



CRUNCH LEG WARMERS



Skill Level: Advanced Beginner

Materials:

Approx. 340 yards of Red Heart Super Saver in Medium Thyme (0391)

- 198g/ 364 yards per skein
- Substitute with any medium worsted weight yarn

Tools:

- 6mm [US-J] hook
- Yarn Needle

Gauge: 3" = 10 sts and 10 rows on cuff

CHECK YOUR GAUGE. Use any size hook to obtain the gauge.

Finished Measurements: See Instructions below

Watch a video tutorial on the i-cord, constructing the bag and information on color changing: https://knitandcrocheteveryafter.com/?page_id=111487



DESIGNED BY
DEJA JOY

Finished Measurements: Choose a size that is not completely stretched out at the top cuff so you have room to move as your muscles expand and contract.

Small = approx. 10" cuff (not stretched), 15" cuff (stretched) x 16" length. Bottom cuff is 10" and not meant to stretch so it will sit in the arch of your foot without moving up. They can also be worn at the ankle if that is preferred.

Medium = approx. 12" cuff (not stretched), 18" cuff (stretched) x 16" length. Bottom cuff is 12" and not meant to stretch so it will sit in the arch of your foot without moving up. They can also be worn at the ankle if that is preferred.

Large = approx. 14" cuff (not stretched), 20" cuff (stretched) x 16" length. Bottom cuff is 14" and not meant to stretch so it will sit in the arch of your foot without moving up. They can also be worn at the ankle if that is preferred.

Abbreviations Used:

CH: chain
DC: double crochet
RND: round
SC: single crochet
ST(S): stitch(es)
SL ST: slip stitch



Top Cuff (for all sizes)

CH 11

Row 1: Beginning in 2nd CH from hook, SC across. 10 STS

Row 2: Turn, CH 1; SC across. 10 STS

Row 3: Turn, CH 1; SC in back loop only of each ST across. 10 STS

Row 4: Repeat Row 3. 10 STS

Special Note: After this row, you will be repeating Row 2 and Row 3 in multiples of two. Rather than just stating this I have written them out, not only to make it clearer, but also as a tool so you can print out these instructions and check off the rows as you go so you do not get lost in all of the repetition.

Rows 5 and 6: Repeat Row 2. 10 STS

Rows 7 and 8: Repeat Row 3. 10 STS

Rows 9 and 10: Repeat Row 2. 10 STS

Rows 11 and 12: Repeat Row 3. 10 STS

Rows 13 and 14: Repeat Row 2. 10 STS

Rows 15 and 16: Repeat Row 3. 10 STS

Rows 17 and 18: Repeat Row 2. 10 STS

Rows 19 and 20: Repeat Row 3. 10 STS

Rows 21 and 22: Repeat Row 2. 10 STS

Rows 23 and 24: Repeat Row 3. 10 STS

Rows 25 and 26: Repeat Row 2. 10 STS

Rows 27 and 28: Repeat Row 3. 10 STS

Rows 29 and 30: Repeat Row 2. 10 STS

Rows 31 and 32: Repeat Row 3. 10 STS

Rows 33 and 34: Repeat Row 2. 10 STS

Rows 35 and 36: Repeat Row 3. 10 STS

Size small only: Move on to Joining Instructions.

Size medium and large continue here:

Rows 37 and 38: Repeat Row 2. 10 STS

Rows 39 and 40: Repeat Row 3. 10 STS

Size medium only: Move on to Joining Instructions

Size large continue here:

Rows 41 and 42: Repeat Row 2. 10 STS

Rows 43 and 44: Repeat Row 3. 10 STS

Move on to Joining Instructions

Joining Instructions

Join to form tube for top of leg warmer. Insert hook thru SC just made and bottom bump of foundation CH on other end of work, YO, pull thru all loops to join. (This creates a SL ST join to connect the tube together) Continue across, do not fasten off. Turn inside out so the seam is on the inside of your work.

Leg warmer all sizes:

Note: Instructions will be written for small with medium and large in parenthesis.

RND 1: CH 1. SC evenly around 37 (41, 45) STS and join RND with SL ST in the 1st SC made. 37 STS (41, 45)

Note: Since there will not be traditional stitches to insert your hook into you will have to be careful of inserting your hook at even distances and heights as you go around to keep the top uniform. Just make sure at the end of the round you have the appropriate number of stitches.

RND 2: CH 1. *SC, DC; repeat from * around, ending with a SC in the last ST. Join RND with SL ST in 1st SC made. 37 STS (41, 45)

RND 3: CH 1. *SC in SC of row below, DC in DC of row below; repeat from * around, ending with a SC in the last ST. Join RND with SL ST in 1st SC made. 37 STS (41, 45)

RNDs 4-36: Repeat RND 3. 37 STS (41, 45)

Bottom Cuff, for all sizes:

RNDs 1 and 2: SL ST in every stitch around. At end of RND 2, fasten off and weave in ends.

Last note: You can make these leg warmers any size you want by adding, or subtracting rows on the cuff in multiples of four and as many RNDs of length that you need for desired result.