Rustic Solution Shrug

Designed by Angela Juergens

"SOLUTION SHRUG"
USING
Cascade Yarns **RUSTIC**

Designed for Cascade Yarns, Inc.
By
ANGELA JUERGENS

Cascade Rustic Shrug "SOLUTION" Sizes S/M, L/XL, XXL   CYPW197

Shown in size Large/XL
Skill Level: Intermediate

MATERIALS: 5/6/6 skeins Cascade Yarns *Rustic col.09 (*100g/196yards), knitting needles size US9 (5,5 mm) for rib and US 10 (6mm) OR SIZE TO OBTAIN GAUGE, cable needle, tapestry needle, stitch markers, yarn in a contrasting color for marking (you will just pull a piece of yarn through at indicated rows).

FINISHED MEASUREMENTS:
Center of back to wrist: 31"/31"/32"
Length from center of back: 26" /26"/27-3/4"
Width: 42-1/2"/48"/52"
Note: Due to the design of this garment, there is quite a bit of wrap in the front which will accommodate multiple sizes for each size given. The length given is for the back. The fronts will hang down lower.

GAUGE: 16sts/24 rows in needles size US 9 (6mm) over Stst =4"/4"
Stockinette Stitch: Knit on right-side rows, purl on wrong-side rows
TO SAVE TIME, TAKE TIME TO CHECK GAUGE. IT IS ALSO BETTER TO KNIT A BIGGER GAUGE (=cast on more stitches) TO GET A MORE PRECISE MEASUREMENT.

SEWING OFF STITCHES: Break wool and leave a tail, about three times the length of width of the stitches you want to sew off. Thread through a blunt tapestry needle. You will work from right to left.
*Put tapestry needle through the first two stitches as if to purl, from right to left. Pull through. Put needle back through the first of the two stitches as if to knit, from left to right. Pull through. Slip the first stitch of the needle. Repeat from * being careful not to pull the yarn too tight.

SSK: slip 2 sts knit wise, one at a time, then insert the tip of the left-hand needle into the fronts of these two stitches from the left, and then knit them together from this position.

M1: Pick up the strand between the stitches from the front with the left needle. Then knit into the back of it.
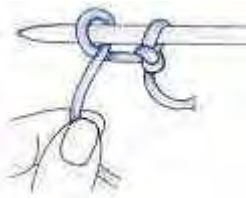
FINISHING: Block pieces.Close sleeve seams up to yarn marker A. Set in front piece with the center of backs together (D). Yarn marker A (sleeves)and yarn marker x from front go together.

cn = cable needle   **PM** = Place marker

BACKWARD LOOP:

FRONTS S/M: Cast on 56 sts with smaller needle.
Row 1:* p2, k4*, repeat from *to*3 more times, p1, place marker, k12 (work from graph), place marker, p1,* k4, p2*, repeat from *to*2 more times
Row 2: *k2, p4*, repeat from *to*2 more times, k1,slip marker, p12 (from graph), slip marker, k1,* p4, k2*, repeat from *to* 2 more times, p4, slip last 2 sts as if to purl (you will **always** slip these last two stitches on the wrong-side rows)
Row 3: *p2, put 2 sts on cable needle behind work, k2, k2 from cable needle* repeat from *to* 3 more times, p1, slip marker, work next 12 sts from graph row 3,slip marker, p1, *put 2 sts on a cable needle behind work, k2, k2 from cable needle, p2* repeat from *to* 2 times more.
Row 4: as row 2
Change to bigger size needle.
Row 5: as row 1
Row 6: as row 2
Row 7: knit, continue with 12-stitch cable pattern from graph (row 7), repeat row 1-24 four times, then row 1-3 once. Always move the stitch markers as you go.
Row 8: purl (do not forget to slip the last two stitches purlwise)
Row 9 – 28: continue in Stockinette Stitch pattern
Row 29: k4, ssk, knit to end = 55 sts
Row 30- 32: continue in Stockinette Stitch pattern
Row 33: k4, ssk, knit to end = 54 sts
Row 34 – 38: continue in Stockinette Stitch pattern
Row 39: k4, ssk, knit to end = 53 sts
Row 40 – 44: continue in Stockinette Stitch pattern
Row 45: k4, ssk, knit to end = 52 sts
Row 46 – 50: continue in Stockinette Stitch pattern
Row 51: k4, ssk, knit to end = 51 sts
Row 52 - 54: continue in Stockinette Stitch pattern
Row 55: k4, ssk, knit to end = 50 sts
Row 56: Bind off 2 sts at the beginning of the row = 48 sts
Row 57: knit to the last 2 sts, k2tog = 47 sts
Row 58: purl
Row 59: k4, ssk, knit to the last 2 sts, k2tog = 45 sts

Row 60: purl
Row 61: knit to the last 2 sts, k2tog = 44 sts
Row 62: purl
Row 63: k4, ssk, knit to the last 2 sts, k2tog = 42 sts
Row 64: purl
Row 65: knit to the last 2 sts, k2tog = 41 sts
Row 66: purl, also place yarn marker x at the beginning of this row
Row 67: k4, ssk, knit to the last 2 sts, k2 tog = 39 sts
Row 68: purl
Row 69: knit to the last 2 sts, k2tog = 38 sts
Row 70: purl
Row 71: k4, ssk, knit to the last 2 sts, k2tog = 36 sts
Row 72: purl
Row 73: knit to the last 2 sts, k2tog = 35 sts
Row 74: purl
Row 75: k4, ssk, knit to the last 2 sts, k2tog = 33 sts
Row 76: purl
Row 77: knit to last 2 sts, k2 tog = 32 sts
Row 78: purl
Row 79: k4, ssk, knit to last 2sts, k2tog = 30 sts
Row 80 – 84: continue in Stockinette Stitch pattern
Row 85: k4, ssk, knit to end = 29 sts
Row 86 – 90: continue in Stockinette Stitch pattern
Row 91: k4, ssk, knit to end = 28 sts
Row 92 – 96: continue in Stockinette Stitch pattern
Row 97: k4, ssk, knit to end = 27 sts
Row 98 - 100 continue in Stockinette Stitch pattern
Row 99: is also the last row of cable pattern
Row 101: k4, ssk, knit to end = 26 sts
Row 102 – 104: continue in Stockinette Stitch pattern
Row 105: k4, ssk, knit to end = 25 sts
Row 106 – 108: continue in Stockinette Stitch pattern
Row 109: k4, ssk, knit to end = 24 sts
Row 110 - 138: continue in Stockinette Stitch.
Row 139: Place a yarn marker D at the end of this row. This will mark the center of the back.
Row 140 – 168: continue in Stockinette Stitch pattern
Row 169: k4, M1, knit to end = 25 sts
Row 170 – 172: continue in Stockinette Stitch pattern
Row 173: k4, M1, knit to end = 26 sts
Row 174 - 176: continue in Stockinette Stitch pattern
Row 177: k4, M1, knit to end = 27 sts
Row 178: continue in Stockinette Stitch pattern
Row 179: begin of cable pattern, k10, PM, 12 sts from graph, PM (row 15-18 once, row 1-24 four times), k5
Row 180: purl
Row 181: k4, M1, knit to end = 28 sts
Row 182– 186: continue in Stockinette Stitch pattern
Row 187: k4, M1, knit to end = 29 sts
Row 188 – 192: continue in Stockinette Stitch pattern
Row 193: k4, M1, knit to end = 30 sts
Row 194 – 198: continue in Stockinette Stitch pattern
Row 199: k4, M1, knit to end, at the end of the row increase 1 st by making a backward loop = 32 sts (=loop 1 st)
Row 200: purl
Row 201: knit to the end, loop 1 st = 33 sts

Row 202: purl
Row 203: k4, M1, knit to end, loop 1 st = 35 sts
Row 204: purl
Row 205: knit to the end, loop 1 st = 36 sts
Row 206: purl
Row 207: k4, M1, knit to the end, loop 1 st = 38 sts
Row 208: purl
Row 209: knit to the end, loop 1 st = 39 sts
Row 210: purl
Row 211: k4, M1, knit to the end, loop 1 st = 41
Row 212: purl, place yarn marker x at the beg of this row.
Row 213: knit to the end, loop 1 st = 42 sts
Row 214: purl
Row 215: k4, M1, knit to the end, loop 1 st = 44 sts
Row 216: purl
Row 217: knit to the end, loop 1 st = 45 sts
Row 218: purl
Row 219: k4, M1, knit to the end, loop 1 st = 47 sts
Row 220: purl
Row 221: knit to the end, loop 1 sts = 48 sts
Row 222: purl
Row 223: k4, M1, knit to the end, loop 2 sts = 51 sts
Row 224: purl
Row 225 – 226: continue in Stockinette Stitch pattern
Row 227: k4, M1, knit to the end = 52sts
Row 228 – 232: continue in Stockinette Stitch pattern
Row 233: k4, M1, finish row = 53 sts
Row 234 – 238: continue in Stockinette Stitch pattern
Row 239: k4, M1, finish row = 54 sts
Row 240 – 244: continue in Stockinette Stitch pattern
Row 245: k4, M1, finish row = 55 sts
Row 246 – 248: continue in Stockinette Stitch pattern
Row 249: k4, M1, finish row = 56 sts
Row 250 – 271: continue in Stockinette Stitch pattern
Row 272: *k2p4* repeat from *to* 2 times more, k1, p12 (from graph), k1, *p4k2* repeat from *to* 2 times more, p4, slip the last 2 sts purlwise. Row 273: *p2, k4* repeat from *to*3 times more, p1, k12, p1, *k4, p2* repeat from *to* 2 times more
Row 274: change to smaller size needles: as row 272
Row 275:* p2, put 2 sts on cable needle and hold to front, k2, k2 from cable needle * repeat from *to* 2times more , p1, k 12 sts from graph, p1 *put 2 sts on a cable needle, hold to front, k2, k2 from cable needle, p2*. Repeat from *to* 3more times, but slip last 2 sts purlwise.
Row 276: as row 272
Row 277: as row 273
Sew off stitches as described.

SLEEVES AND BACK SIZE S/M : with smaller needle cast on 42 sts.
Row 1: p1*k4p2*repeat from *to*end with p1
Row 2: k1*p4k2*repeat from *to* end with k1
Row 3: p1 *put 2sts on a cable needle behind work, k2, knit 2 sts from cable needle p2* repeat from *to* end with p1
Row4: as row 2
Row 5: as row 1
Row 6: as row 2
Repeat Row 1-6: 5 more times = 36 rows have been worked from beginning.
Continue with bigger size needle in Stockinette Stitch.
Row 37: knit on odd rows

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Row 38: purl on even rows
Row 39 – 50: continue in Stockinette Stitch pattern
Row 51: k3, M1, knit to last 3 sts, M1, k3 = 44 sts
Row 52 – 56: continue in Stockinette Stitch pattern
Row 57: k3, M1, knit to last 3 sts, M1, k3 = 46 sts
Row 58 – 62: continue in Stockinette Stitch pattern
Row 63: k3, M1, knit to last 3 sts, M1, k3 = 48 sts
Row 64 – 68: continue in Stockinette Stitch pattern
Row 69: k3, M1, knit to last 3 sts, M1, k3 = 50 sts
Row 70 – 74: continue in Stockinette Stitch pattern
Row 75: k3, M1, knit to last 3 sts, M1, k3 = 52 sts
Row 76 – 78: continue in Stockinette Stitch pattern
Row 79: knit to last 3 sts, M1, k3 = 53 sts
Row 80 : purl
Row 81: k3, M1, finish row = 54 sts
Row 82 – 84: continue in Stockinette Stitch pattern
Row 85: knit to last 3 sts, M1, k3 = 55 sts
Row 86 : purl
Row 87: k3, M1, knit to end = 56 sts
Row 88: purl
Row 89: k3, M1 knit to end = 57 sts
Row 90: purl
Row 91: knit to last 3 sts M1 = 58 sts
Row 92: purl
Row 93: k3, M1, knit to end = 59sts
Row 94 – 96: continue in Stockinette Stitch pattern
Row 97: knit to last 3 sts, M1, knit to end = 60 sts
Row 98: purl
Row 99: k3, M1, knit to end = 61sts
Row 100: purl
Row 101: k3, M1, knit to end = 62 sts
Row 102: purl
Row 103: knit to last 3 sts, M1, knit to end = 63 sts
Row 104 – 106: continue in Stockinette Stitch pattern
Row 107: k3, M1, knit to last 3 sts, M1, knit to end = 65 sts
Row 108 – 110: continue in Stockinette Stitch pattern
Row 111: k3, M1, knit to last 3 sts, M1, knit to end = 67 sts. Also place a yarn marker A at the beg and
end of this row (this means you close the sleeve seem from the cabled rib beg up to this marker)
Row 112: purl
Row 113: knit to last 3 sts, M1, k3 = 68 sts
Row 114: purl
Row 115: knit to last 3 sts, M1, k3 = 69sts
Row 116: purl
Row 117: knit to last 3 sts, M1, k3 = 70 sts
Row 118: purl
Row 119: knit to last 3 sts, M1, k3 = 71 sts
Row 120: purl
Row 121: knit to last 3 sts, M1, k3 = 72 sts
Row 122: purl
Row 123: knit to last 3 sts, M1, k3. = 73 sts. Place a yarn marker B at the end of this row (this will be the
end of picked up stitches of the bottom for ribbing)
Row 124 – 185: continue in Stockinette Stitch pattern
Row 186: Place a yarn marker D at the end of this purl row. It will be the marker for the center of the
back.
Row 187 – 249: Continue in Stockinette Stitch pattern

Row 250: at the beginning of the this row place a yarn marker B. This will be the beginning where you will pick up stitches from the bottom for ribbing.
Row 251: knit to last 4 sts, ssk, k2 = 72 sts
Row 252: purl
Row 253: knit to last 4 sts, ssk, k2 = 71 sts
Row 254: purl
Row 255: knit to last 4 sts, ssk, k2 = 70sts
Row 256: purl
Row 257: knit to last 4 sts, ssk, k2 = 69 sts
Row 258: purl
Row 259: knit to last 4 sts, ssk, k2 = 68 sts
Row 260: purl
Row 261: knit to last 4 sts, ssk, k2 = 67 sts
Row 262: purl, place a yarn marker A at the beginning and end of this row. This will be where the sleeve seam ends.
Row 263: k2, k2 tog, knit to last 4 sts, ssk, k2 = 65 sts
Row 264- 266: continue in Stockinette Stitch pattern
Row 267: k2, k2tog, knit to last 4 sts, ssk, k2 = 63 sts
Row 268 – 270: continue in Stockinette Stitch pattern
Row 271: knit to last 4 sts, ssk, k2 = 62 sts
Row 272: purl
Row 273: k2, k2 tog = 61 sts
Row 274: purl
Row 275: k2, k2tog, knit to end = 60 sts
Row 276: purl
Row 277: knit to last 4 sts, ssk, k2 = 59 sts
Row 278 - 280: continue in Stockinette Stitch pattern
Row 281: k2, k2tog = 58sts
Row 282: purl
Row 283: knit to last 4 sts, ssk, k2 = 57 sts
Row 284: purl
Row 285: k2, k2 tog, knit to end = 56 sts
Row 286: purl
Row 287: k2, k2 tog, knit to end = 55 sts
Row 288: purl
Row 289: knit to last 4 sts, ssk, k2 = 54 sts
Row 290 – 292: continue in Stockinette Stitch pattern
Row 293: k2, k2 tog, knit to end = 53 sts
Row 294: purl
Row 295: knit to last 4 sts, ssk, k2 = 52 sts
Row 296 – 298: continue in Stockinette Stitch pattern
Row 299: k2, k2 tog, knit to last 4 sts, ssk, k2 = 50 sts
Row 300 – 304: continue in Stockinette Stitch pattern
Row 305: k2, k2tog, knit to last 4 sts, ssk, k2 = 48 sts
Row 306 – 310: continue in Stockinette Stitch pattern
Row 311: k2, k2 tog, knit to last 4 sts, ssk, k2 = 46 sts
Row 312- 316: continue in Stockinette Stitch pattern
Row 317: k2, k2tog, knit to last 4 sts, ssk, k2 = 44 sts
Row 318 - 322: continue in Stockinette Stitch pattern
Row 323: k2, k2tog, knit to last 4 sts, ssk, k2 = 42 sts
Row 324 – 335: continue in Stockinette Stitch pattern
Row 336: k1*p4k2* repeat from *to* end with k1
Row 337: p1 *k4p2* repeat from *to* end with p1
Row 338: k1 *p4k2* repeat from *to* end with k1
Row 339: p1 *put 2 sts on a cable needle, hold to front, k2, k2 from cable needle, p2* repeat from *to*

end with p1
Row 340: as row 336
Row 341: as row 337
Repeat Rows 336-341 five times more: you have worked all together 36 rows in the cable rib pattern.
Sew off stitches as described.

ADDING THE BOTTOM RIBBING: Looking at the right-side of finished piece, along the left side where
you placed yarn markers B with smaller needles pick up 104 sts from marker B to marker B.
Row 1:* k2p4* repeat from *to* ending with k2
Row 2: *p2k4* repeat from *to* ending with p2
Row 3: As row 1
Row 4: As row 2
Row 5: As row 1
Row 6: *p2, put 2 sts on cable needle and hold to back, k2, k2 from cable needle* repeat from *to* end-
ing with p2.
Repeat row 1 -6: 7 more times.
Repeat row 1, 2 and 3. 51 rows have been knitted. Sew off stitches.

FRONTS L/XL: Cast on 62 sts with smaller needle.
Row 1: k6, p2, k4, p2, k4, p2, k4, p1,place marker, k12 (work these 12 stitches from graph),place
marker, p1, k4, p2, k4, p2, k4, p2, k4, p2
Row 2: k2, p4, k2, p4, k2, p4, k2, p4, k1,slip marker, p12, slip marker, k1, p4, k2, p4, k2, p4, k2, p4 slip
last 2 sts as if to purl (you will **always** slip these last two stitches on the wrong-side rows)
Row 3: k2 *put 2 sts on cable needle behind work, k2, k2 from cable needle, p2* repeat 3 times but only
p1 for the last repeat instead of p2, next 12 sts from graph row 3, p1, *put 2 sts on a cable needle be-
hind work, k2, k2 from cable needle, p2* repeat from *to* 3 times more.
Row 4: as row 2
Change to bigger size needle.
Row 5: as row 1
Row 6: as row 2
Row 7: knit, continue with 12-stitch cable pattern from graph. Repeat row 1-24 four times, then row 1-3
once. Always move the stitch markers as you go.
Row 8: purl (do not forget to slip the last two stitches purlwise)
Row 9 – 26: continue in Stockinette Stitch pattern
Row 27: k4, ssk, knit to end = 61 sts
Row 28 - 30: continue in Stockinette Stitch pattern
Row 31: k4, ssk, knit to end = 60 sts
Row 32 – 34: continue in Stockinette Stitch pattern
Row 35: k4, ssk, knit to end = 59 sts
Row 36 – 38: continue in Stockinette Stitch pattern
Row 39: k4, ssk, knit to end = 58 sts
Row 40 – 46: continue in Stockinette Stitch pattern
Row 47: k4, ssk, knit to end = 57 sts
Row 48 - 49: continue in Stockinette Stitch pattern
Row 50: Bind off 2 sts at the beginning of the row = 55 sts
Row 51: knit
Row 52: Bind off 2 sts at the beginning of the purl row = 53 sts
Row 53: k4, ssk, knit to the last 2 sts, k2tog = 51 sts
Row 54: purl
Row 55: knit to the last 2 sts, k2tog = 50 sts
Row 56: purl
Row 57: k4, ssk, knit to the last 2 sts, k2tog = 48 sts

Row 58: purl
Row 59: knit to the last 2 sts, k2tog = 47 sts
Row 60: purl
Row 61: k4, ssk, knit to the last 2 sts, k2tog = 45 sts, also place yarn marker x at the end of this row.
Row 62: purl
Row 63: knit to the last 2 sts, k2tog = 44 sts
Row 64: purl
Row 65: k4, ssk, knit to the last 2 sts, k2 tog = 42 sts
Row 66: purl
Row 67: knit to the last 2 sts, k2tog = 41 sts
Row 68: purl
Row 69: k4, ssk, knit to the last 2 sts, k2tog = 39 sts
Row 70: purl
Row 71: knit to the last 2 sts, k2tog = 38 sts
Row 72: purl
Row 73: k4, ssk, knit to the last 2 sts, k2tog = 36 sts
Row 74 – 78: continue in Stockinette Stitch pattern
Row 79: k4, ssk, knit to last 2 sts, k2 tog = 34 sts
Row 80 – 84: continue in Stockinette Stitch pattern
Row 85: k4, ssk, knit to end = 33 sts
Row 86 – 90: continue in Stockinette Stitch pattern
Row 91: k4, ssk, knit to end = 32 sts
Row 92 – 96: continue in Stockinette Stitch pattern
Row 97: k4, ssk, knit to end = 31 sts
Row 98 - 102: continue in Stockinette Stitch pattern
Row 99: is also the last row of cable pattern
Row 103: k4, ssk, knit to end = 30 sts
Row 104 – 108: continue in Stockinette Stitch pattern
Row 109: k4, ssk, knit to end = 29 sts
Row 110 – 114: continue in Stockinette Stitch pattern
Row 115: k4, ssk, knit to end = 28 sts
Row 116 - 142: continue in Stockinette Stitch.
Row 143 – 170: Place a yarn marker D at the end of row 143. This will mark the center of the back. Continue in Stockinette Stitch pattern.
Row 171: k4, M1, knit to end = 29 sts
Row 172 – 176: continue in Stockinette Stitch pattern
Row 177: k4, M1, knit to end = 30 sts
Row 178 - 182: continue in Stockinette Stitch pattern
Row 183: k4, M1, knit to end = 31 sts
Row 184 – 186: continue in Stockinette Stitch pattern
Row 187: begin of cable pattern, k10, PM, 12 sts from graph (row 15-18 once, then row 1-24 four times), k9
Row 188: purl
Row 189: k4, M1, knit to end = 32 sts
Row 190 – 194: continue in Stockinette Stitch pattern
Row 195: k4, M1, knit to end = 33 sts
Row 196 – 200: continue in Stockinette Stitch pattern
Row 201: k4, M1, knit to end = 34 sts
Row 202 – 206: continue in Stockinette Stitch pattern
Row 207: k4, M1, knit to end, at the end of the row increase 1 st by making a backward loop = 36 sts (=loop 1 st)
Row 208 – 212: continue in Stockinette Stitch pattern
Row 213: k4, M1, knit to end, loop 1 st = 38 sts
Row 214: purl
Row 215: knit to the end, loop 1 st = 39 sts

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Row 216: purl
Row 217: k4, M1, knit to end, loop 1 st = 41 sts
Row 218: purl
Row 219: knit to the end, loop 1 st = 42 sts
Row 220: purl
Row 221: k4, M1, knit to the end, loop 1 st = 44 sts
Row 222: purl
Row 223: knit to the end, loop 1 st = 45 sts
Row 224: purl
Row 225: k4, M1, knit to the end, loop 1 st = 47 sts, place yarn marker x at the end of this row.
Row 226: purl
Row 227: knit to the end, loop 1 st = 48 sts
Row 228: purl
Row 229: k4, M1, knit to the end, loop 1 st = 50 sts
Row 230: purl
Row 231: knit to the end, loop 1 st = 51 sts
Row 232: purl
Row 233: k4, M1, knit to the end, loop 1 st = 53 sts
Row 234: purl
Row 235: knit to the end, loop 2 sts = 55 sts
Row 236: purl
Row 237: knit to the end, loop 2 sts = 57 sts
Row 238: purl
Row 239: k4, M1, knit to the end = 58 sts
Row 240 – 246: continue in Stockinette Stitch pattern
Row 247: k4, M1, finish row = 59 sts
Row 248 – 250: continue in Stockinette Stitch pattern
Row 251: k4, M1, finish row = 60 sts
Row 252 – 254: continue in Stockinette Stitch pattern
Row 255: k4, M1, finish row = 61 sts
Row 256 – 258: continue in Stockinette Stitch pattern
Row 259: k4, M1, finish row = 62 sts
Row 260 – 279: continue in Stockinette Stitch pattern
Row 280: *k2, p4* repeat from *to* 3 times more, k1, p12 , k1, *p4k2* repeat from *to* 2 times more, p4, slip the last 2 sts purlwise. Row 281: k6, *p2, k4* repeat from *to*2 times more, p1, k12, p1, *k4, p2* repeat from *to* 3 times more
Row 282: change to smaller size needles: *k2, p4* repeat from *to* 3 times more, k1, p12, k1, *p4k2* repeat from *to* 2 times more, p4, slip the last 2 sts purlwise
Row 283: k2 *put 2 sts on cable needle and hold to front, k2, k2 from cable needle, p2* repeat from *to* 3 times more but the last repeat will end with p1 instead of p2. Next 12 sts from graph. P1 *put 2 sts on a cable needle, hold to front, k2, k2 from cable needle, p2*. Repeat from *to* 3 more times.
Row 284: as row 280
Row 285: as row 281
Sew off stitches as described.

SLEEVES AND BACK SIZE L/XL : with smaller needle cast on 46 sts.
Row 1: p3*k4p2*repeat from *to*end with p3
Row 2: k3*p4k2*repeat from *to* end with k3
Row 3: p3 *put 2sts on a cable needle behind work, k2, knit 2 sts from cable needle p2* repeat from *to* end with p3
Row4: as row 2
Row 5: as row 1
Row 6: as row 2
Repeat Row 1-6: 5 more times = 36 rows have been worked from beginning.

Continue with bigger size needle in Stockinette Stitch.
Row 37: knit on odd rows
Row 38: purl on even rows
Row 39 – 48: continue in Stockinette Stitch pattern
Row 49: k3, M1, knit to last 3 sts, M1, k3 = 48 sts
Row 50 – 54: continue in Stockinette Stitch pattern
Row 55: k3, M1, knit to last 3 sts, M1, k3 = 50 sts
Row 56 – 60: continue in Stockinette Stitch pattern
Row 61: k3, M1, knit to last 3 sts, M1, k3 = 52 sts
Row 62 – 66: continue in Stockinette Stitch pattern
Row 67: k3, M1, knit to last 3 sts, M1, k3 = 54 sts
Row 68 – 72: continue in Stockinette Stitch pattern
Row 73: k3, M1, knit to last 3 sts, M1, k3 = 56 sts
Row 74 – 76: continue in Stockinette Stitch pattern
Row 77: knit to last 3 sts, M1, k3 = 57 sts
Row 78: purl
Row 79: k3, M1 knit to end = 58 sts
Row 80 – 82: continue in Stockinette Stitch pattern
Row 83: knit to last 3 sts, M1, k3 = 59 sts
Row 84: purl
Row 85: k3, M1, knit to end = 60 sts
Row 86: purl
Row 87: k3, M1, knit to end = 61 sts
Row 88: purl
Row 89: knit to last 3 sts, M1, k3 = 62 sts
Row 90: purl
Row 91: k3, M1, knit to end = 63 sts
Row 92 – 94: continue in Stockinette Stitch pattern
Row 95: knit to last 3 sts, M1, k3 = 64 sts
Row 96: purl
Row 97: k3, M1, knit to end = 65 sts
Row 98: purl
Row 99: k3, M1, knit to end = 66 sts
Row 100: purl
Row 101: knit to last 3 sts, M1, k3 = 67 sts
Row 102 – 104: continue in Stockinette Stitch pattern
Row 103: continue in Stockinette Stitch pattern placing a yarn marker A at the beginning and end of this row (this means you will sew   the sleeve together from the cabled rib beginning up to this marker)
Row 104: purl
Row 105: k3, M1, knit to last 3 sts, M1, k3 = 69 sts
Row 106 – 108: continue in Stockinette Stitch pattern
Row 109: k3, M1, knit to last 3 sts, M1, k3 = 71 sts
Row 110: purl
Row 111: knit to last 3 sts, M1, k3 = 72 sts
Row 112: purl
Row 113: knit to last 3 sts, M1, k3 = 73 sts
Row 114: purl
Row 115: knit to last 3 sts, M1, k3 = 74 sts
Row 116: purl
Row 117: knit to last 3 sts, M1, k3 = 75 sts. Place a yarn marker B at the end of this row (this will be the end of picked up stitches of the bottom for ribbing)
Row 118 – 188: continue in Stockinette Stitch pattern. Place a yarn marker D at the end of this purl row. It will be the marker for the center of the back.
Row 189 – 260: Continue in Stockinette Stitch pattern At the beginning of row 260 place a yarn marker B (this will be the beginning where you will pick up stitches from the bottom for ribbing).

Row 261: knit to last 4 sts, ssk, k2 = 74 sts
Row 262: purl
Row 263: knit to last 4 sts, ssk, k2 = 73 sts
Row 264: purl
Row 265: knit to last 4 sts, ssk, k2 = 72 sts
Row 266: purl
Row 267: knit to last 4 sts, ssk, k2 = 71 sts
Row 268: purl
Row 269: k2, k2 tog, knit to last 4 sts, ssk, k2 = 69 sts
Row 270 – 272: continue in Stockinette Stitch pattern
Row 273: k2, k2tog, knit to last 4 sts, ssk, k2 = 67 sts
Row 274: purl, place a yarn marker A at the beginning and end of this row. This will be where the sleeve seam ends.
Row 275 – 276: continue in Stockinette Stitch pattern
Row 277: knit to last 4 sts, ssk, k2 = 66sts
Row 278: purl
Row 279: k2, k2tog, finish row = 65 sts
Row 280: purl
Row 281: k2, k2tog, finish row = 64 sts
Row 282: purl
Row 283: knit to last 4 sts, ssk, k2 = 63 sts
Row 284- 286: continue in Stockinette Stitch pattern
Row 287: k2, k2tog, finish row = 62 sts
Row 288: purl
Row 289: knit to last 4 sts, ssk, k2 = 61 sts
Row 290: purl
Row 291: k2, k2tog, finish row = 60 sts
Row 292: purl
Row 293: k2, k2tog, finish row = 59 sts
Row 294: purl
Row 295: knit to last 4 sts, ssk, k2 = 58 sts
Row 296 – 298: continue in Stockinette Stitch pattern
Row 299: k2, k2tog, finish row = 57 sts
Row 300: purl
Row 301: knit to last 4 sts, ssk, k2 = 56 sts
Row 302 – 304: continue in Stockinette Stitch pattern
Row 305: k2, k2 tog, knit to last 4 sts, ssk, k2 = 54 sts
Row 306 – 310: continue in Stockinette Stitch pattern
Row 311: k2, k2tog, knit to last 4 sts, ssk, k2 = 52 sts
Row 312 – 316: continue in Stockinette Stitch pattern
Row 317: k2, k2tog, knit to last 4 sts, ssk, k2 = 50 sts
Row 318 – 322: continue in Stockinette Stitch pattern
Row 323: k2, k2 tog, knit to last 4 sts, ssk, k2 = 48 sts
Row 324 – 328: continue in Stockinette Stitch pattern
Row 329: k2, k2tog, knit to last 4 sts, ssk, k2 = 46 sts
Row 330 – 339: continue in Stockinette Stitch pattern
Row 340: k3 *p4k2* repeat from *to* end with k3
Row 341: p3 *k4p2* repeat from *to* end with p3
Row 342: k3 *p4k2* repeat from *to* end with k3
Row 343: p3 *put 2 sts on a cable needle, hold to front, k2, k2 from cable needle, p2* repeat from *to* end with p3
Row 344: as row 340
Row 345: as row 341
Repeat Rows 340-345 five times more: you have worked all together 36 rows in the cable rib pattern.
Sew off stitches as described.

ADDING THE BOTTOM RIBBING: Looking at the right-side of finished piece, along the left side where you placed yarn markers B with smaller needles pick up 116 sts from marker B to marker B.
Row 1:* k2p4* repeat from *to* ending with k2
Row 2: *p2k4* repeat from *to* ending with p2
Row 3: As row 1
Row 4: As row 2
Row 5: As row 1
Row 6: *p2, put 2 sts on cable needle and hold to back, k2, k2 from cable needle* repeat from *to* ending with p2.
Repeat row 1 -6: 6 more times.
Repeat row 1, 2 and 3. 45 rows have been knitted. Sew off stitches.

FRONTS XXL: Cast on 69 sts.
Row 1: k6, p2, k4, p2, k4, p2, k4, p2, k4, p1,PM, k12, PM (work these 12 sts from graph) p1, k4, p2, k4, p2, k4, p2, k4, p3
Row 2: k3, p4, k2, p4, k2, p4, k2, p4, k1,slip marker, p12, slip marker, k1, p4, k2, p4, k2, p4, k2, p4, k2, p4, slip last 2 sts as if to purl (you will **always** slip these last two stitches on the wrong-side rows)
Row 3: k2 *put 2 sts on cable needle behind work, k2, k2 from cable needle, p2* repeat 4 times more but only p1 for the last repeat instead of p2. Work next 12 sts from graph, p1, *put 2 sts on a cable needle behind work, k2, k2 from cable needle, p2* repeat from *to* 3 times more, end with p3 instead of p2.
Row 4: as row 2
Change to bigger size needle.
Row 5: as row 1
Row 6: as row 2
Row 7: continue in Stockinette Stitch, beginning with a knit row. You will continue to work the cable pattern over the 12 sts. Continue with row 7 of graph. Repeat rows 1-24 four times, then row 1-3 once. Always move the stitch markers as you go.
Row 8: purl (do not forget to slip the last two stitches purlwise)
Row 9 – 28: continue in Stockinette Stitch pattern
Row 29: k4, ssk, knit to end = 68 sts
Row 30-32: continue in Stockinette Stitch pattern
Row 33: k4, ssk, knit to end = 67 sts
Row 34-36: continue in Stockinette Stitch pattern
Row 37: k4, ssk, knit to end = 66 sts
Row 38 – 40: continue in Stockinette Stitch pattern
Row 41: k4, ssk, knit to end = 65 sts
Row 42 – 46: continue in Stockinette Stitch pattern
Row 47: k4, ssk, knit to end = 64 sts
Row 48: Bind off 2 sts at the beginning of the row = 62 sts
Row 49: knit
Row 50: Bind off 2 sts at the beginning of the row = 60 sts
Row 51: knit
Row 52: Bind off 2 sts at the beginning of the row = 58 sts
Row 53: knit to the last 2 sts, k2 tog = 57 sts
Row 54: purl
Row 55: k4, ssk, knit to the last 2 sts, k2tog = 55 sts
Row 56: purl
Row 57: knit to the last 2 sts, k2tog = 54 sts
Row 58: purl, Place yarn marker x at the beginning of the row
Row 59: knit to the last 2 sts, k2 tog = 53 sts
Row 60: purl

Row 61: k4, ssk, to the last 2 sts, k2tog = 51 sts
Row 62: purl
Row 63: knit to the last 2 sts, k2tog = 50 sts
Row 64: purl
Row 65: k4, ssk, knit to the last 2 sts, k2tog = 48 sts
Row 66: purl
Row 67: knit to the last 2 sts, k2tog = 47 sts
Row 68: purl
Row 69: k4, ssk, knit to the last 2sts, k2 tog = 45 sts
Row 70: purl
Row 71: knit to the last 2 sts, k2 tog = 44 sts
Row 72: purl
Row 73: k4, ssk, knit to the last 2 sts, k2 tog = 42 sts
Row 74 – 76 : continue in Stockinette Stitch pattern
Row 77: k4, ssk, knit to end = 41 sts
Row 78 – 80: continue in Stockinette Stitch pattern
Row 81: knit to last 2 sts, k2tog = 40 sts
Row 82 - 84: continue in Stockinette Stitch pattern
Row 85: k4, ssk knit to end = 39 sts
Row 86 - 88: continue in Stockinette Stitch pattern
Row 89: k4, ssk, knit to end = 38 sts
Row 90 – 92: continue in Stockinette Stitch pattern
Row 93: k4, ssk, knit to end = 37 sts
Row 94 - 96: continue in Stockinette Stitch pattern
Row 97: k4, ssk, knit to end = 36 sts
Row 98 - 100: continue in Stockinette Stitch pattern
Row 101: k4, ssk, knit to end = 35sts
Row 102 - 104 : continue in Stockinette Stitch pattern
Row 105: k4, ssk, knit to end = 34sts
Row 106 – 108: continue in Stockinette Stitch pattern
Row 109: k4, ssk, knit to end = 33sts
Row 110 - 112: continue in Stockinette Stitch pattern
Row 113: k4, ssk, knit to end = 32 sts
Row 114 – 116: continue in Stockinette Stitch pattern
Row 117: k4, ssk, knit to end = 31 sts
Row 118 - 120: continue in Stockinette Stitch pattern
Row 121: k4, ssk, knit to end = 30 sts
Row 112 - 124: continue in Stockinette Stitch pattern
Row 125: k4, ssk, knit to end = 29 sts
Row 126 - 128: continue in Stockinette Stitch pattern
Row 129: k4, ssk, knit to end = 28 sts
Row 130 - 146: continue in Stockinette Stitch.
Row 147 – 164: continue in Stockinette Stitch pattern, place a yarn marker D at the end of row 147. This will mark the center of back.
Row 165: k4, M1, knit to end = 29 sts
Row 166 – 168: continue in Stockinette Stitch pattern
Row 169: k4, M1, knit to end = 30 sts
Row 170 - 172: continue in Stockinette Stitch pattern
Row 173: k4, M1, knit to end = 31 sts
Row 174 - 176: continue in Stockinette Stitch pattern
Row 177: k4, M1, knit to end = 32 sts
Row 178 - 180: continue in Stockinette Stitch pattern
Row 181: k4, M1, knit to end = 33 sts
Row 182 - 184: continue in Stockinette Stitch pattern
Row 185: k4, M1, knit to end = 34 sts

Row 186 – 188: continue in Stockinette Stitch pattern
Row 189: k4, M1, knit to end = 35 sts
Row 190 – 192: continue in Stockinette Stitch pattern
Row 193: k4, M1, knit to end = 36 sts
Row 194: purl– 196: continue in Stockinette Stitch pattern
Row 195: is also the beg of the graph, k16, PM, 12 sts from graph, PM (Row 15-18 once, row 1-24 four times), k8
Row 197: k4, M1, knit to end = 37 sts
Row 198 – 200: continue in Stockinette Stitch pattern
Row 201: k4, M1, knit to end = 38 sts
Row 202 – 204: continue in Stockinette Stitch pattern
Row 205: k4, M1, knit to end = 39 sts
Row 206 – 208: continue in Stockinette Stitch pattern
Row 209: k4, M1, knit to end = 40 sts
Row 210 – 212: continue in Stockinette Stitch pattern
Row 213: knit to the end of the row. Increase 1 stitch by making 1 backward loop(= loop 1 st) = 41 sts
Row 214 - 216: continue in Stockinette Stitch pattern
Row 217: k4, M1, knit to end = 42 sts
Row 218 – 220 : continue in Stockinette Stitch pattern
Row 221: k4, M1, knit to end, loop 1 st = 44 sts
Row 222: purl
Row 223: knit to the end, loop 1 st = 45 sts
Row 224: purl
Row 225: k4, M1, knit to the end, loop 1 st = 47 sts
Row 226: purl
Row 227: knit to the end, loop 1 st = 48 sts
Row 228: purl
Row 229: k4, M1, knit to the end, loop 1 st = 50 sts
Row 230: purl
Row 231: knit to the end, loop 1 st = 51 sts
Row 232: purl
Row 233: k4, M1, knit to the end, loop 1 st = 53 sts
Row 234: purl
Row 235: knit to the end, loop 1 sts = 54 sts
Row 236: purl, place yarn marker x at the beginning of the row
Row 237: knit to the end, loop 1 st = 55 sts
Row 238: purl
Row 239: k4, M1, knit to the end = 57 sts
Row 240: purl
Row 241: knit to the end, loop 1 st = 58 sts
Row 242: purl
Row 243: loop 2 sts at the end of the row = 60 sts
Row 244: purl
Row 245: loop 2 sts at the end of the row = 62 sts
Row 246: purl
Row 247: k4, M1, finish row, loop 2 sts at the end of the row = 65 sts
Row 248 – 252: continue in Stockinette Stitch pattern
Row 253: k4, M1, finish row = 66 sts
Row 254 – 256: continue in Stockinette Stitch pattern
Row 257: k4, M1, finish row = 67 sts
Row 258 – 260: continue in Stockinette Stitch pattern
Row 261: k4, M1, finish row = 68 sts
Row 262 – 264: continue in Stockinette Stitch pattern
Row 265: k4, M1, finish row = 69 sts
Row 266– 286: continue in Stockinette Stitch pattern

Row 287: k6, *p2, k4* repeat from *to*3 times more, p1, work next 12 sts according to graph, p1, *k4, p2* repeat from *to* 3 times more, p1.
Row 288: k3 * p4k2* repeat from *to* 2 times more,p4, k1,p12, k1, *p4k2* repeat from *to* 3 times more, p4, slip the last 2 sts purlwise
Change to smaller needles
Row 289: k2 *put 2 sts on cable needle and hold to front, k2, k2 from cable needle, p2* repeat from *to* 4 times more but the last repeat will end with p1 instead of p2. work next 12 sts according to graph, p1 *put 2 sts on a cable needle, hold to front, k2, k2 from cable needle, p2*. Repeat from *to* 3 more times, p1.
Row 290: as row 288
Row 291: as row 287
Row 292: as row 288
Sew off stitches as described.

SLEEVES AND BACK SIZE XXL : with smaller needle cast on 46 sts.
Row 1: p3*k4p2*repeat from *to*end with p3
Row 2: k3*p4k2*repeat from *to* end with k3
Row 3: p3 *put 2sts on a cable needle behind work, k2, knit 2 sts from cable needle p2* repeat from *to* end with p3
Row4: as row 2
Row 5: as row 1
Row 6: as row 2
Repeat Row 1-6: 5 more times = 36 rows have been worked from beginning.
Continue with bigger size needle in Stockinette Stitch.
Row 37: knit on odd rows, also increase evenly 6 sts in this row = 52 sts
Row 38: purl on even rows
Row 39 – 48: continue in Stockinette Stitch pattern
Row 49: k3, M1, knit to last 3 sts, M1, k3 = 54 sts
Row 50 – 54: continue in Stockinette Stitch pattern
Row 55: k3, M1, knit to last 3 sts, M1, k3 = 56 sts
Row 56 – 60: continue in Stockinette Stitch pattern
Row 61: k3, M1, knit to last 3 sts, M1, k3 -58 sts
Row 62 – 66: continue in Stockinette Stitch pattern
Row 67: k3, M1, knit to last 3 sts, M1, k3 = 60 sts
Row 68 – 72: continue in Stockinette Stitch pattern
Row 73: k3, M1, knit to last 3 sts, M1, k3 = 62 sts
Row 74 – 76: continue in Stockinette Stitch pattern
Row 77: knit to last 3 sts, M1, k3 = 63 sts
Row 78: purl
Row 79: k3, M1 knit to end = 64 sts
Row 80 – 82: continue in Stockinette Stitch pattern
Row 83: knit to last 3 sts, M1, k3 = 65 sts
Row 84: purl
Row 85: k3, M1, knit to end = 66 sts
Row 86: purl
Row 87: k3, M1, knit to end = 67 sts
Row 88: purl
Row 89: knit to last 3 sts, M1, k3 = 68 sts
Row 90: purl
Row 91: k3, M1, knit to end = 69 sts
Row 92 – 94: continue in Stockinette Stitch pattern
Row 95: knit to last 3 sts, M1, k3 = 70 sts
Row 96: purl
Row 97: knit to last 3sts, M1, knit to end = 71 sts
Row 98: purl

Row 99: k3, M1, knit to end = 72 sts
Row 100: purl
Row 101: knit to last 3 sts, M1, k3 = 73 sts
Row 102 – 104: continue in Stockinette Stitch pattern
Row 103: continue in Stockinette Stitch pattern placing a yarn marker A at the beginning and end of this row (this means you will sew   the sleeve together from the cabled rib beginning up to this marker)
Row 104: purl
Row 105: k3, M1, knit to last 3 sts, M1, k3 = 75 sts
Row 106 – 108: continue in Stockinette Stitch pattern
Row 109: k3, M1, knit to last 3 sts, M1, k3 = 77 sts
Row 110: purl
Row 111: knit to last 3 sts, M1, k3 = 78 sts
Row 112: purl
Row 113: knit to last 3 sts, M1, k3 = 79 sts
Row 114: purl
Row 115: knit to last 3 sts, M1, k3 = 80 sts
Row 116: purl
Row 117: knit to last 3 sts, M1, k3. = 81 sts. Place a yarn marker B at the end of this row (this will be the end of picked up stitches from the bottom for ribbing)
Row 118 – 194: Place a yarn marker D at the end of purl row 194. It will be the marker for the center of the back.
Row 195 – 272: Continue in Stockinette Stitch pattern. At the beginning of row 272 place a yarn marker B (this will be the beginning of picked up stitches for the ribbing)
Row 273: knit to last 4 sts, ssk, k2 = 80 sts
Row 274: purl
Row 275: knit to last 4 sts, ssk, k2 = 79 sts
Row 276: purl
Row 277: knit to last 4 sts, ssk, k2 = 78 sts
Row 278: purl
Row 279: knit to last 4 sts, ssk, k2 = 77 sts
Row 280: purl
Row 281: k2, k2 tog, knit to last 4 sts, ssk, k2 = 75 sts
Row 282 – 284: continue in Stockinette Stitch pattern
Row 285: k2, k2tog, knit to last 4 sts, ssk, k2 = 73 sts
Row 286 : Place a yarn marker A at the beginning and end of this purl row
Row 287 – 288: continue in Stockinette Stitch pattern
Row 289: knit to last 4 sts, ssk, k2 = 72 sts
Row 290: purl
Row 291: k2, k2tog, finish row = 71 sts
Row 292: purl
Row 293: knit to last 4 sts, ssk = 70 sts
Row 294: purl
Row 295: knit to last 4 sts, ssk, k2 = 69 sts
Row 296 - 298: continue in Stockinette Stitch pattern
Row 299: k2, k2tog, finish row = 68 sts
Row 300: purl
Row 301: knit to last 4 sts, ssk, k2 = 67 sts
Row 302: purl
Row 303: k2, k2tog, finish row = 66 sts
Row 304: purl
Row 305: k2, k2tog, finish row = 65 sts
Row 306: purl
Row 307: knit to last 4 sts, ssk, k2 = 64 sts
Row 308 – 310: continue in Stockinette Stitch pattern
Row 311: k2, k2tog, finish row = 63 sts

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Row 312: purl
Row 313: knit to last 4 sts, ssk, k2 = 62 sts
Row 314 – 316: continue in Stockinette Stitch pattern
Row 317: k2, k2 tog, knit to last 4 sts, ssk, k2 = 60 sts
Row 318 – 322: continue in Stockinette Stitch pattern
Row 323: k2, k2tog, knit to last 4 sts, ssk, k2 = 58 sts
Row 324 – 328: continue in Stockinette Stitch pattern
Row 329: k2, k2tog, knit to last 4 sts, ssk, k2 = 56 sts
Row 330 – 334: continue in Stockinette Stitch pattern
Row 335: k2, k2 tog, knit to last 4 sts, ssk, k2 = 54 sts
Row 336 – 340: continue in Stockinette Stitch pattern
Row 341: k2, k2tog, knit to last 4 sts, ssk, k2 = 52 sts
Row 342 – 350: continue in Stockinette Stitch pattern
Row 351: decrease evenly 6 sts in this row by k2 tog 6 times = 46sts
Row 352: k3 *p4k2* repeat from *to* end with k3
Row 353: p3 *k4p2* repeat from *to* end with p3
Row 354: k3 *p4k2* repeat from *to* end with k3
Row 355: p3 *put 2 sts on a cable needle, hold to front, k2, k2 from cable needle, p2* repeat from *to* end with p3
Row 356: as row 354
Row 357: as row 353
Repeat Rows 352 - 357 five times more: you have worked all together 36 rows in the cable rib pattern. Sew off stitches as described.

ADDING THE BOTTOM RIBBING: Looking at the right-side of finished piece, along the left side where you placed yarn markers B with smaller needles pick up 128 sts from marker B to marker B.
Row 1:* k2p4* repeat from *to* ending with k2
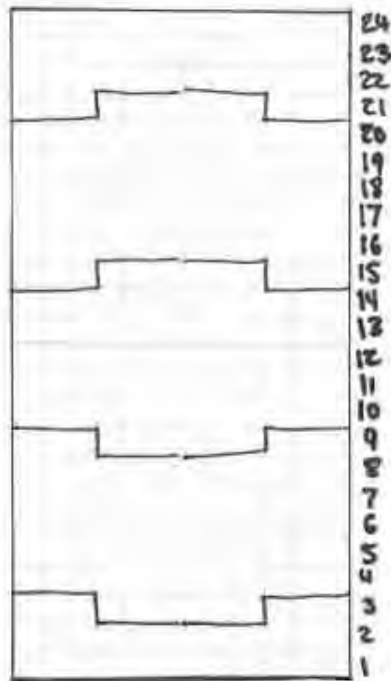Row 2: *p2k4* repeat from *to* ending with p2
Row 3: As row 1
Row 4: As row 2
Row 5: As row 1
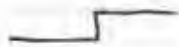Row 6: *p2 put 2 sts on cable needle and hold to back, k2, k2 from cable needle* repeat from *to* ending with p2.
Repeat row 1 -6: 6 more times.
Repeat row 1, 2 and 3. 45 rows have been knitted. Sew off stitches.

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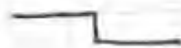18
17
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1

☐ = knit on right-side
    purl on wrong-side

⊡ = purl on right-side
    knit on wrong-side
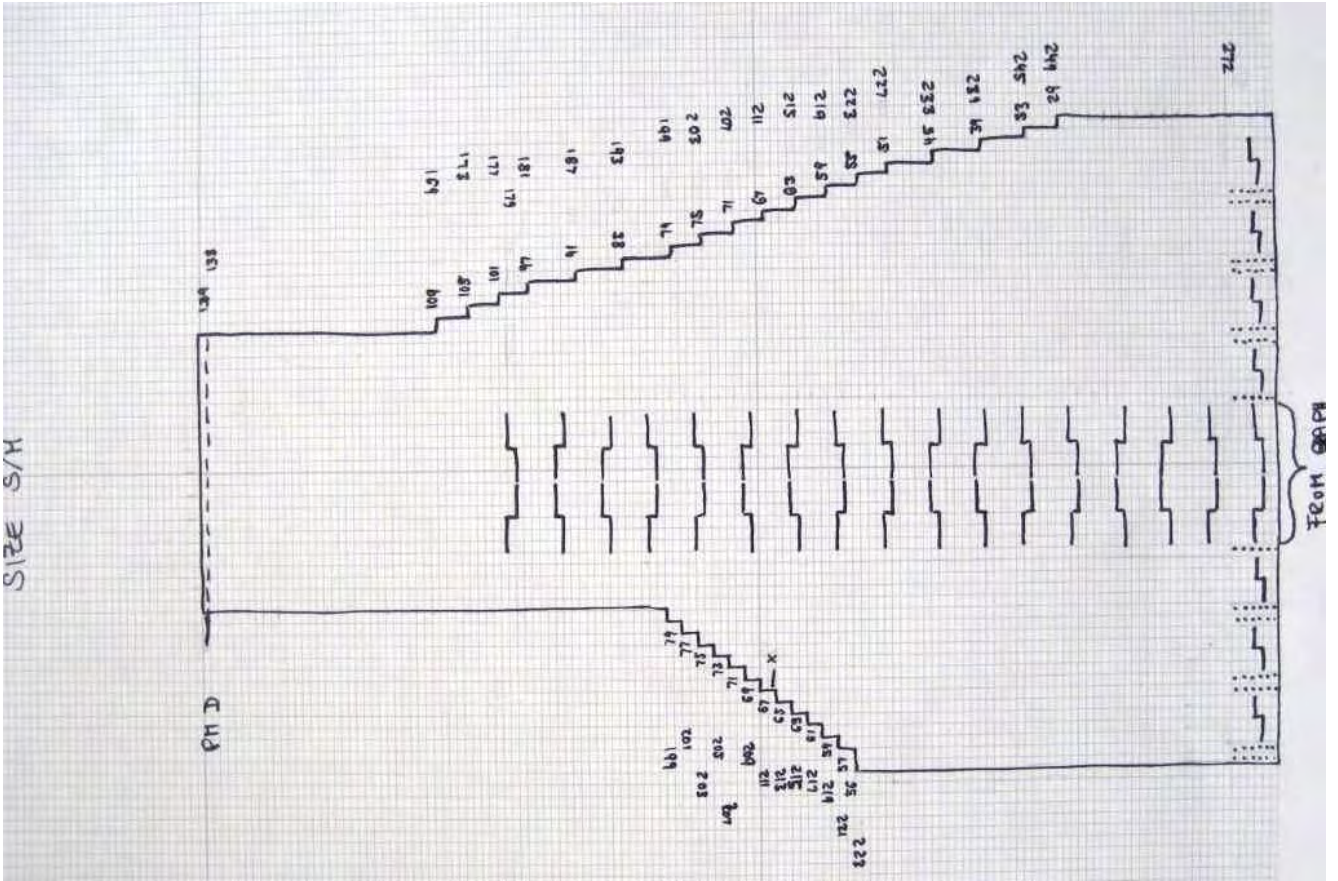
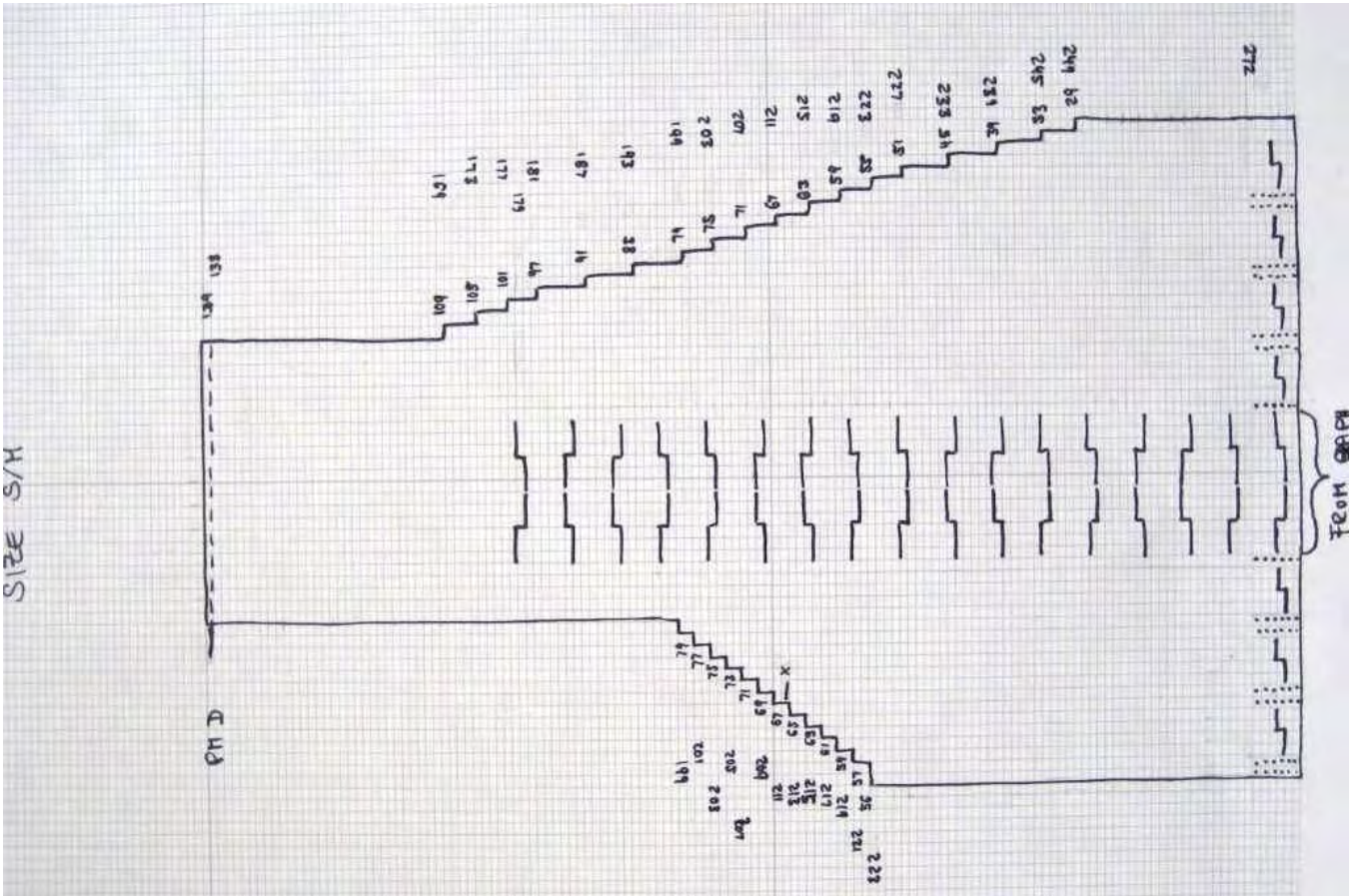= put 3 sts on cable needle, hold to back
  k3, k3 from cable needle

= put 3 sts on cable needle, hold to front,
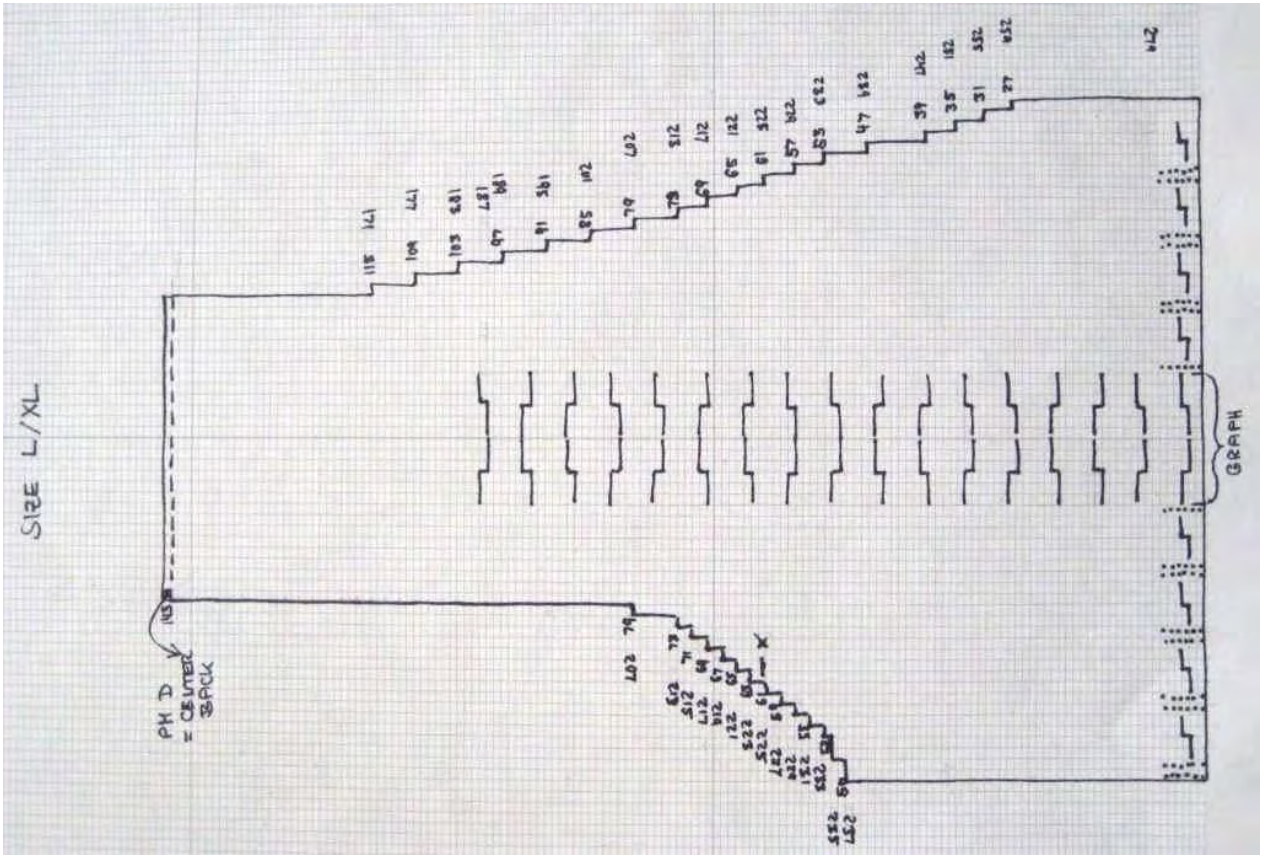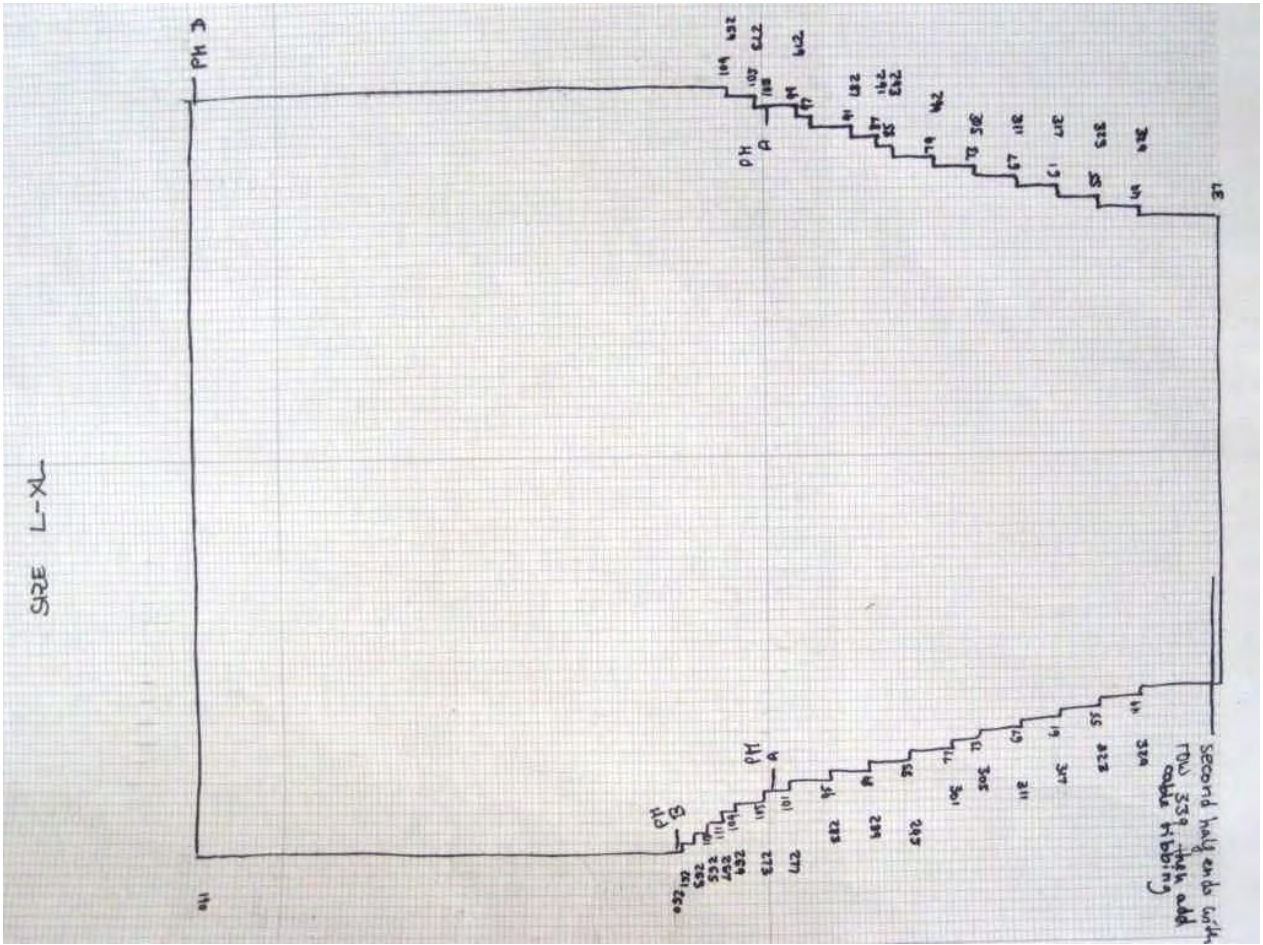 k3, k3 from cable needle

ABOVE = S/M FRONT CHART

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ABOVE = S/M BACK AND SLEEVE CHART

ABOVE = L/XL FRONT CHART

SIZE L-XL

PM 3

PM B

second half ends with
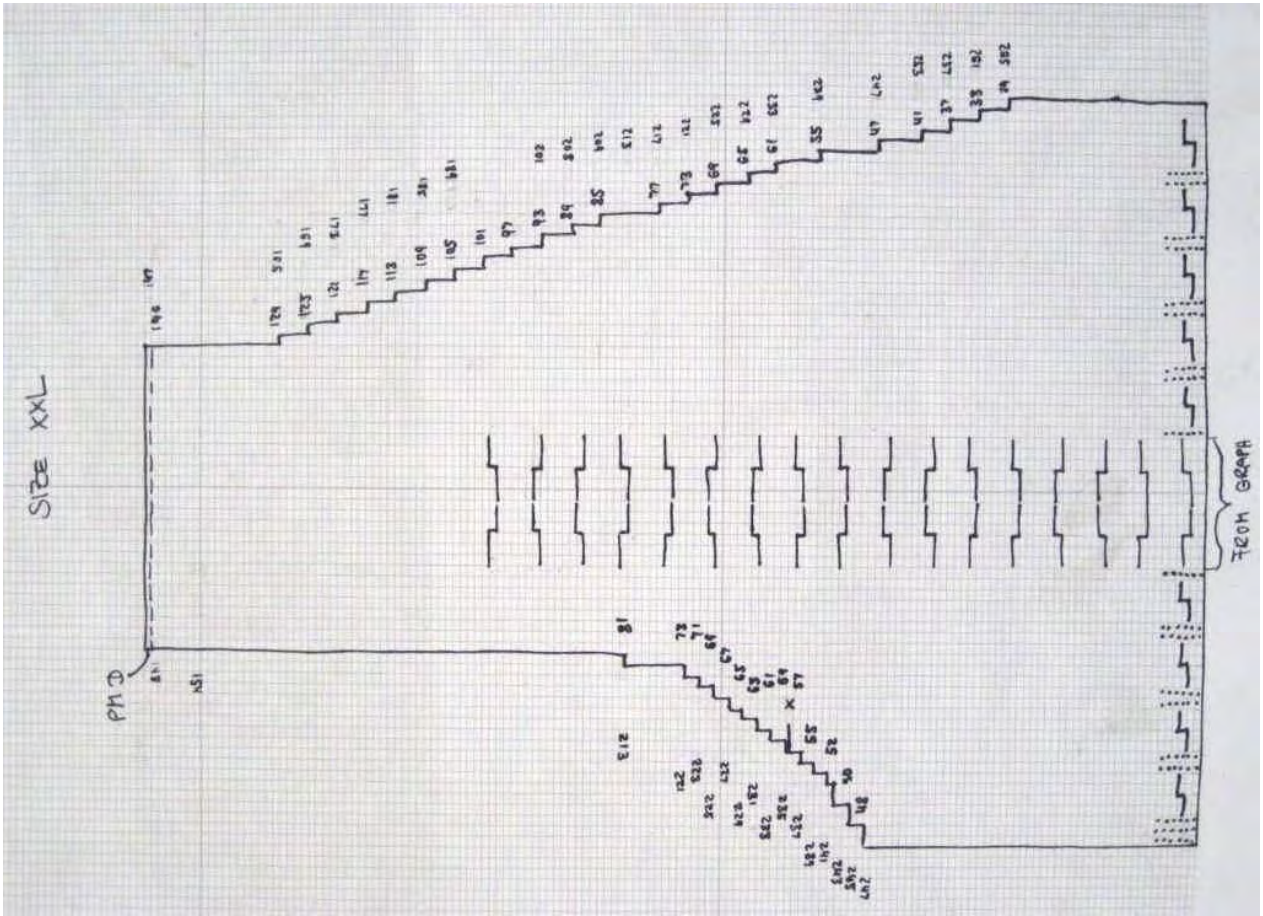row 339 then add
cable ribbing

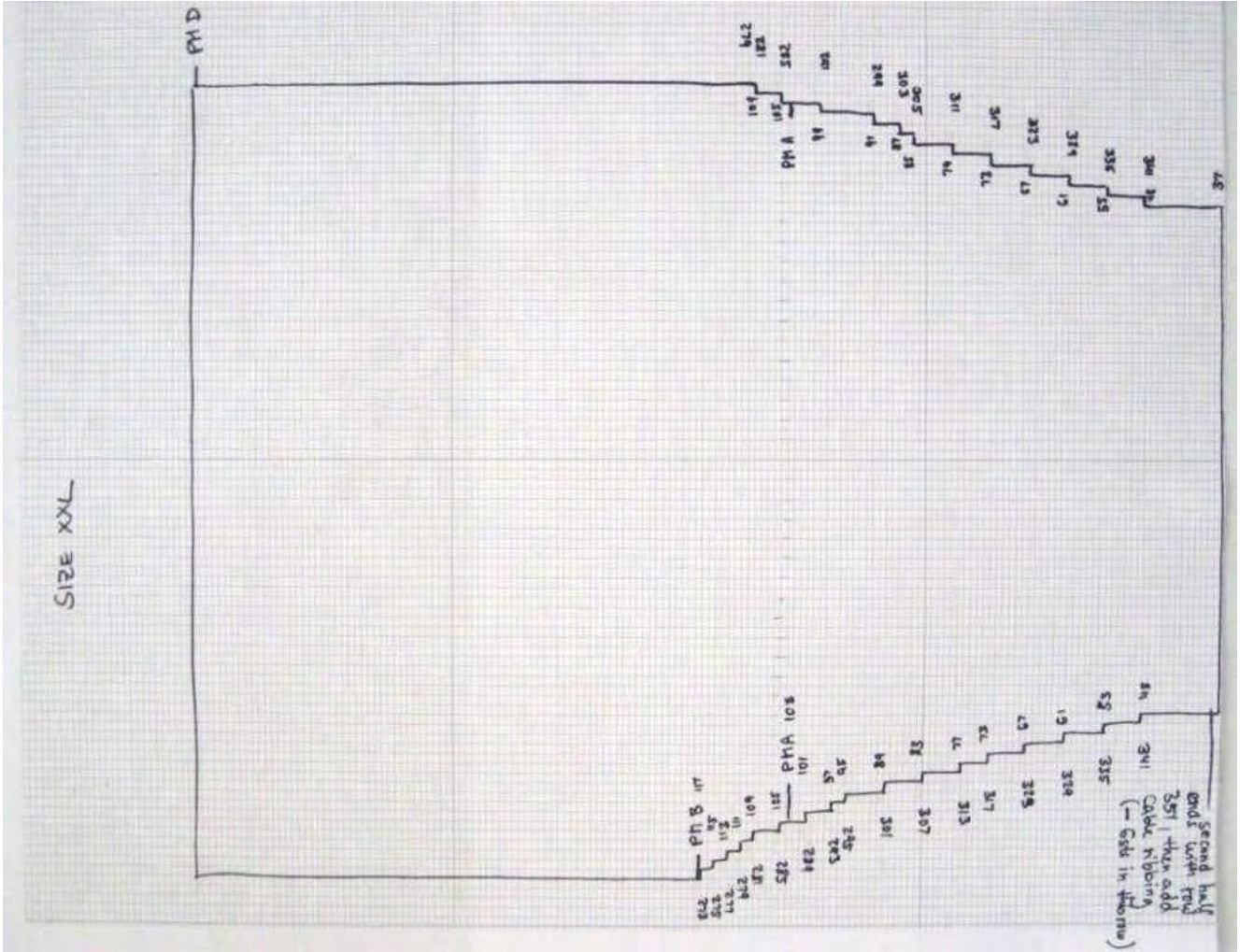ABOVE = L/XL SLEEVE AND BACK CHART

ABOVE = XXL FRONT CHART

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ABOVE = XXL SLEEVE AND BACK CHART