



SPORTI // BY JACQUELINE CIESLAK

SPORTI is the sweet & sexy athleisure dreamknit your needles have been waiting for! This all-over ribbed tank is worked seamlessly, top-down, with instructions for optional bust darts. A matching shrug pattern is available separately to layer perfectly over the tank.

DETAILS

SIZING

Select your size based on your upper bust/chest circumference:

	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

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 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:

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 (they/she pronouns) is wearing a size 7 with 12"/30cm of negative ease and no bust darts.

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 sample in the pattern photos is colorway Yolo.

	1	2	3	4	5	6	7	8	9
Yards	340	390	455	510	585	665	760	865	985
Meters	310	355	415	465	535	610	695	790	900

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

SPORTI Tank, version 1.0, updated February 2024

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ABBREVIATIONS

approx	approximately	pLm	place locking marker
BOR	beginning of round	pm	place marker
cont	continue	prev	previous
dec('d)	decrease (decreased)	pu&k	pick up and knit
inc('d)	increase (increased)	rep	repeat
k	knit	RH	righthand
k2tog	knit 2 together (right-leaning decrease; 1 st dec'd)	rLm	remove locking stitch marker
LH	lefthand	rm	remove marker
Lm	locking stitch marker	rnd	round
m	marker	rs	right side
m1L	make 1 left: pick up strand between needles with left needle tip from front and knit it through back loop (left- leaning increase; 1 st inc'd)	sm	slip marker
m1R	make 1 right: pick up strand between needles with left needle tip from back and knit it normally (right-leaning increase; 1 st inc'd)	sl	slip
m1LP	make 1 left: pick up strand between needles with left needle tip from front and purl it through back loop (left- leaning increase; 1 st inc'd)	ssk	slip slip knit (left-leaning decrease; 1 st dec'd)
m1RP	make 1 right: pick up strand between needles with left needle tip from back and purl it normally (right-leaning increase; 1 st inc'd)	st(s)	stitch(es)
p	purl	tbl	through back loop
p2tog	purl 2 together (left-leaning decrease; 1 st dec'd)	ws	wrong side
		wyif	with yarn in front
		wyib	with yarn in back
		w&t	wrap and turn
		yo	yarn over

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. The neckline and hem are finished with i-cord bind offs, and short rows are used to create shaping for the shoulders and optional bust darts.

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 your size and optional bust darts.

1 – BACK

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

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 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.

	1	2	3	4	5	6	7	8	9
A	58	62	66	70	74	78	82	86	90
B	14	14	18	18	22	22	26	26	26
C	3	3	4	4	6	6	7	7	7

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.*

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.

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.

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.

*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
D	38	38	40	44	44	44	46	48	46
E	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
F	7	8	10	10	12	14	16	17	20
G	72	78	86	90	98	106	114	120	130
H	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.

Next row (rs): work all sts, maintaining established 2x2 ribbing and selvage sts (knit the knits and purl the purls).

Cont: rep prev row until C rows have been worked from cast-on edge, ending on a ws row (about to start a rs row).

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

Left front underarm & neck increases:

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

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

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

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

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, 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 E increase rows have been worked, ending on a ws row (about to start a rs row).

You should have F sts total for the left 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
A	14	14	18	18	22	22	26	26	26
B	3	3	4	4	6	6	7	7	7
C	38	38	40	44	48	48	54	54	54
D	4.5" 11.5cm	4.75" 12cm	5" 12.5cm	5.5" 14cm	6" 15cm	6" 15cm	6.75" 17cm	6.75" 17cm	6.75" 17cm
E	7	8	10	10	10	12	12	14	16
F	28	30	38	38	42	46	50	54	58
G	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 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.

Next row (rs): work all sts, maintaining established 2x2 ribbing and selvage sts (knit the knits and purl the purls).

Cont: rep prev row until C rows have been worked from cast-on edge, ending on a ws row (about to start a rs row).

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

Right front underarm & neck increases:

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

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

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

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

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, 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 E increase rows have been worked, ending on a ws row (about to start a rs row).

You should have F sts total for the left 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
A	14	14	18	18	22	22	26	26	26
B	3	3	4	4	6	6	7	7	7
C	38	38	40	44	48	48	54	54	54
D	4.5" 11.5cm	4.75" 12cm	5" 12.5cm	5.5" 14cm	6" 15cm	6" 15cm	6.75" 17cm	6.75" 17cm	6.75" 17cm
E	7	8	10	10	10	12	12	14	16
F	28	30	38	38	42	46	50	54	58
G	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 fronts and back.

3 – BODY

Join back and fronts:

Setup rnd 1: work all sts across right front, cable cast-on A sts, join and work all sts across left front, cable cast-on B sts, pm, cable cast-on B sts, join and work all sts across back, cable cast-on B sts, pm for BOR, cable cast-on B 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/neck 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 C sts total for the body.

	1	2	3	4	5	6	7	8	9
A	16	18	10	14	14	14	14	12	14
B	1	1	1	3	3	3	3	5	5
C	148	160	176	192	208	224	240	260	280

3 – BODY (cont.)

If you are not working bust darts, skip to "Tank 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

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

4 – FINISHING

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 finishing, use the same techniques (rate of picked up sts, needle size, etc.) on the armholes.

Armhole finishing:

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

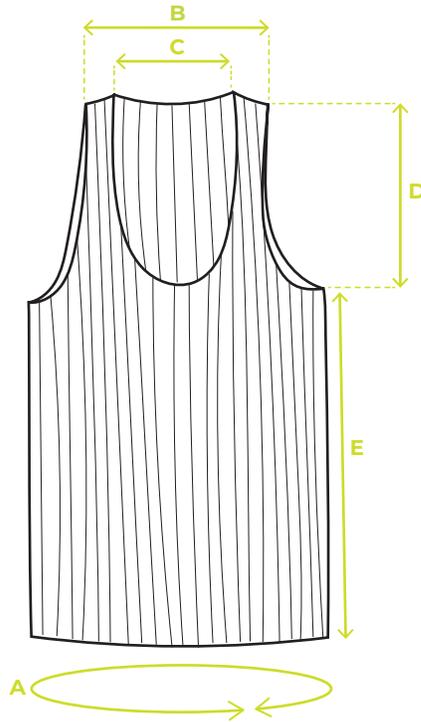
Once you are happy with your finishings, break yarn, weave in ends, and wet block piece to measurements indicated in schematic.

SHARE

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

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

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. Shoulder width	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" 17.5cm
C. Neck width	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. Armhole and neckline 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
E. Body length	16" 40cm	16" 40cm	16" 40cm	16" 40cm	16" 40cm	16" 40cm	16" 40cm	16" 40cm	16" 40cm