

INVERTED TRIANGLE

Waist Shaping Worksheet

This type of shaping is usually limited to men's garments as it accentuates a trim waistline and large upper body. Using this method we will remove stitches to create a smaller waist. If you decide to use this type of shaping I recommend leaving about 4-6 inches of ease at the smallest portion of waist for a flattering but effortless fit.

WAISTLINE MATH

1. _____ Chest measurement - _____ Waist measurement = _____ Difference between Chest and Waist (if the difference is not at least 6 inches, I do not recommend this type of shaping)

2. _____ Difference between Chest and Waist + _____ Desired ease at smallest point (I recommend 4-6 inches) = _____ Inches to decrease

3. _____ Stitch gauge x _____ Inches to decrease = _____ Stitches to decrease

4. _____ Body length measurement (#4 on your measurement worksheet) - _____ desired hem depth = _____ Inches available for decreases

5. _____ Row gauge x _____ Inches available for decreases = _____ Rows available for decreases

6. _____ Rows available for decreases (see answer to equation # 5) ÷ (stitches to be decreased _____ ÷ 4) = _____ How often to decrease stitches for the waist

INSTRUCTIONS

When you begin knitting the body (after the sleeves have been taken out) place one stitch marker on each side of the sweater where the sleeves were taken out. Work in your desired stitch pattern and decrease one stitch **before** and **after** each stitch marker every _____ (answer to equation #6) rows. Continue in this manner until you have reached your desired number of stitches for the waistline, then work your desired hem/cuff.