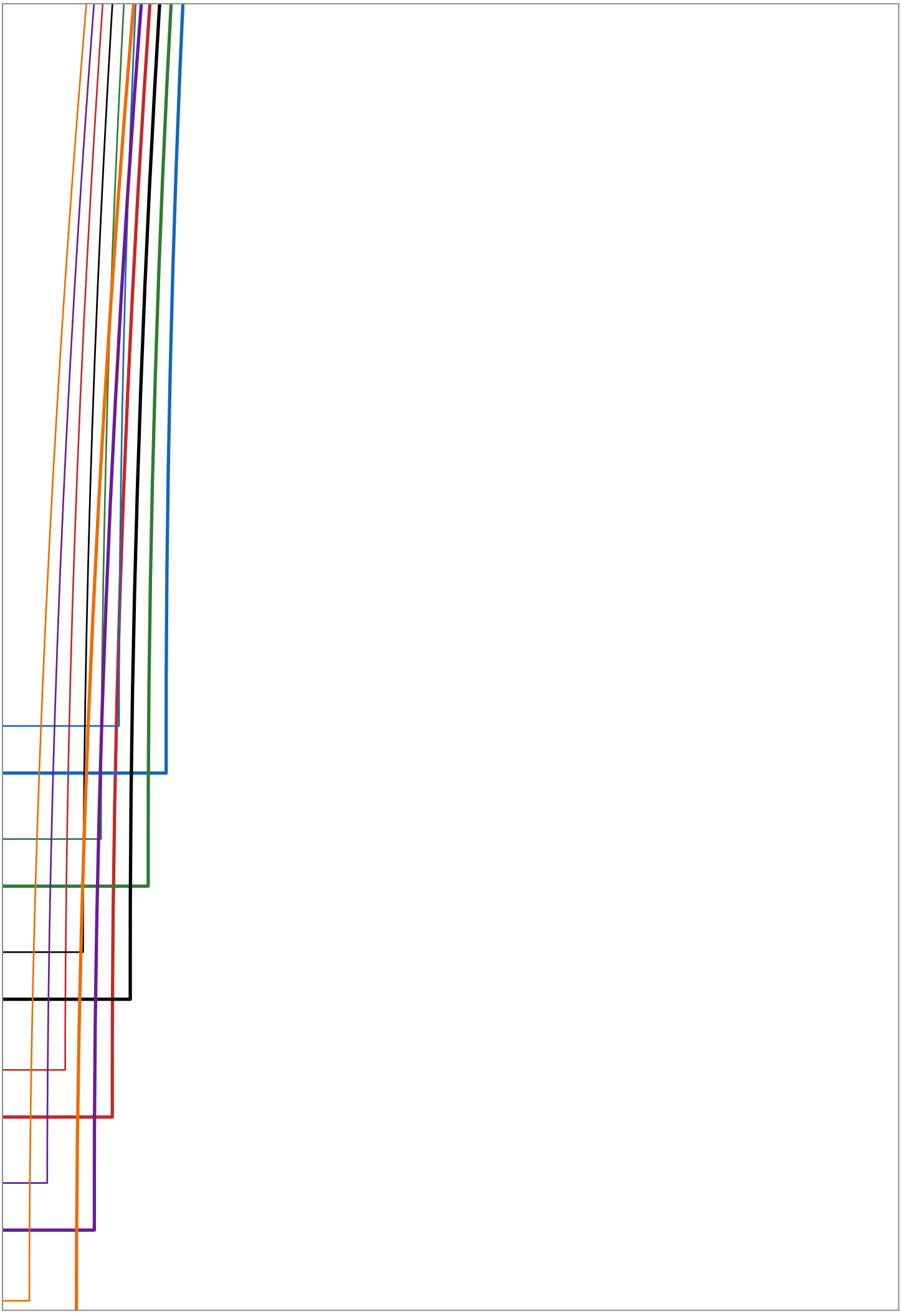


row 4 - column 1

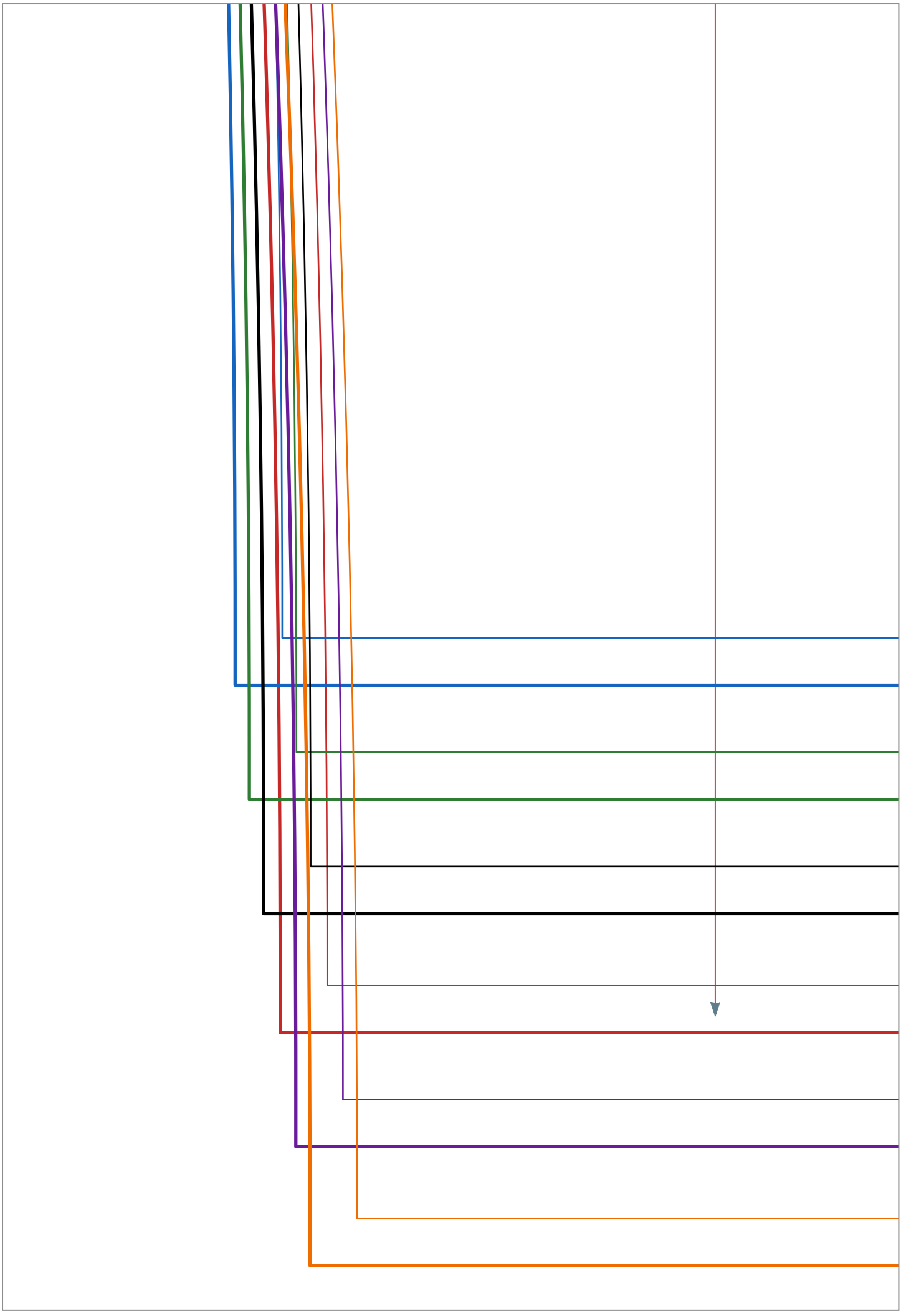


row 4 - column 2

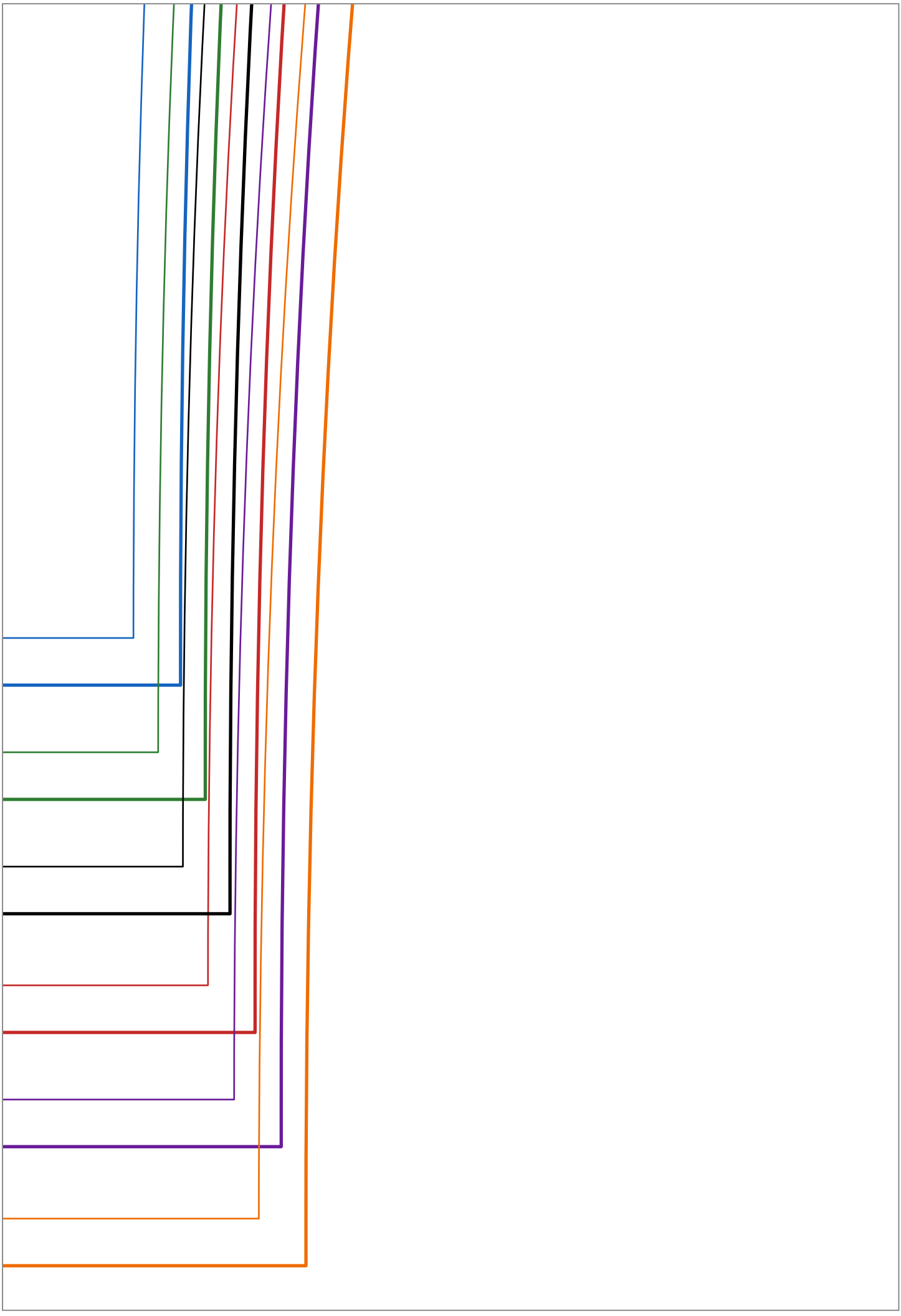


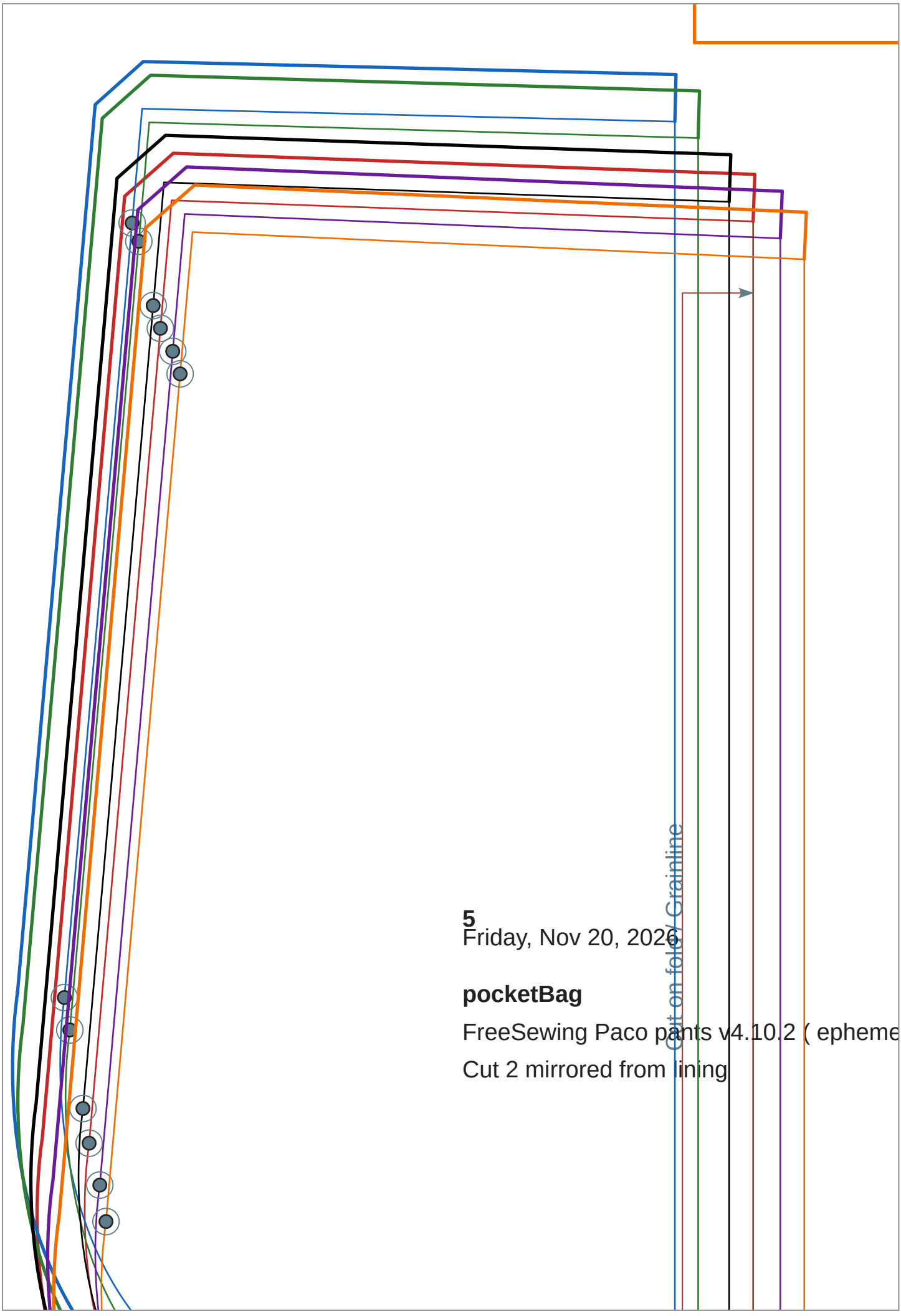


row 4 - column 4



row 4 - column 5





5
Friday, Nov 20, 2026

pocketBag

FreeSewing Paco pants v4.10.2 (epheme

Cut 2 mirrored from lining

eral)

row 5 - column 3

