FREE KNITTING TUTORIAL

Magic Loop Knitting

Small circumferences on 1 long circular, plus wrist warmers in 3 sizes · US terms

SKILL LEVEL	PRACTICE	YARN
Advanced beginner	**Wrist warmers, S / M / L**	**Worsted (#4) wool**
NEEDLE	**STITCHES**	**TIME**
US 7 (4.5 mm), 32 in	**k, p, 2x2 rib**	**About 3 / 4 / 5 hours a pair**

Materials

- Worsted (#4) wool, a pair: 110 yd (S), 135 yd (M), 175 yd (L)
- US 7 (4.5 mm) circular needle with a 32 in (80 cm) cable or longer (up to 40 in / 100 cm), tapestry needle

Abbreviations (US terms)

k / p	knit / purl	**RS / WS**	right side / wrong side
st(s)	stitch(es)	**rnd**	round

Gauge: 20 sts and 28 rounds = 4 in (10 cm) in stockinette in the round. This is an assumed typical worsted value: swatch first and change the needle size to match.

The round starts at a cable loop. Every round is half 1, turn, half 2, turn.

Wrist warmers, size S (hand 7.0 in (18 cm))

Cast on	Long-tail cast on 32 sts on the 32 in (80 cm) circular. Slide them to the cable, pull a loop of cable out between st 16 and st 17, so 16 sts sit on each half. Join in the round; the round starts at this loop.	**(32)**
Rounds 1–14	*K2, p2*; repeat around (8 repeats). Each half is 16 sts: 4 repeats of k2, p2.	**(32)**
Rounds 15–23	Knit.	**(32)**
Row 24 (WS)	Thumb gap. At the end of the round, turn the work so the wrong side faces you. Purl back across both halves to the round start.	**(32)**
Row 25 (RS)	Turn. Knit across both halves.	**(32)**
Rows 26–33	Repeat the last 2 rows (5 pairs of rows in all). The gap is now about 1.4 in (3.6 cm) long.	**(32)**
Rounds 34–38	Don't turn: knit around, across the gap. Pull the first stitch of round 34 snug; that round closes the top of the gap.	**(32)**
Rounds 39–43	*K2, p2*; repeat around.	**(32)**
Bind off	Bind off loosely in pattern. The warmer is about 6.1 in (16 cm) long. Make a second one the same way; the gap sits at the side, so the pair needs no left or right.	

Wrist warmers, size M (hand 8.0 in (20 cm))

Cast on	Long-tail cast on 36 sts on the 32 in (80 cm) circular. Slide them to the cable, pull a loop of cable out between st 18 and st 19, so 18 sts sit on each half. Join in the round; the round starts at this loop.	**(36)**
Rounds 1–16	*K2, p2*; repeat around (9 repeats). Each half is 18 sts: 4 repeats of k2, p2, then k2, so the second half starts with p2.	**(36)**
Rounds 17–26	Knit.	**(36)**
Row 27 (WS)	Thumb gap. At the end of the round, turn the work so the wrong side faces you. Purl back across both halves to the round start.	**(36)**
Row 28 (RS)	Turn. Knit across both halves.	**(36)**
Rows 29–38	Repeat the last 2 rows (6 pairs of rows in all). The gap is now about 1.7 in (4.4 cm) long.	**(36)**
Rounds 39–43	Don't turn: knit around, across the gap. Pull the first stitch of round 39 snug; that round closes the top of the gap.	**(36)**
Rounds 44–48	*K2, p2*; repeat around.	**(36)**
Bind off	Bind off loosely in pattern. The warmer is about 6.9 in (17 cm) long. Make a second one the same way; the gap sits at the side, so the pair needs no left or right.	

Wrist warmers, size L (hand 9.0 in (23 cm))

Cast on	Long-tail cast on 40 sts on the 32 in (80 cm) circular. Slide them to the cable, pull a loop of cable out between st 20 and st 21, so 20 sts sit on each half. Join in the round; the round starts at this loop.	**(40)**
Rounds 1–18	*K2, p2*; repeat around (10 repeats). Each half is 20 sts: 5 repeats of k2, p2.	**(40)**
Rounds 19–30	Knit.	**(40)**
Row 31 (WS)	Thumb gap. At the end of the round, turn the work so the wrong side faces you. Purl back across both halves to the round start.	**(40)**
Row 32 (RS)	Turn. Knit across both halves.	**(40)**
Rows 33–44	Repeat the last 2 rows (7 pairs of rows in all). The gap is now about 2.0 in (5.1 cm) long.	**(40)**
Rounds 45–49	Don't turn: knit around, across the gap. Pull the first stitch of round 45 snug; that round closes the top of the gap.	**(40)**
Rounds 50–56	*K2, p2*; repeat around.	**(40)**
Bind off	Bind off loosely in pattern. The warmer is about 8.0 in (20 cm) long. Make a second one the same way; the gap sits at the side, so the pair needs no left or right.	

What's exact, what's calculated

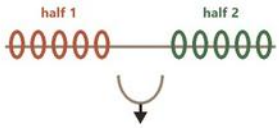
Exact	Stitch counts checked round by round and row by row; cast-on a multiple of 4; equal halves; even gap rows.
Calculated	Stitches, rounds, lengths and yarn from the gauge.

Assumed	The gauge and the hand-to-length proportions.

How to Knit Magic Loop

1 long circular needle, the stitches in 2 halves, a cable loop at each side

1 · Split in half



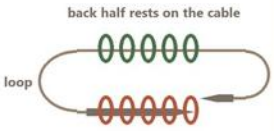
Slide all the stitches onto the cable and pull a loop of cable out exactly in the middle.

2 · Fold and slide



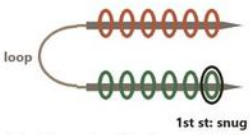
Push both halves up to the needle tips, the cable loop at the left, the working yarn on the back right.

3 · Pull the back tip



Pull the back needle out so its half rests on the cable. Knit the front half with that free tip.

4 · Rotate, repeat



Rotate the work, slide the next half up, pull the tip and knit. Tug the first stitch of each half snug.

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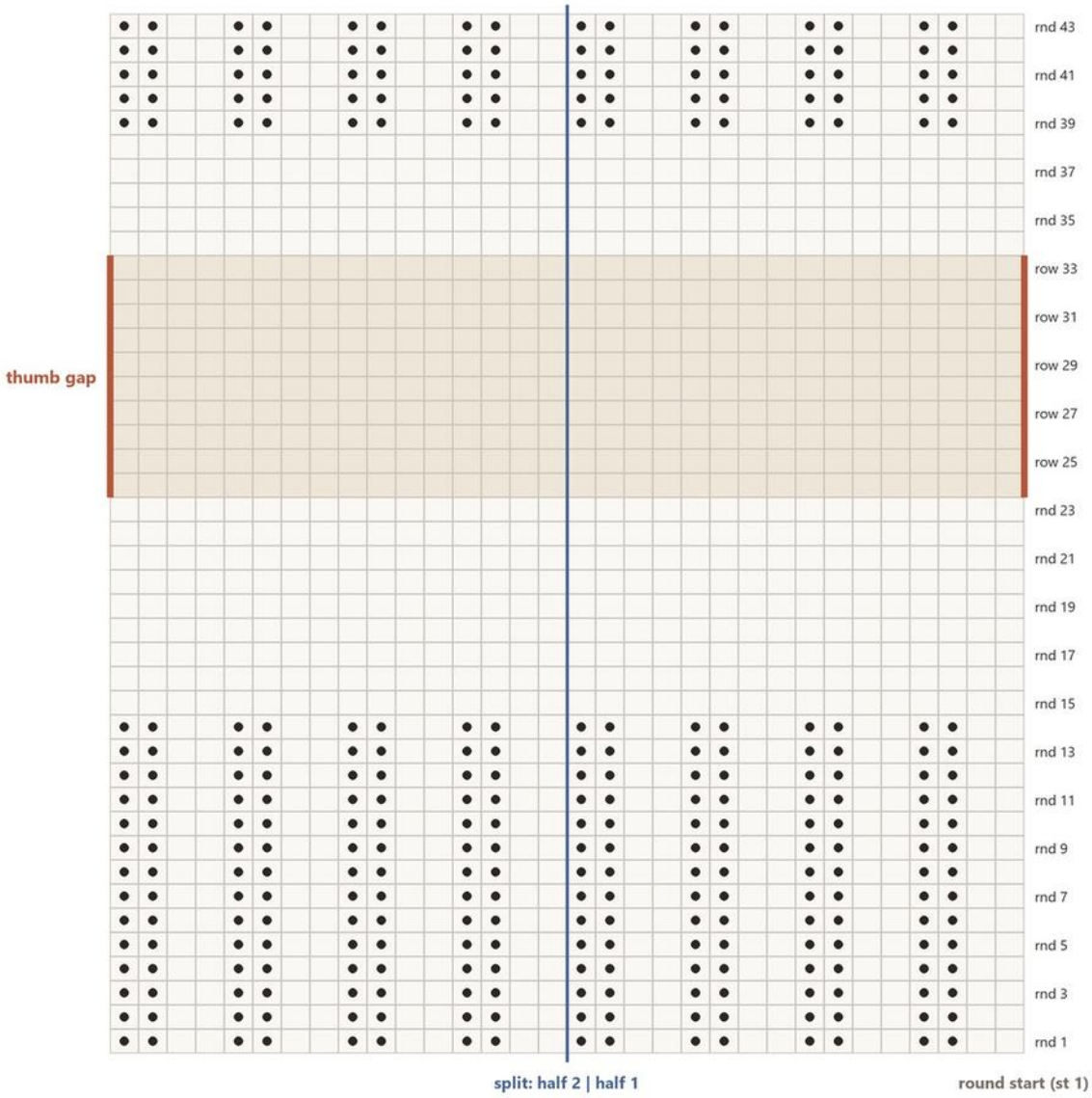
Magic Loop Wrist Warmer · Size S Chart

32 sts in the round, 16 on each half · 43 rounds and rows · read from the bottom

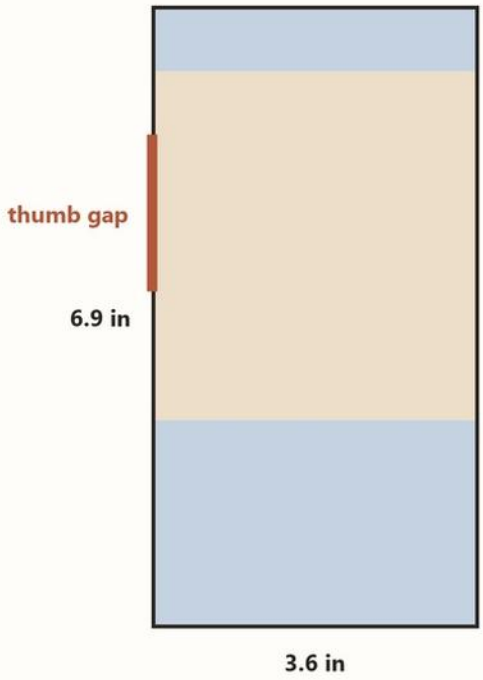


Blank square = knit · dot = purl · read every round from right to left · shaded rows are worked flat (shown from the right side)

The orange lines are the 2 edges of the thumb gap: the last and the first stitch of the round, at the round-start cable loop.

Wrist Warmer · Size M, Laid Flat

36 sts round (3.6 in flat) · 48 rounds and rows · 6.9 in long



Blue bands = 2x2 rib (finger end at the top, cuff at the bottom) · orange = thumb gap at the side fold

Gap: 12 flat rows, 1.7 in (4.4 cm) · cuff 2.3 in (5.8 cm) · top rib 0.7 in (1.8 cm)

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Magic Loop Wrist Warmers · Sizes

Worsted (#4) wool · US 7 (4.5 mm) 32 in (80 cm) circular · gauge 20 sts × 28 rounds = 4 in in stockinette (assumed, swatch first)

Size	Hand around	Cast on (halves)	Finished around	Rnds: cuff / body / gap rows / body / rib	Length	Worsted, pair
S	7.0 in (18 cm)	32 (16 + 16)	6.4 in (16 cm)	14 / 9 / 10 / 5 / 5	6.1 in (16 cm)	110 yd
M	8.0 in (20 cm)	36 (18 + 18)	7.2 in (18 cm)	16 / 10 / 12 / 5 / 5	6.9 in (17 cm)	135 yd
L	9.0 in (23 cm)	40 (20 + 20)	8.0 in (20 cm)	18 / 12 / 14 / 5 / 7	8.0 in (20 cm)	175 yd

Measure around the palm at the knuckles, above the thumb. About 10% smaller than the hand, so they hug.

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