

Zosia Wrap Cardigan



Sizes

XS-S-M-L-XL-2X-3X-4X-5X

Measurements

Bust 90-100-110-120-132-139-149-156-168.

This includes roughly 9-15cm of ease.

Length is adjustable.

Yarn

7-8-9-10-10-11-12-13 balls of Drops
brushed alpaca silk in the colour off white

Or

980-1120-1120-1260-1400
-1400-1540-1680-1820 meters
If you're planning on using kid silk held double
you'll need roughly
1900-2000-2300-2500-2800
-2900-3200-3300-3600 meters

Needles

-4.5 mm / US 7 needles for the body
-4 mm / US 6 needles for the waist tie and
neckband
-3.5 / US 4 DPNs or circular needles for the
cuffs

Notions

- stitch markers
- waste yarn
- sewing elastic

Gauge

For the body on 4.5mm needles

21 sts x 28 rows = 10 cm / 4 inches knitted flat in stockinette, blocked.

For waist tie on 4mm needle

23 sts x 36 rows = 10cm/ 4 inches knitted in pattern, blocked. For the waist tie adjust your needles to get as close as you can to the row gauge.

Overview

This cardigan is worked top down. The front, sleeves and waist tie are all worked using the same lacy stitch, while the back is worked in plain stockinette. There are plenty of ways to add shaping and make adjustments throughout the pattern to get the best possible fit for your unique body shape. The cardigan is designed to tie right at your waist and is perfect to wear over dresses. Or you can dress it down with jeans and a t- shirt.

Size chart

	XS	S	M	L	XL	2X	3X	4X	5X
Bust (cm)	90	100	110	120	132	139	149	156	168
Length from back of the neck (cm)	36	37	36	37	41	42	42	42	45
Length including waist tie (cm)	52	53	52	53	57	58	58	58	61
Sleeve circumference (cm)	40	40	40	48	48	48	56	56	56

All these measurements include the intended ease.

Glossary

K	Knit	SI	Slip
P	Purl	1/1 LPC	1 Over 1 Left Purl Cross Cable
WYIB	With yarn in back	KFB	Knit into the front and back of a stitch
SSP	Slip slip purl		

Techniques for this pattern

Edging

This edging will be worked along the fronts of the cardigan as well as along the waist tie.

Left edging

Row 1 (RS): sl, p1, sl, p1, sl.

Row 2 (WS): p1, k1, p1, k1, p1.

Right edging

Row 1(RS):, sl, p1, sl, p1, k1.

Row 2 (WS): sl purlwise, k1, p1, k1, p1

Setting up for tubular bind off

K, 1/1 LPC, P

Continue this pattern until you've worked all the stitches. Then you can work a standard tubular bind off.

Pattern Adjustments

There are quite a few adjustments that you can make to the pattern to give you the perfect fit. This is a list of the available adjustments so you can keep them in mind and not miss them while working the pattern. The full instructions for these adjustments are included in the pattern instructions.

- sleeve circumference
- waist shaping under the arms
- shaping under bust
- additional waist shaping at the bottom of the back panel
- length of the body
- width of the waistband
- length of the waistband

Order in which the pattern is worked

1. Cast on and work the increases for the back. Put stitches on hold once the back reaches the correct length. (section 1)
2. Work the right neckband. Place stitches on hold once it's done. Work the left neckband. (section 2)
3. Pick up stitches for the left front. The left neck band will now be worked together with these stitches. (section 3)
4. Work decreases along the shoulder edge stitches. Once the front reaches the right length, move onto the left neckline shaping. (section 3)
5. Start working the increases along the neckline. (section 3)
6. Once the front reaches the right length place the stitches for the left front on hold. (section 3)
7. Pick up stitches for the right front and place the edge stitches back onto needles so it can be worked along the front. (section 4)
8. Work decreases along the shoulder edge stitches. Once the front reaches the right length, move onto the right neckline shaping. (section 4)
9. Start working the increases along the neckline. (section 4)
10. Once the front reaches the right length join the 2 front panels and the back. (section 5)
11. Once it's all joined, work increases along the neckline as well as the waist decreases on the sides. (section 3, 4 and 6)
12. On the last row of the body work decreases under the bust and along the back (stitch markers for where these need to be worked are placed on the second to last row of the body). (section 6)

13. Place the body stitches on hold. (section 6)
14. Work the waist tie. The body stitches will be worked into the waistband. (section 7)
15. Work the sleeves. (section 8)
16. Weave in the end and block :) (section 9)

Pattern starts here!

1.Back

Using your 4.5mm needle cast on 30-30-30-32-34-34-34-38-38 stitches. These stitches will make up the back of the neck. Purl 15-15-15-16-17-17-17-19-19, mark this point with a clip-on marker that can stay at the cast on edge(this stitch marker will mark the center of the neck for when you work the neckband), and finish purling.

Row 1 (RS): KFB, knit until there is 1 stitch left in the row, KFB (+2 stitches)

Row 2 (WS): KFB, purl until there is 1 stitch left in the row, KFB (+2 stitches)

Each row you'll be increasing by 2 stitches. Repeat rows 1 and 2 a total of 17-19-22-23-26-28-31-31-35 times.

For size XL and 3X work row 1 once more.

You should've worked a total of 35-39-45-47-54-57-64-63-71 rows. This includes the first purl row.

You should have a total of 98-106-118-124-140-146-160-162-178 stitches. Continue working the piece without any further increases until it measures 20-20-20-24-26-28-30.5-30.5-33cm from the cast on edge.

Finish after working the right side row. Snip the working yarn and place the stitches on hold.

2.Neck band

Cast on 5 stitches using 4mm needles. You'll now be working the neck band over the right half of the back neck.

Starting at the marker you placed at the neck, pick up a stitch with your working needle(you'll be doing this from the right side of the work), k1, p1 ,k1, p1, k1 (RS). sl purlwise, k1,p1,k1, ssp (you're purling the last stitch on your needle and the stitch you picked up on the previous row together)(WS).

Row 1(RS): Pick up the next stitch, sl, p1, sl, p1, k1.

Row 2 (WS): sl purlwise, k1, p1, k1, ssp

Continue working this neck band until you reach the end of the cast on edge. You should finish after working the wrong side.

Snip the tread and place these stitches on hold.

Now you'll be working the left half of the neck.

Cast on 5 stitches using 4mm needles. You'll now be working the neck band over the left half of the back neck. Pick up a stitch with your working needle (you'll be doing this from the wrong side of the work), p1, k1, p1, k1, p1 (WS).

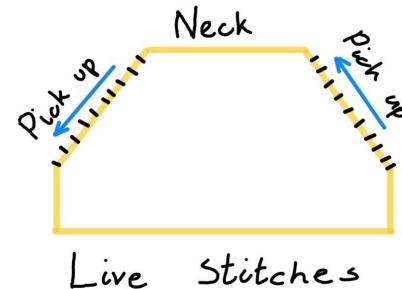
Row 1 (RS): sl, p1, sl, p1, ssk.

Row 2 (WS): pick up stitch, sl, k1, p1, k1, p1.

Finish after working the right side. Do not snip the thread.

3.Left shoulder

Using the yarn you were using to work the left neck band and 4.5mm needle, pick up 34-38-45-47-53-56-64-63-70 stitches (this doesn't include the stitches for the neck edging). You'll be starting at the cast on edge and working along the increase edge with the RS facing you. So for every stitch that you've increased you'll pick one up. Do not pick up stitches along the edge you worked in just plain stockinette without increases.



Set up row (WS):

Purl 10-14-12-14-13-16-15-14-14 stitches (these stitches will be knit on the RS and purled on the WS). You can place a marker here to denote where the charted section starts. Now start working the chart for your size. Purl 1 (this will be a knit stitch on the RS), work the neck edging. From now on you'll be working the neck band as part of the front section. The instructions for how to work the neckband are given in the techniques section.

As you work the front panel you'll also be working a series of decreases along the shoulder edge so that it lays straight.

Row 1 (RS): Knit until there are 4 stitches left in the row, SSK, knit 2 (-1 stitch)

Row 2 (WS): Purl all stitches

Row 3 (RS): Knit all stitches

Row 4 (WS): Purl all stitches

Repeat rows 1-4 6-7-7-8-8-9-9-9-9 times . You'll have worked 25-29-29-33-33-37-37-37-37 rows. You should have 33-36-43-44-50-52-60-59-66 stitches (this includes the edge stitches)

Carry on knitting in pattern, without further decreases, until you've worked 31-31-31-35-35-39-39-39-39 rows in total (including the set up row). Your piece should measure roughly 11.5-11.5-11.5-13-13-14-14-14-14cm. You should finish after working the wrong side.

You can now start working the *left neckline shaping*.

Continue working until your piece measures 32-34-36-40-41-40-48-48-48 cm along the armhole edge from the picked up edge.

Finish after working the right side, snip the thread and place the stitches on hold.

Left neckline shaping

You'll now start working increases along the neck edge.

When working the increases keep an eye on the chart so that your increases continue in pattern.

They'll be worked as follows;

First section of increases

Row 1 (RS): knit the 5 stitches of the edging, knit 1, M1R, work to the end of the row (+1 stitch)

Row 2 (WS): work all stitches in pattern

Row 3 (RS): work all stitches in pattern

Row 4 (WS): work all stitches in pattern

Row 4 (RS): work all stitches in pattern

Row 6 (WS): work all stitches in pattern

Repeat this 4 times total (+4 stitches).

You should have a total of 37-40-47-48-54-56-64-63-70 stitches.

Second section of increases

At the end of this section or the beginning of the next section, the front panel will reach the correct length to stop working on it and move onto working the right hand side panel. When you stop will depend on the size you're working and your gauge. Make sure you keep checking the length as you go. Stop once your piece measures 32-34-36-40-41-40-48-48-48 cm along the armhole edge from the picked up edge. Once you reach this length, finish after working the right side, snip the thread and place the stitches on hold.

Row 1 (RS): knit the 5 stitches of the edging, knit 1, M1R, work to the end of the row (+1 stitch)

Row 2 (WS): work all stitches in pattern
 Row 3 (RS): work all stitches in pattern
 Row 4 (WS): work all stitches in pattern

Repeat 8 times total(+8 Stitches)
 You should have a total of 45-48-55-56-62-64-72-71-78 stitches.

Third section of increases

Row 1 (RS): knit the 5 stitches of the edging, knit 1, M1R, work to the end of the row (+1 stitch)
 Row 2 (WS): work all stitches in pattern

Repeat 20-23-23-26-29-31-32-33-35 times total

The edge of the body is intended to end right under the bust with enough room to accommodate the bust plus a couple of cm extra to the cardigan is a little flowy. If you want to add more length you can work more 3rd section increases instead of the 4th section. If you need to make it shorter you can start the 4th section a little earlier and work more of the 4th section increases.

Fourth section of increases

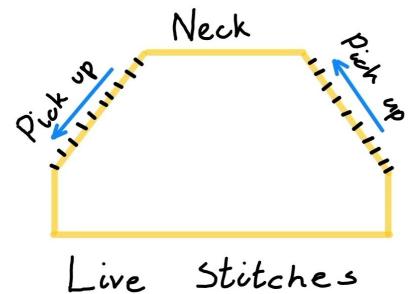
Row 1 (RS): work the 5 stitches of the edging, knit 1, M1R, work to the end of the row (+1 stitch)
 Row 2 (WS): work in pattern until 6 stitches away, M1L, purl, work the edging(+1 stitch)

Repeat 2-2-3-3-3-4-4-4 times total(+4-4-6-6-6-6-8-8 stitches for left front)

While working the second to last row of the repeats, place markers for the bust shaping. Instructions on where to place the markers are given in the bust shaping part of the body section. On the last row you'll work decreases under the bust on each front and some decreases along the back panel.

4. Right shoulder

Using a 4.5mm needle, pick up 34-38-45-47-53-56-64-63-70 stitches. You'll be starting at the arm edge and working along the increase edge with the RS facing you. When you get to the neck band stitches you've put on hold work them in pattern using the instructions for right edging. The neckband stitches will be worked as you work the right front.



Set up row (WS): work the 5 stitches of the right edging, p1, work the first row of the chart corresponding to your size, purl to the end.

As you work the front panel you'll also be working a series of decreases along the shoulder edge so that it lays straight.

Row 1 (RS): knit 2, k2tg, continue in pattern for the rest of the row (-1 stitch)

Row 2 (WS): Purl all stitches

Row 3 (RS): Knit all stitches

Row 4 (WS): Purl all stitches

Repeat rows 1-4 6-7-7-8-8-9-9-9-9 times. You'll have worked 25-29-29-33-33-37-37-37-37 rows. You should have 33-36-43-44-50-52-60-59-66 stitches (this includes the edge stitches).

Carry on knitting in pattern, without further decreases, until you've worked 32-32-32-36-36-40-40-40-40 rows. Your piece should measure roughly 11.5-11.5-11.5-13-13-14-14-14-14cm

You can now start working the *right neckline shaping*. Continue working until your piece measures 32-34-36-40-41-40-48-48-48 cm along the armhole edge from the picked up edge.

Finish after working the right side. Make sure you've worked the same number of rows for the right side as the left side. Do not snip the thread.

Right neckline shaping

You'll now start working increases along the neck edge.

When working the increases keep an eye on the chart so that your increases continue in pattern.

They'll be worked as follows;

First section of increases

Row 1 (RS): work until 6 stitches away, M1L, knit, work front edge (+1 stitch)

Row 2 (WS): work all stitches in pattern

Row 3 (RS): work all stitches in pattern

Row 4 (WS): work all stitches in pattern

Row 4 (RS): work all stitches in pattern

Row 6 (WS): work all stitches in pattern

Repeat this 4 times.(+4 stitches).

You should have a total of 37-40-47-48-54-56-64-63-70 stitches.

Second section of increases

At the end of this section or the beginning of the next section, the front panel will reach the correct length to stop working on it and move onto joining the 2 front panels and the back. When you stop will depend on the size you're working and your gauge. Make sure you keep checking the length as you go. Stop once your piece measures

32-34-36-40-41-40-48-48-48 cm along the armhole edge from the picked up edge. Once you reach this length, finish after working the right side, don't snip thread and move onto the connecting sides and back section.

Row 1 (RS): work until 6 stitches away, M1L, knit , work front edge (+1 stitch)

Row 2 (WS): work all stitches in pattern

Row 3 (RS): work all stitches in pattern

Row 4 (WS): work all stitches in pattern

Repeat 8 times(+8 Stitches)

You should have a total of 45-48-55-56-62-64-72-71-78 stitches.

Third section of increases

Row 1 (RS): work until 6 stitches away, M1L, knit , work front edge (+1 stitch)

Row 2 (WS): work all stitches in pattern

Repeat 20-23-23-26-29-31-30-31-33 times

The edge of the body is intended to end right under the bust with enough room to accommodate the bust plus a couple of cm extra to the cardigan is a little flowy. If you want to add more length you can work more 3rd section increases instead of the 4th section. If you need to make it shorter you can start the 4th section a little earlier and work more of the 4th section increases.

Fourth section of increases

Row 1 (RS): work in pattern until 6 stitches away, M1L, knit, work the edging(+1 stitch)

Row 2 (WS): work the 5 stitches of the edging, purl 1, M1R, knit to the end of the row (+1 stitch)

Repeat 2-2-3-3-3-4-5-5 times(+4-4-6-6-6-8-10-10 stitches for right front)

While working the second to last row of the repeats, place markers for the bust shaping. Instructions on where to place the markers are given in the bust shaping part of the body section. On the last row you'll work decreases under the bust on each front and some decreases along the back panel.

5.Connecting the sides and back

Work the wrong side of the right panel. Cast on 1 stitch, pm, cast on 2 stitches. Purl across the back section. Cast on 2 stitches, pm, cast on 1 stitch. Work the wrong side of the left section. On the next row knit the cast on stitches.

Now you'll continue working back and forth across the back and 2 front panels.

Remember to continue working increases along the neckline.

6. Body

Continue working the front sections in pattern and working the back in stockinette. Remember to continue working the increases along the front in pattern.

You'll now also be working some decreases for the waist shaping. You'll be decreasing 2 stitches on each side at a time (-4 stitches on every decrease row).

The waist shaping will be worked as follows.

Row 1 (WS): work all the stitches in pattern

Row 2 (RS): work all stitches in pattern

Row 3 (WS): work all stitches in pattern

Row 4 (RS): work until 1 stitch away from stitch marker. Slip 2 stitches knitwise (like you would to ssk) and remove the stitch marker. Knit 1 stitch. Pass the 2 slipped stitches over the stitch you just worked. Slip the stitch onto LH needle, place the stitch marker, and slip the stitch back onto the RH needle and carry on knitting. This should give you a neat, centered decrease.

Repeat this for both markers placed under the arms.

The first row of the repeat will be the wrong side connecting row you've worked on when joining the fronts and back.

If the difference between your bust and waist is quite big you could work these decreases more frequently.

Work these decreases until you've worked all of the neckline increases.

Bust shaping

The bust shaping is worked under the bust. With a series of decreases it gives the appearance of the top being slightly gathered into the waistband.

The way you work this shaping will depend on your personal measurements. You can pick from shaping for a larger bust or smaller bust. Personally, I'm roughly an E cup and I did the larger bust shaping. Alternatively if you feel like you don't really need any shaping you can skip this step completely or adjust the number of stitches decreased.

To work out where the bust shaping should go, measure from where a side seam sits on you to the midpoint of your bust. This is best done in a fairly tight fitting t-shirt.

Depending on which bust shaping you'll be working, subtract 4cm for the smaller bust shaping or 7cm for the larger from your measurement. Now mark that distance from the side "seam" (where you worked the decreases under the arm) along the front and place a marker. Now count 16 or 28 stitches from that marker towards the center and place another marker. Now place markers in the same places on the other front panel.

Work all the stitches until you reach a marker, p2tg all the stitches until you reach the next marker. You should've decreased 8 or 14 stitches. Work in pattern until you reach the marker for the waist shaping. Now work the back shaping(instructions below). Repeat the steps to work the shaping for the other side.

Back shaping

The back shaping is worked across the whole back panel. A series of decreases is worked so that the back panel can be loose and billowy in the body but fitted at the waist.

On the last row of the body, once you get past the waist shaping stitch marker you'll work some decreases across the back so that the cardigan fits well at the waist. Work 7 stitches p2tg. Continue working decreasing like this along the back until you reach the other waist shaping marker.

7. Waist band

The wider waist band is intended to be roughly 15cm. There's also a narrow waistband option which is roughly 8cm wide. You can pick whichever waistband option suits you best.

Wider waistband

Cast on 37 stitches on 4mm needles(or needles that get you closest to the correct row gauge).

Set up row: k1, p1, k1, p1, k1, knit to 5 stitches away, k1, p1, k1, p1, k1.

Row 1: Work the wrong side of the right side edge, knit to 5 stitches, work the wrong side of the left side edge.

Row 2: work the left side edge, knit to 5 stitches, work the right side edge.

Repeat row 1 and 2 one more time.

Set up row: work the wrong side of the right edge, p4, k1, p1, k1, p4, k2, p1, k2, p4, k1, p1, k1, p4, work the wrong side of the left edge.

Narrow waistband

Cast on 21 stitches on 4mm needles.

Set up row: k1, p1, k1, p1, k1, knit to 5 stitches away, k1, p1, k1, p1, k1.

Row 1: Work the wrong side of the right side edge, knit to 5 stitches, work the wrong side of the left side edge.

Row 2: work the left side edge, knit to 5 stitches, work the right side edge.

Repeat row 1 and 2 one more time.

Set up row: work the wrong side of the right edge, p4, k1, p1, k1, p4, work the wrong side of the left edge.

Now continue working the corresponding chart until it measures roughly 50cm. If you would like a more dramatic bow you can make this section even longer. If you'd like a smaller bow work until the tie is 25-30cm.

For a cleaner and more simple look, the cardigan can also be worn without tying a bow with the ties just hanging down. If that's how you intend to wear it I would suggest making this section roughly 20cm. Finish after working the right side.

Now you'll be working the waistband along the stitches at the hem of the cardigan. Place the stitches back on the needles. You'll start working the waistband from the right front. Now as you work the last stitch on the wrong side ssp the last stitch of the row and one of the stitches from the edge of the body. Continue doing this on every wrong side row. Continue working the right side rows as before. Work this until you've worked all the body stitches.

Now you'll continue to work the tie as you did at the start. To work out the length of the left side tie, take your waist measurement, divide it in half and add the length of the right side tie to it. Continue working until your tie reaches that length. You can try it on to check if the fit is good. Finish working after the 4th row of the chart.

Finishing rows

Row 1 (WS): work the edge stitches, knit all stitches to the last 5, work the edge stitches

Row 2 (RS): work the edge stitches, knit all stitches to the last 5, work the edge stitches

Row 3 (WS): work the edge stitches, knit all stitches to the last 5, work the edge stitches

Finish by working a simple knit bind off.

8. Sleeves

Starting at the underarm pick up 80-80-80-96-96-96-112-112-112 stitches using a 4.5mm needle. I generally pick up 5 in every 7 stitches. If you can't pick up the exact number of stitches stated make sure you pick up a multiple of 16 as that's how many stitches there are in the chart.

Set up row: place a marker [p2, k1, p2, k4, p1, k1, p1, k4] repeat this 5-5-5-6-6-6-7-7-7 times.

Now you can move on to working the chart

Carry on until your sleeve is roughly 10cm from your wrist. Make sure to finish after working row 1 of the chart

Now switch over to 3.5mm needles. K2tg all the way around so that you half the number of stitches in one round. Now establish a 2x2 rib. Work this for 30 rows. Now work a tubular bind off set up row. Work a tubular bind off. Repeat for the other sleeve.

9. Finishing

Stitch the 2 cast on edges at the back of the neck. Weave in all the ends, block and enjoy! You can also thread some elastic through the little tube created by the tubular bind off on the sleeves. This will give a snugger fit on the cuffs.

Tag me and share your result on social media with the hashtags **#zosiawrapcardigan** and **#vertandroseknitting**.

Instagram: **@vert.and.rose**

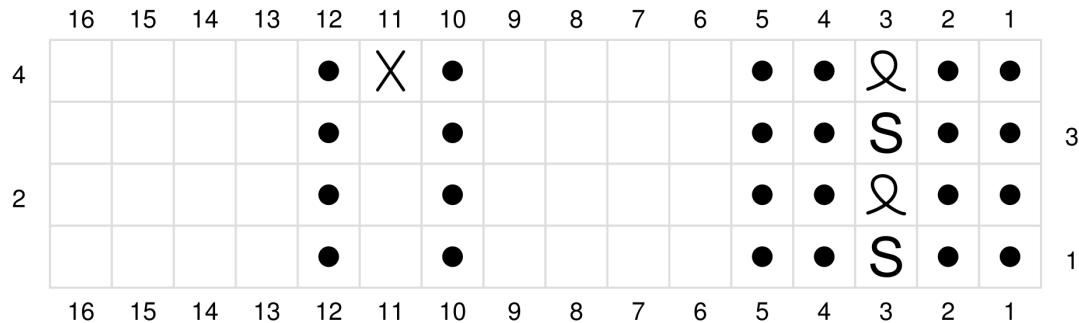
For any pattern queries please email me at vert.and.rose.knitting@gmail.com

Charts

This tutorial is useful for demonstrating how to work a standard knit 3 below

https://www.youtube.com/watch?v=rJaExea3A7w&t=143s&ab_channel=StudioKnit

General chart for the pattern



RS: Knit
WS: Purl



RS: Purl
WS: Knit



twisted stitch



S slip with yarn in front. Slip with yarn in back while working sleeves.



X knit 3 below. Pick up the stitch below purlwise so it can be worked twisted

Row 1 is worked on the wrong side and row 2 is worked on the right side. This is universal throughout the pattern apart from when working the sleeves.

Wider waistband chart

27	26	25	24	23	22	21	20	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1
4				●	X	●					●	●	ꝝ	●	●					●	X	●				
2				●		●					●	●	S	●	●					●		●				
2				●		●					●	●	ꝝ	●	●					●		●				

RS: Knit
WS: Purl

RS: Purl
WS: Knit

ꝝ twisted stitch

S slip with yarn in front

X knit 3 below. Pick up the stitch below purlwise so it can be worked twisted

Narrower waistband chart

11	10	9	8	7	6	5	4	3	2	1
4				●	X	●				
2				●		●				
2				●		●				

RS: Knit
WS: Purl

RS: Purl
WS: Knit

ꝝ twisted stitch

S slip with yarn in front

X knit 3 below. Pick up the stitch below purlwise so it can be worked twisted

Left front chart for sizes XS, S, XL, 2X, 5X

23	22	21	20	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1	
6				●	X	●					●	●	ꝝ	●	●						●	X	●
5				●		●					●	●	S	●	●						●		●
4				●		●					●	●	ꝝ	●	●						●		●
3				●		●					●	●	S	●	●						●		●
2				●		●					●	●		●	●						●		●
1				●		●					●	●		●	●						●		●

 RS: Knit
WS: Purl

 RS: Purl
WS: Knit

 twisted stitch

 slip with yarn in front

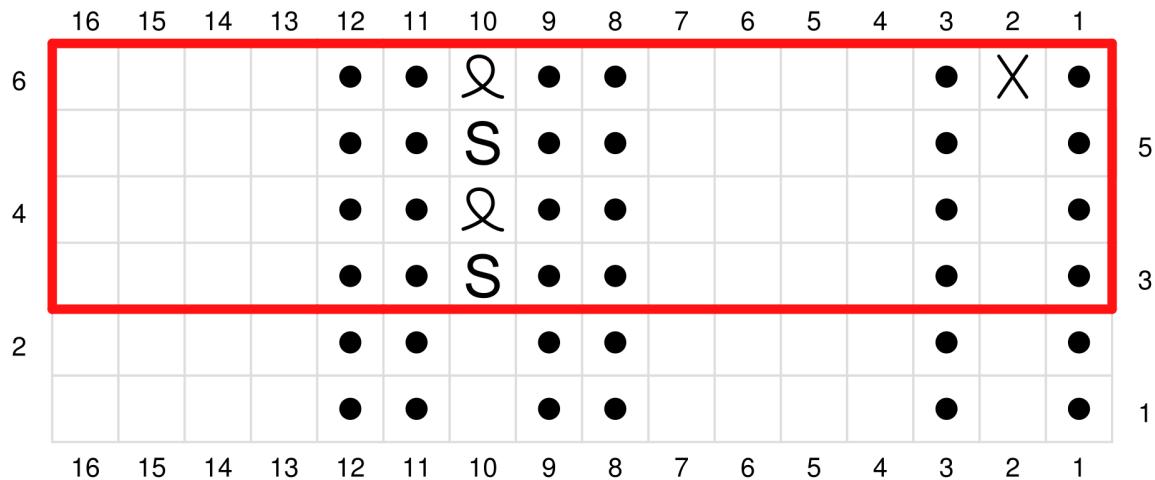
 pick up the stitch below purlwise so it can be worked twisted

Repeat the section in red once for sizes XS and S

Repeat the section in red twice for sizes XL and 2X

Repeat the section in red 3 times for size 5X

Row 1 and 2 are set up rows and will only be worked at the beginning. Work the stated number of repeats of stitches 1-16 for your set up rows.

Left front chart for sizes M, L, 3X and 4X

RS: Knit
WS: Purl



RS: Purl
WS: Knit



twisted stitch



slip with yarn in front

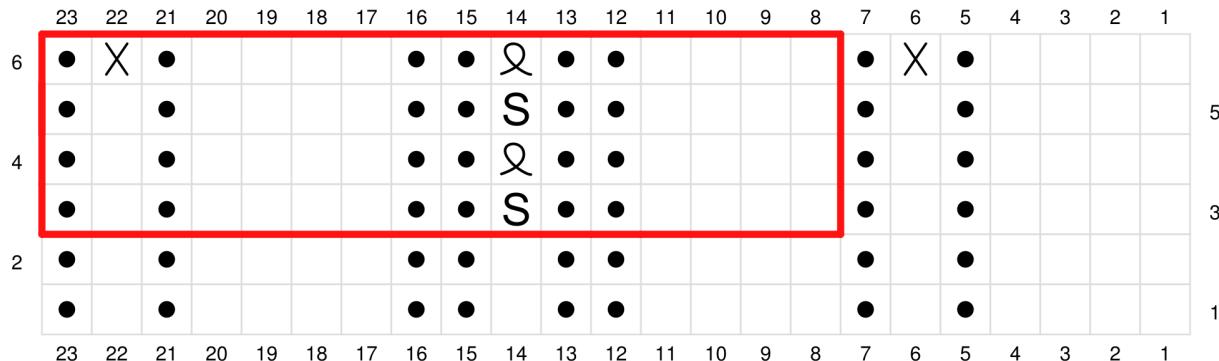


knit 3 below. Pick up the stitch below purlwise so it can be worked twisted

Repeat the chart twice for sizes M and L

Repeat the chart 3 times for sizes 3X and 4X

Right side Chart for sizes XS, S, XL, 2X and 5X



RS: Knit
WS: Purl



RS: Purl
WS: Knit



twisted stitch



slip with yarn in front



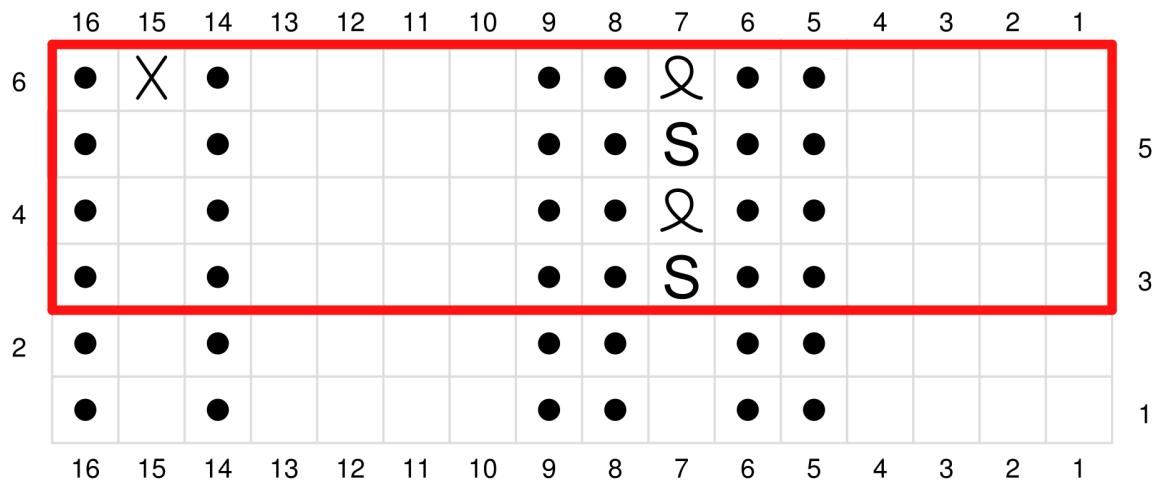
knit 3 below. Pick up the stitch below purlwise so it can be worked twisted

Repeat the section in red once for sizes XS and S

Repeat the section in red twice for sizes XL and 2X

Repeat the section in red 3 times for size 5X

Row 1 and 2 are set up rows and will only be worked at the beginning. Work the stated number of repeats of stitches 1-16 for your set up rows.

Right front chart for sizes M, L, 3X and 4X

RS: Knit
WS: Purl



RS: Purl
WS: Knit



twisted stitch



slip with yarn in front



knit 3 below. Pick up the stitch below purlwise so it can be worked twisted

Repeat the chart twice for sizes M and L

Repeat the chart 3 times for sizes 3X and 4X