



SPORTI // BY JACQUELINE CIESLAK

SPORTI is the sweet & sexy athleisure dreamknit your needles have been waiting for! This all-over ribbed top can be worked as a shrug or a pullover, and the pattern includes numbers for two different gender-neutral fit types in the shoulders and chest, with proportions corresponding to traditional "men's" and "women's" sizing charts. All pieces are worked seamlessly, top-down, with optional instructions for a sleeve adjustment and bust darts on the pullover. A matching tank pattern is available separately to layer perfectly under the shrug.

DETAILS

SIZING

How to choose your size:

Sporti is a top-down set-in sleeve sweater, which means the most important fit area is in the shoulders and upper chest. To best accommodate the widest range of body types within this fitted construction, Sporti includes numbers for two different fit types at the shoulders and upper chest:

- **Narrow shoulders:** fit reflects the relatively smaller ratio of shoulders-to-chest circumference in traditional “women’s” sizing charts
- **Wide shoulders:** fit reflects the relatively larger ratio of shoulders-to-chest circumference in traditional “men’s” sizing charts

Please note that people of all genders may find that either of these fit types work better for their proportions! To choose the size that will give you the best fit in the shoulders, measure your upper bust/chest circumference (your chest right at your underarms, with your arms down) and measure your front chest width (flat across your chest from the points where your arms join your body on each side).

Select your size based on your upper bust/chest circumference, and then select your fit type based on your front chest width:

	1	2	3	4	5	6	7	8	9
To fit upper bust/chest circumference	30" 75cm	34" 85cm	38" 95cm	42" 105cm	46" 115cm	50" 125cm	54" 135cm	58" 145cm	62" 155cm
Narrow shoulders front chest width	12" 30cm	12.75" 32cm	13.5" 34cm	14.25" 35.5cm	15" 37.5cm	15.5" 39cm	16" 40cm	16.5" 41.5cm	17" 42.5cm
Wide shoulders front chest width	14" 35cm	14.75" 37cm	15.5" 39cm	16.25" 40.5cm	17" 42.5cm	17.5" 44cm	18" 45cm	18.5" 46.5cm	19" 47.5cm

If you are between sizes, I recommend sizing up. Please note that Sporti is designed to be extremely fitted and worn with significant negative ease (meaning the finished piece will be *much smaller* than your body), and because the fabric is ribbed, you can expect it to stretch quite a lot!

How to determine your bust dart size:

For the crop or full length sweater, to determine if you should add bust darts, measure your full bust circumference. If the difference between this measurement and your upper bust measurement is less than 2"/5cm, you do not need to add bust darts. If it is greater, determine your size based on the difference between your full bust and upper bust as follows:

	A	B	C	D	E	F
Difference between full and upper bust	2–3" 5–7.5cm	3–4" 7.5–10cm	4–5" 10–12.5cm	5–6" 12.5–15cm	6–7" 15–17.5cm	7" + 17.5cm +

In the pattern photos, Jacqui (neon yellow shrug & tank, they/she pronouns) is wearing a size 7 with narrow shoulders, 12"/30cm of negative ease at the upper bust, and 3"/7.5cm of negative ease at the bicep. David (peach full length sweater, he/him pronouns) is wearing a size 4 with wide shoulders, 10"/25cm of negative ease at the upper chest, and 2"/5cm of negative ease at the bicep.

GAUGE, NEEDLES, NOTIONS

Gauge: 24 sts and 32 rows over 4"/10cm in 2x2 ribbing after blocking (this gauge assumes the ribbing is somewhat relaxed from blocking but not fully stretched out)

Recommended needles: US5 (3.75mm) 40"/100cm circular

Notions: stitch markers, locking stitch markers, darning needle

YARN REQUIREMENTS

Sporti was designed in The Wandering Flock Merino Fingering Singles, a 100% superwash merino single ply yarn. However, any wool or wool/blend fingering weight yarn should work, as long as the yarn offers some elasticity and you can achieve gauge with it.

The yarns used for the samples in the pattern photos are colorways Yolo and Peach Pop.

	1	2	3	4	5	6	7	8	9
Shrug	540 yds 495 m	590 yds 540 m	645 yds 590 m	705 yds 645 m	775 yds 710 m	855 yds 780 m	950 yds 870 m	1060 yds 970 m	1185 yds 1085 m
Crop sweater	710 yds 650 m	785 yds 720 m	875 yds 800 m	960 yds 880 m	1070 yds 980 m	1190 yds 1090 m	1330 yds 1215 m	1495 yds 1365 m	1680 yds 1535 m
Full length sweater	1050 yds 960 m	1175 yds 1075 m	1330 yds 1215 m	1470 yds 1345 m	1655 yds 1515 m	1855 yds 1695 m	2090 yds 1910 m	2360 yds 2160 m	2665 yds 2435 m

Alternative yarn suggestions at a variety of price points are provided on the pattern listings on Ravelry and www.jacquelinecieslak.com.

SHARE

To connect with other makers for fun and inspiration, share your project using the hashtags **#SportiSweater**, **#SportiShrug**, or **#SportiSet** on Instagram.

Be sure to tag **@jacquelinecieslak** so I can see!

SPORTI Sweater & Shrug, version 1.0, updated February 2024

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DIRECTIONS

CONSTRUCTION OVERVIEW

Sporti begins at the upper back shoulders, which are cast-on and worked flat from the shoulders to the underarms. The fronts are picked up from the back shoulders and then joined at the neck and worked flat to the underarms. Back and front are joined at the underarms and then the rest of the body is worked in the round. Set-in sleeves are picked up from the armholes and worked from the shoulders down in the round. The neckline and hem are finished with i-cord bind offs, and short rows are used throughout the pattern to create shaping for the shoulders, sleeve caps, optional bust darts, and the dip hem on the shrug.

SLEEVE ADJUSTMENT

To determine your best sleeve size, measure your bicep circumference at its widest point, just below your armpit, and choose your size based on the "To-fit bicep circumference" in the chart below. If you are between sizes, choose the size that is closer to the body size you selected on page 2.

I do not recommend working a sleeve that is more 1 size removed from the body size of your sweater, and would instead opt for a different amount of ease in the bicep. The recommended ease at the bicep is negative 2"/5cm to 4"/10cm, so you should have enough room to pick between multiple sleeve sizes.

	1	2	3	4	5	6	7	8	9
To fit bicep circumference	12.25" 30.5cm	13" 32.5cm	14.75" 37cm	16.25" 40.5cm	17.75" 44.5cm	20" 50cm	21" 52.5cm	22" 55cm	23.5" 59cm
Finished bicep circumference	10.75" 27cm	11.25" 28cm	12.75" 32cm	14" 35cm	15.25" 38cm	17.25" 43cm	18" 45cm	18.75" 47cm	20" 50cm

Once you have selected your sleeve size, follow the notes in the "4 – ARMHOLE" section on page 13 to switch to the different sleeve size from your body size.

PATTERN

You will notice that the instructions for this pattern are organized with tables, allowing you to fill in the number that corresponds to your size at each step. The intention with this style is to help you, the knitter, focus on what the written instructions are doing throughout the pattern, and to make it easier to find the numbers for different fit types (narrow versus wide shoulders) and body versus sleeve sizes.

1 – BACK

Cast on: using a long tail cast-on or preferred method, cast on A sts.

	1	2	3	4	5	6	7	8	9
A (narrow shoulders)	58	62	66	70	74	78	82	86	90
A (wide shoulders)	70	74	78	82	86	90	94	98	102

Left back shoulder:

Setup row (ws): p1, k1, p2, *k2, p2, rep from * to 2 sts before end, k1, p1.

Work w&t short rows as follows, maintaining established 2x2 ribbing and edge sts (knit the knits and purl the purls):

Row 1 (rs): work B sts, w&t.

Row 2: work C sts, w&t.

Row 3: work to prev wrap, pick up wrap and work it together with st, w&t.

Row 4: work to prev wrap, pick up wrap and work it together with st, work C sts, w&t.

Cont: rep rows 3-4 once.

Next row: work to prev wrap, pick up wrap and work it together with st, work 1 st, w&t.

Final row: work to prev wrap, pick up wrap and work it together with st, work to end.

Right back shoulder:

Setup row (rs): work to prev wrap, pick up wrap and work it together with st, work to end.

Work w&t short rows as follows, maintaining established 2x2 ribbing and edge sts (knit the knits and purl the purls):

Row 1 (ws): work B sts, w&t.

Row 2: work C sts, w&t.

Row 3: work to prev wrap, pick up wrap and work it together with st, w&t.

Row 4: work to prev wrap, pick up wrap and work it together with st, work C sts, w&t.

Cont: rep rows 3-4.

Next row: work to prev wrap, pick up wrap and work it together with st, work 1 st, w&t.

Final row: work to prev wrap, pick up wrap and work it together with st, work to end.

	1	2	3	4	5	6	7	8	9
B (narrow shoulders)	14	14	18	18	22	22	26	26	26
B (wide shoulders)	18	18	22	22	26	26	30	30	30
C (narrow shoulders)	3	3	4	4	6	6	7	7	7
C (wide shoulders)	4	4	5	5	7	7	8	8	8

1 – BACK (cont.)

Upper back:

Setup row (ws): work to prev wrap, pick up wrap and work it together with st, work to end.

Row 1 (rs): work all sts, maintaining established 2x2 ribbing and edge sts (knit the knits and purl the purls).

Cont: rep row 1 until D rows have been worked from cast-on edge.

Piece should measure approx E from cast-on edge to bottom, measured at armhole edge.

	1	2	3	4	5	6	7	8	9
D (narrow shoulders)	38	38	40	44	44	44	46	48	46
D (wide shoulders)	50	50	52	56	56	56	58	60	58
E (narrow shoulders)	4.5" 11.5cm	4.75" 12cm	5" 12.5cm	5.5" 14cm	5.5" 14cm	5.5" 14cm	5.75" 14.5cm	6" 15cm	5.75" 14.5cm
E (wide shoulders)	6" 15cm	6.25" 15.5cm	6.5" 16.5cm	7" 17.5cm	7" 17.5cm	7" 17.5cm	7.25" 18cm	7.5" 19cm	7.25" 18cm

Back underarms:

Row 1 (rs, inc row): k1, p1, m1LP, work to 2 sts before end, m1RP, p1, k1 (2 sts inc'd).

Row 2 (ws): p1, k2, work to 3 sts before end, k2, p1.

Size (1, -, -) [-, -, -] {-, -, -} wide shoulders only: skip to ALL SIZES.

Row 3 (inc row): k1, p1, m1LP, p1, work to 2 sts before end, m1RP, p1, k1 (2 sts inc'd).

Row 4: p1, k3, work to 4 sts before end, k3, p1.

Size (-, 2, -) [-, -, -] {-, -, -} wide shoulders only: skip to ALL SIZES.

Row 5 (inc row): k1, p1, m1L, work to 2 sts before end, m1R, p1, k1 (2 sts inc'd).

Row 6: p1, k1, p1, work to 3 sts before end, p1, k1, p1.

Row 7 (inc row): k1, p1, m1L, k1, work to 2 sts before end, m1R, p1, k1 (2 sts inc'd).

Row 8: p1, k1, p2, work to 4 sts before end, p2, k1, p1.

Cont: rep rows 1-8 until a total of F increase rows have been worked, ending on a ws row.

ALL SIZES: you should have G sts across for the back, and piece should measure approx H from cast-on edge to bottom, measured at armhole edge from the top of the shoulder straight down.

	1	2	3	4	5	6	7	8	9
F (narrow shoulders)	7	8	10	10	12	14	16	17	20
F (wide shoulders)	1	2	4	4	6	8	10	11	14
G (both versions)	72	78	86	90	98	106	114	120	130
H (both versions)	6.25" 15.5cm	6.75" 17cm	7.5" 19cm	8" 20cm	8.5" 21.5cm	9" 22.5cm	9.75" 24.5cm	10.25" 25.5cm	10.75" 27cm

Break yarn, but there is no need to put stitches on holder or scrap yarn — just continue to use the same needles to pick up the front shoulders in the next set of instructions.

2 – FRONT

Left front shoulder:

Setup row 1 (rs): with rs facing, beginning at armhole edge of left back shoulder cast-on, count A sts from the armhole edge. Join yarn at this point to pu&k A sts along cast-on edge of left back shoulder, ending at armhole edge.
Setup row 2 (ws): p1, k1, *p2, k2, rep from * to 4 sts before end, p2, k1, p1.

Work w&t short rows as follows, maintaining established 2x2 ribbing pattern and edge sts (knit the knits and purl the purls):

Row 1 (rs): work B sts, w&t.

Row 2: work to end, turn.

Row 3: work to prev wrap, pick up wrap and work it together with st, work B sts, w&t.

Row 4: work to end, turn.

Cont: rep rows 3-4 once.

Semi-final row (rs): work to prev wrap, pick up wrap and work it together with st, work to end.

Final row: work all sts as established.

	1	2	3	4	5	6	7	8	9
A (narrow shoulders)	14	14	18	18	22	22	26	26	26
A (wide shoulders)	18	18	22	22	26	26	30	30	30
B (narrow shoulders)	3	3	4	4	6	6	7	7	7
B (wide shoulders)	4	4	5	5	7	7	8	8	8

Left front neck:

Row 1 (rs, inc row): k1, p1, m1LP, work to end (1 st inc'd).

Row 2: work to 3 sts before end, k2, p1.

Row 3 (inc row): k1, p1, m1LP, work to end (1 st inc'd).

Row 4: work to 4 st before end, k3, p1.

Row 5 (inc row): k1, p1, m1L, work to end (1 st inc'd).

Row 6: work to 3 sts before end, p1, k1, p1.

Row 7 (inc row): k1, p1, m1L, work to end (1 st inc'd).

Row 8: work to 4 sts before end, p2, k1, p1.

Cont: rep rows 1-8 until a total of C increases have been worked, ending on a ws row (about to start a rs row).

You should have D sts for the left front.

	1	2	3	4	5	6	7	8	9
C (narrow shoulders)	8	8	8	10	10	10	10	12	12
C (wide shoulders)	10	10	10	12	12	12	12	14	14
D (narrow shoulders)	22	22	26	28	32	32	36	38	38
D (wide shoulders)	28	28	32	34	38	38	42	44	44

Break yarn, but there is no need to put stitches on holder or scrap yarn — just continue to use the same needles to pick up the right front shoulder on the next page.

2 – FRONT (cont.)

Right front shoulder:

Setup row 1 (rs): with rs facing, join yarn at armhole edge of right front to pu&k A sts along cast-on edge of right back shoulder.

Setup row 2 (ws): p1, k1, *p2, k2, rep from * to 4 sts before end, p2, k1, p1.

Setup row 3: work all sts, maintaining established 2x2 ribbing pattern and edge sts (knit the knits and purl the purls).

Work w&t short rows as follows, maintaining established 2x2 ribbing pattern and edge sts (knit the knits and purl the purls):

Row 1 (ws): work B sts, w&t.

Row 2: work to end, turn.

Row 3: work to prev wrap, pick up wrap and work it together with st, work B sts, w&t.

Row 4: work to end, turn.

Cont: rep rows 3-4 once.

Final row (ws): work to prev wrap, pick up wrap and work it together with st, work to end.

	1	2	3	4	5	6	7	8	9
A (narrow shoulders)	14	14	18	18	22	22	26	26	26
A (wide shoulders)	18	18	22	22	26	26	30	30	30
B (narrow shoulders)	3	3	4	4	6	6	7	7	7
B (wide shoulders)	4	4	5	5	7	7	8	8	8

Right front neck:

Row 1 (rs, inc row): work to 2 sts before end, m1RP, p1, k1 (1 st inc'd).

Row 2: p1, k2, work to end.

Row 3 (inc row): work 2 sts before end, m1RP, p1, k1 (1 st inc'd).

Row 4: p1, k3, work to end.

Row 5 (inc row): work to 2 sts before end, m1R, p1, k1 (1 st inc'd).

Row 6: p1, k1, p1, work to end.

Row 7 (inc row): work 2 sts before end, m1R, p1, k1 (1 st inc'd).

Row 8: p1, k1, p2, work to end.

Cont: rep rows 1-8 until a total of C increases have been worked, ending on a ws row (about to start a rs row).

You should have D sts for the left front.

	1	2	3	4	5	6	7	8	9
C (narrow shoulders)	8	8	8	10	10	10	10	12	12
C (wide shoulders)	10	10	10	12	12	12	12	14	14
D (narrow shoulders)	22	22	26	28	32	32	36	38	38
D (wide shoulders)	28	28	32	34	38	38	42	44	44

Do NOT break yarn; proceed to next page to join fronts.

2 – FRONT (cont.)

Join front shoulders at neck:

Setup row 1 (rs): work all sts across right front, cable cast-on A sts, cont to work all sts as established across left front.
Setup row 2 (ws): p1, k1, p2, *k2, p2, rep from * to 4 sts before end, p2, k1, p1.

You should have B sts total for front.

Row 1 (rs): work all sts, maintaining established 2x2 ribbing and edge sts (knit the knits and purl the purls).
Cont: rep row 1 until C rows have been worked from cast-on edge, counted from the shoulders.

Piece should measure approx D from cast-on edge to bottom, measured at armhole edge.

	1	2	3	4	5	6	7	8	9
A (both versions)	14	18	14	14	10	14	10	10	14
B (narrow shoulders)	58	62	66	70	74	78	82	86	90
B (wide shoulders)	70	74	78	82	86	90	94	98	102
C (narrow shoulders)	38	38	40	44	44	44	46	48	46
C (wide shoulders)	50	50	52	56	56	56	58	60	58
D (narrow shoulders)	4.5" 11.5cm	4.75" 12cm	5" 12.5cm	5.5" 14cm	5.5" 14cm	5.5" 14cm	5.75" 14.5cm	6" 15cm	5.75" 14.5cm
D (wide shoulders)	6" 15cm	6.25" 15.5cm	6.5" 16.5cm	7" 17.5cm	7" 17.5cm	7" 17.5cm	7.25" 18cm	7.5" 19cm	7.25" 18cm

Front underarms:

Row 1 (rs, inc row): k1, p1, m1LP, work to 2 sts before end, m1RP, p1, k1 (2 sts inc'd).

Row 2 (ws): p1, k2, work to 3 sts before end, k2, p1.

Size (1, -, -) [-, -, -] {-, -, -} wide shoulders only: skip to ALL SIZES.

Row 3 (inc row): k1, p1, m1LP, p1, work to 3 sts before end, p1, m1RP, p1, k1 (2 sts inc'd).

Row 4: p1, k3, work to 4 sts before end, k3, p1.

Size (-, 2, -) [-, -, -] {-, -, -} wide shoulders only: skip to ALL SIZES.

Row 5 (inc row): k1, p1, m1L, work to 2 sts before end, m1R, p1, k1 (2 sts inc'd).

Row 6: p1, k1, p1, work to 3 sts before end, p1, k1, p1.

Row 7 (inc row): k1, p1, m1L, k1, work to 3 sts before end, k1, m1R, p1, k1 (2 sts inc'd).

Row 8: p1, k1, p2, work to 4 sts before end, p2, k1, p1.

Cont: rep rows 1-8 until a total of E increase rows have been worked, ending on a ws row.

ALL SIZES: you should have F sts across for the front, and piece should measure approx G from cast-on edge to bottom, measured at armhole edge from the top of the shoulder straight down.

	1	2	3	4	5	6	7	8	9
E (narrow shoulders)	7	8	10	10	12	14	16	17	20
E (wide shoulders)	1	2	4	4	6	8	10	11	14
F (both versions)	72	78	86	90	98	106	114	120	130
G (both versions)	6.25" 15.5cm	6.75" 17cm	7.5" 19cm	8" 20cm	8.5" 21.5cm	9" 22.5cm	9.75" 24.5cm	10.25" 25.5cm	10.75" 27cm

Do NOT break yarn; proceed to next page to join back and front.

3 – BODY

NOTE: From this point on, the instructions for both narrow and wide shoulder versions are the same.

Join back and front:

Setup rnd 1: work all sts across front, cable cast-on A sts, pm, cable cast-on A sts, cont to work all sts across back, cable cast-on A sts, pm for BOR, cable cast-on A sts, join with front to work in the rnd.

Setup rnd 2: work all sts, maintaining established 2x2 ribbing and continuing ribbing across edge sts and cast-on underarm sts. For some sizes, this may mean that you need to work different sts than established on the edge sts (for example, if the 2 sts before the edge sts are purls, you should then work two knits, even though you are working over one purl and one knit st).

You should have B sts total for the body.

If you are working the crop or full length sweater, skip to next page.

	1	2	3	4	5	6	7	8	9
A	1	1	1	3	3	3	3	5	5
B	148	160	176	192	208	224	240	260	280

Shrug body:

Cont: work in established 2x2 ribbing in the rnd until a total of C rnds have been worked from underarms, or until shrug body is desired length in front (additional shaping will add 2"/5cm of length to the back and 1"/2.5cm to the sides).

Piece should measure approx 2"/5cm from underarm to bottom, measured at armhole edge.

Work w&t short rows as follows, maintaining established 2x2 ribbing pattern:

Row 1 (rs): work D sts, w&t.

Row 2 (ws): work to BOR m, sm, work to m, sm, work D sts, w&t.

Row 3: slipping markers as you come to them, work to E sts before prev wrap, w&t.

Row 4: slipping markers as you come to them, work to E sts before prev wrap, w&t.

Cont: rep last 2 rows 6 more times.

You should have 16 wraps (8 per side).

Final rnds: slipping markers as you come to them, *work to wrap, pick up wrap and work it together with st, rep from * until all wraps have been worked, then work to BOR.

	1	2	3	4	5	6	7	8	9
C	6	8	10	12	14	16	18	20	22
D	21	21	24	28	32	35	35	38	38
E	6	6	7	8	9	10	10	11	11

Finishing:

Work 3-stitch i-cord bind off, then break yarn and weave in ends.

3 – BODY (cont.)

If you are not working bust darts, skip to "Sweater body" below.

When to work bust darts:

You should begin working the bust darts when the body of the sweater is at the apex of your bust, adding or removing rnds until you reach the apex. You can always pause and try on the sweater before beginning the bust darts to check that you are at the right place.

For the most accurate fit check, I recommend putting the body stitches on holders or scrap yarn and working the sleeves before working the bust darts and finishing the body, because picking up the stitches for the armholes and working the sleeve caps will raise the body of the sweater slightly. You can also steam block your in-progress sweater for the most truly accurate fit check.

Bust darts:

Work w&t short rows as follows:

Row 1 (rs): work A sts, w&t.

Row 2 (ws): work B sts, w&t.

Row 3: work to prev wrap, pick up wrap and work it together with st, work C sts, w&t.

Row 4: work to prev wrap, pick up wrap and work it together with st, work C sts, w&t.

Cont: rep rows 3-4 D more times.

You should have a total of E short row turns on each side.

Final rnd 1: work to prev wrap, pick up wrap and work it together with st, work to end.

Final rnd 2: work to prev wrap, pick up wrap and work it together with st, work to end.

	1	2	3	4	5	6	7	8	9
A	49	55	59	65	71	75	81	87	99
B	22	28	28	32	36	36	40	42	48

Fill in C according to your size & bust dart size:

	1	2	3	4	5	6	7	8	9
Size A	4	4	5	5	5	6	6	7	7
Size B	2	2	3	3	3	3	4	4	4
Size C	1	1	2	2	2	2	2	3	3
Size D	1	1	1	1	1	2	2	2	2
Size E	1	1	1	1	1	1	1	2	2
Size F	1	1	1	1	1	1	1	1	1

Fill in D & E according to your bust dart size:

	Size A	Size B	Size C	Size D	Size E	Size F
D	4	8	12	16	20	24
E	6	10	14	18	22	26

Sweater body:

Work in established 2x2 ribbing until sweater body measures 16"/40cm from underarm for crop, OR 24"/60cm from underarm for full length, OR until desired length.

Finishing:

Work 3-stitch i-cord bind off, then break yarn and weave in ends.

4 – ARMHOLE

NOTE: If you are working the sleeves and the body in different sizes, this is the point in the pattern where you will switch to working the instructions in your sleeve size. To determine if you should be working this modification, see instructions on page 5.

With rs facing, beginning at top center shoulder seam, count **A** rows to the right of the shoulder seam. This is where you will join yarn and begin picking up sts, working just inside the column of knit sts on the edge of the armhole.

You will need to place markers to identify the different portions of the sleeve cap as you work the following instructions. These markers are very important! I have marked them in bold to help you remember.

Pick up sts as follows:

1. Upper armhole (1 st for every row): Pu&k **B** sts, **pm for upper sleeve cap**.

NOTE: In the next step, if you are choosing to work a different size sleeve, you may need to pick up sts at a different rate. If you find you need to pick up more sts, you can pick sts at a 1-to-1 rate at the bottom of the armhole (around the BOR m). If you find you need to pick up fewer sts, you can pick up sts at a 1-to-3 rate in the middle of the armhole. Distributing your picked up sts this way will result in the cleanest possible finish for your sleeve cap with no fabric bunching.

2. Mid & lower armhole (approx 1 st for every 2 rows or underarm cast-on sts): Pu&k **C** sts between the upper armhole and the center bottom of the armhole. **Pm for BOR**, then pu&k another **C** sts between the BOR and the place where you began picking up sts. **Pm for upper sleeve cap**.

3. Add lower sleeve cap markers: count **A** sts from BOR on either side and **pLm for lower sleeve cap**.

*You should have a total of **D** sts around.*

	1	2	3	4	5	6	7	8	9
A	7	7	7	11	11	11	15	15	15
B	14	14	14	22	22	22	30	30	30
C	26	28	32	32	36	42	40	42	46
D	66	70	78	86	94	106	110	114	122

5 – SLEEVE CAP

In what follows, when working the sleeve cap, the wraps from the short rows are not picked up. This creates a clean line around the edge of the sleeve cap.

Work w&t short rows as follows, maintaining 2x2 ribbing pattern once it is established:

Upper cap:

Row 1 (rs): *p2, k2, rep from * to 2 sts before upper armhole m, p2, rm, w&t.
Row 2 (ws): *k2, p2, rep from * to 2 sts before upper armhole m, k2, rm, w&t.

NOTE: in the following instructions, you will be adding TWO additional slipped sts at the end of each row. This adds sts to the upper cap at a faster rate than a single w&t (which you will work in the mid cap), creating a steeper slope at the top of the sleeve cap.

Row 3: work to prev wrapped st, knit wrapped st, sl 1 wyif, move yarn to back, w&t.
Row 4: p2, work to prev wrapped st, purl wrapped st, sl 1 wyib, bring yarn to front, w&t.
Row 5: k2, work to prev wrapped st, purl wrapped st, sl 1 wyif, move yarn to back, w&t.
Row 6: k2, work to prev wrapped st, knit wrapped st, sl 1 wyib, bring yarn to front, w&t.
Row 7: p2, work to prev wrapped st, knit wrapped st, sl 1 wyif, move yarn to back, w&t.
Row 8: p2, work to prev wrapped st, purl wrapped st, sl 1 wyib, bring yarn to front, w&t.

You should have 7 sts that appear wrapped on each side of the upper sleeve cap.

Mid cap:

Setup row 1 (rs): k2, work to prev wrapped st, purl wrapped st, w&t.
Setup row 2 (ws): work to prev wrapped st, knit wrapped st, w&t.
Row 1: work to prev wrapped st, purl wrapped st, w&t.
Row 2: work to prev wrapped st, knit wrapped st, w&t.
Row 3: work to prev wrapped st, knit wrapped st, w&t.
Row 4: work to prev wrapped st, purl wrapped st, w&t.
Row 5: work to prev wrapped st, knit wrapped st, w&t.
Row 6: work to prev wrapped st, purl wrapped st, w&t.
Row 7: work to prev wrapped st, purl wrapped st, w&t.
Row 8: work to prev wrapped st, knit wrapped st, w&t.

Cont: rep rows 1-8 until no unwrapped sts remain before lower armhole markers, ending on a ws row (about to start a rs row).

Lower cap:

Final row (rs): work to prev wrapped st, slip st purlwise to RH needle, rm, slip st back to LH needle, ssk wrapped st together with next st, k1, *p2, k2, rep from * to 1 st before BOR, p1 (1 st dec'd).

Final rnd: p1, *k2, p2, rep from * to 2 sts before m, k1, slip st purlwise to RH needle, rm, slip st back to LH needle, k2tog with wrapped st and next st, work to BOR (1 st dec'd).

You should have A sts around.

	1	2	3	4	5	6	7	8	9
A	64	68	76	84	92	104	108	112	120

6 – SLEEVES & FINISHING

Change to DPNs or preferred method for small circumference knitting when necessary.

Sleeve decreases:

Cont: work in established 2x2 ribbing for A rnds.

Dec rnd: ssk, work to 2 sts before BOR, k2tog (2 sts dec'd).

Cont: work dec rnd every A th rnd B more times, then work dec rnd every C th rnd D more times.

Additional length: work in established 2x2 ribbing for another 3"/7.5cm or until sleeve reaches the base of thumb.

You should have total of E sts around.

Work setup row for thumb hole according to sleeve:

LEFT sleeve row 1 (rs): k1, p2, k2, p2, k2, p1 turn.

RIGHT sleeve row 1 (rs): work as established to 10 sts before BOR, turn.

Work thumb holes the same for both sleeves:

Row 1 (ws): sl1 knitwise wyib, work as established until you reach the point where you turned in the prev row, slipping BOR m as you come to it, turn.

Row 2 (rs): sl1 purlwise wyif, work as established until you reach the point where you turned in the prev row, slipping BOR m as you come to it, turn.

Cont: rep rows 1-2 4 more times, then work row 1 1 more time, until a total of 12 rows have been worked for the thumb hole.

Rejoining rnd: work in established 2x2 ribbing to BOR, rejoining work across thumb hole.

Cont: work in established 2x2 ribbing for another 3"/7.5cm or until sleeve reached desired length.

Finishing: bind off all sts loosely knitwise.

Rep from "4 – ARMHOLE" for second sleeve.

Neck finishing:

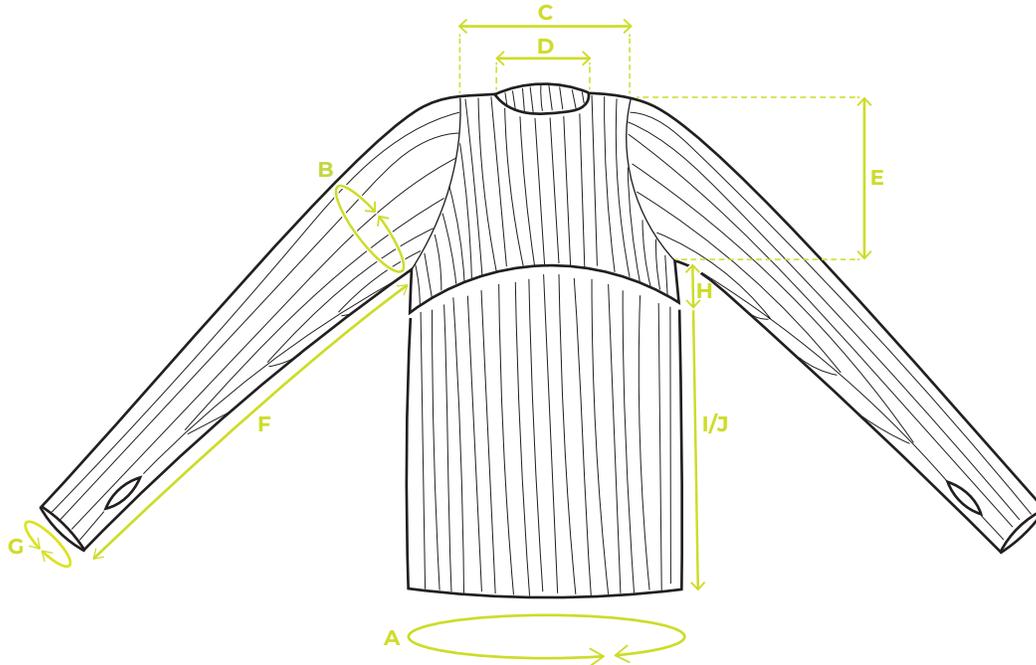
With rs facing, beginning at the center back neck, pu&k 1 st for every cast-on st and 1 st for every 2 rows all around the neck. Once you return to the center back, work a 3-stitch i-cord bind off around the neck. When you return to the center back, use a darning needle to stitch together the two ends of the i-cord.

Depending on your gauge, your size, and the tightness of your i-cord bind off, you may find that the neck is too loose or too tight for your liking. In these cases, you may have to pull out your neck finishing and start over, picking up sts at a different rate and/or using a different needle size for the i-cord bind-off. I often find I have to work my neck finishing 2 or 3 times before I am satisfied!

Once you are happy with your neck, break yarn, weave in ends, and wet block piece to measurements indicated in schematic.

	1	2	3	4	5	6	7	8	9
A	13	11	8	7	6	4	4	4	3
B	4	8	8	8	18	4	4	14	1
C	14	12	9	8	7	5	5	5	4
D	5	3	7	9	3	23	23	15	32
	1	2	3	4	5	6	7	8	9
E	44	44	44	48	48	48	52	52	52

SCHEMATIC



	1	2	3	4	5	6	7	8	9
To fit upper bust/chest circumference	30" 75cm	34" 85cm	38" 95cm	42" 105cm	46" 115cm	50" 125cm	54" 135cm	58" 145cm	62" 155cm
A. Body circumference	24" 60cm	26.75" 67cm	29.25" 73cm	32" 80cm	34.75" 87cm	37.25" 93cm	40" 100cm	43.25" 108cm	46.75" 117cm
B. Bicep circumference	10.75" 26.5cm	11.25" 28.5cm	12.75" 31.5cm	14" 35cm	15.25" 38.5cm	17.25" 43.5cm	18" 45cm	18.75" 46.6cm	20" 50cm
C. Shoulder width (narrow)	9.75" 24cm	10.25" 26cm	11" 27.5cm	11.75" 29cm	12.25" 31cm	13" 32.5cm	13.75" 34cm	14.25" 36cm	15" 37.5cm
C. Shoulder width (wide)	11.75" 29cm	12.25" 31cm	13" 32.5cm	13.75" 34cm	14.25" 36cm	15" 37.5cm	15.75" 39cm	16.25" 41cm	17" 42.5cm
D. Neck width (narrow)	4.25" 11cm	4.75" 11.5cm	5" 12.5cm	5.25" 13.5cm	5.75" 14cm	6" 15cm	6.25" 16cm	6.75" 16.5cm	7" 17.5cm
D. Neck width (wide)	5" 12.5cm	5.25" 13.5cm	5.75" 14cm	6" 15cm	6.25" 16cm	6.75" 16.5cm	7" 17.5cm	7.25" 18.5cm	7.75" 19cm
E. Armhole depth	6.25" 15.5cm	6.75" 17cm	7.5" 19cm	8" 20cm	8.5" 21.5cm	9" 22.5cm	9.75" 24.5cm	10.25" 25.5cm	10.75" 27cm
F. Sleeve length	24.5" 61cm	24.5" 61cm	24.5" 61cm	24.5" 61cm	24.5" 61cm	24.5" 61cm	24.5" 61cm	24.5" 61cm	24.5" 61cm
G. Cuff circumference	7.25" 18.5cm	7.25" 18.5cm	7.25" 18.5cm	8" 20cm	8" 20cm	8" 20cm	8.75" 21.5cm	8.75" 21.5cm	8.75" 21.5cm
H. Body length (shrug)	1.75" 4.5cm	2" 5cm	2.25" 5.5cm	2.5" 6cm	2.75" 7cm	3" 7.5cm	3.25" 8cm	3.5" 8.5cm	3.75" 9.5cm
I. Body length (crop sweater)	16" 40cm	16" 40cm	16" 40cm	16" 40cm	16" 40cm	16" 40cm	16" 40cm	16" 40cm	16" 40cm
J. Body length (full length sweater)	24" 60cm	24" 60cm	24" 60cm	24" 60cm	24" 60cm	24" 60cm	24" 60cm	24" 60cm	24" 60cm