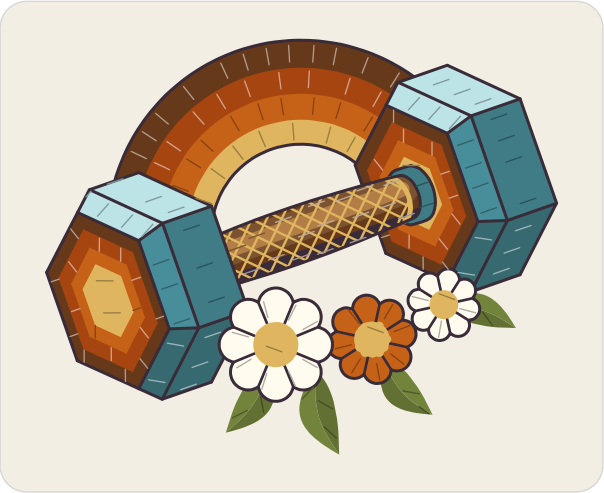
Small retro dumbbell

Sized for a 6 inch hoop (15 cm). The stitched design is about 4.3 × 3.5 in (10.9 × 8.9 cm).



Which color goes where: by number on page 2.

Stitch in this order

Filled parts from the back of the picture forward, then lines and knots.

1. **Satin stitch**, 2 strands
   Rainbow, weights, faces, collars, daisies, daisy hearts
2. **Long and short stitch**, 1 strand
   Handle
3. **Trellis stitch**, 1 strand
   Grip
4. **Fishbone stitch**, 2 strands
   Leaves
5. **Split stitch**, strands by part on page 2
   Rainbow, outline, daisy edges
6. **Stem stitch**, 4 strands
   Grip band
7. **Straight stitch**, 1 strand
   Daisy edges
8. **French knot**, 2 strands, two wraps
   Daisy hearts

Floss

- **1 DMC 801 Dark Coffee Brown**
  Rainbow and faces (darkest), handle (dark)
- **2 DMC 919 Red Copper**
  Rainbow and faces (dark)
- **3 DMC 921 Copper**
  Rainbow and faces (light), daisies (darker)
- **4 DMC 3820 Dark Straw**
  Rainbow and faces (lightest), daisy hearts, grip and grip band
- **5 DMC 3371 Black Brown**
  Outline and daisy edges, handle (darkest)
- **6 DMC 3810 Dark Turquoise** Weights (light)
- **7 DMC 3811 Very Light Turquoise**
  Weights (lightest)
- **8 DMC 3808 Ultra Very Dark Turquoise**
  Weights (darkest)
- **9 DMC 3809 Very Dark Turquoise**
  Weights (dark), collars
- **10 DMC 433 Medium Brown** Handle (light)
- **11 DMC 435 Very Light Brown** Handle (lightest)
- **12 DMC 469 Avocado Green** Leaves (lighter)
- **13 DMC 937 Medium Avocado Green**
  Leaves (darker)
- **14 DMC 712 Cream** Daisies (lighter)

Three ways to transfer the pattern

1. **Fabric you can see through**
   Tape page 3 to a sunny window or lay it on a light box, tape the fabric over it and trace the lines with a sharp pencil or a water-soluble pen.
2. **Fabric you cannot see through**
   Lay dressmaker's carbon paper colored side down on the fabric with page 3 on top, tape the layers and trace the lines firmly with a ballpoint pen.
3. **Iron-on: the lines stay**
   Go over the lines of page 4, the mirrored page, with an iron-on transfer pen, lay it ink side down on the fabric and press with a dry iron, as the pen's packet says.

Pages 3 and 4 are the pattern at actual size. Print them at 100% with scaling turned off. Then put the fabric in the hoop: inner ring under, drawing up, tight as a drum.

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Small retro dumbbell

6 inch hoop

How to read it

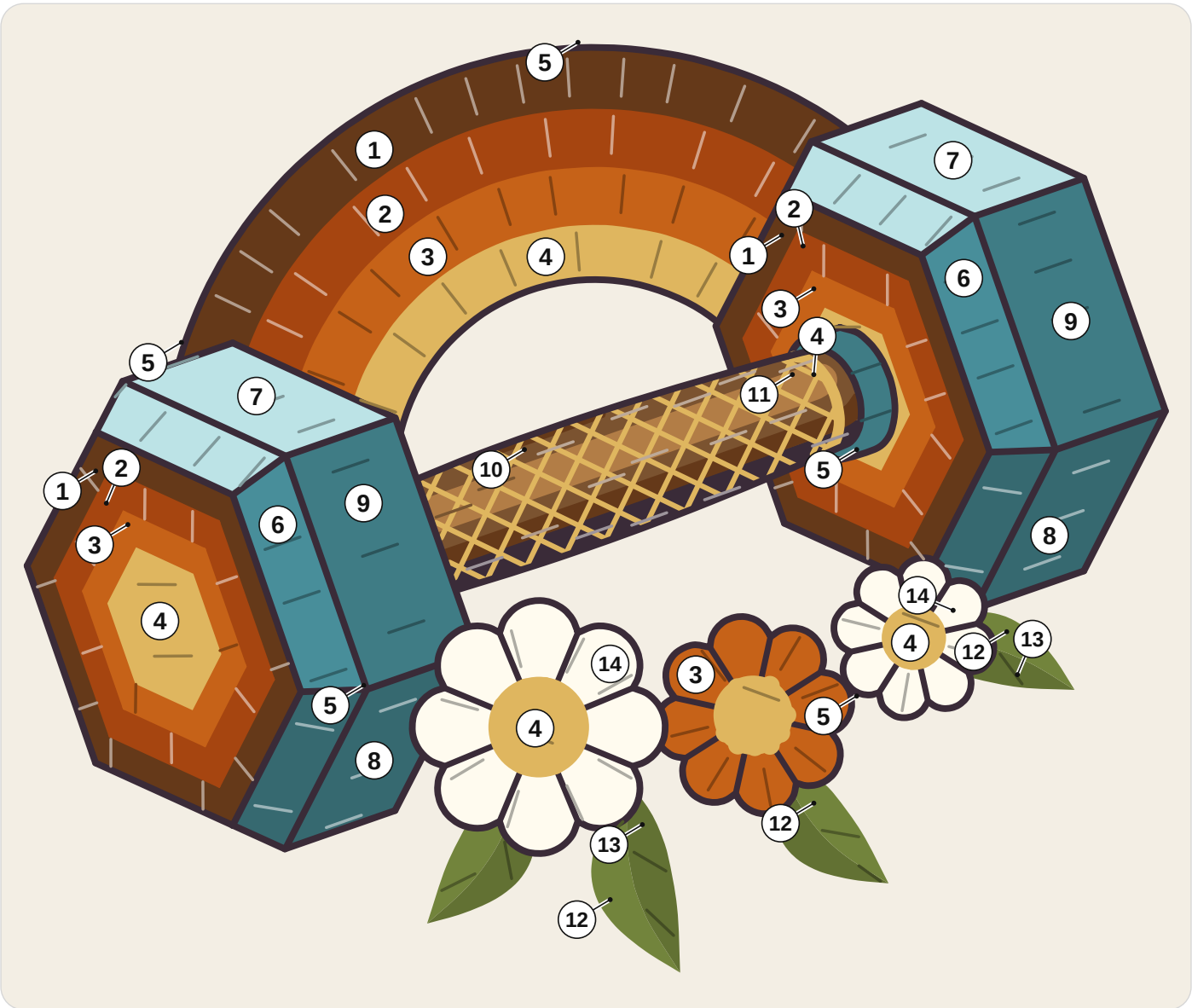
Floss is six strands. Cut 18 inches (45 cm), pull out the number given one at a time, and lay them together.

Inside a filled shape start with two or three tiny stitches, which the filling covers. Start a line with a small knot on the back. End each thread by running the needle under the backs of a few stitches.

Each small ring is one French knot. A fine broken line inside a shape is where two shades meet: trace it, do not stitch it.

A number on the picture is a color of the list of floss on page 1. The fine lines on the colors show which way the stitches lie.

Every stitch in pictures: flossfield.com/embroidery/stitches. The first time: flossfield.com/embroidery/guides/how-to-start.



1	DMC 801 Dark Coffee Brown	**6**	DMC 3810 Dark Turquoise	**11**	DMC 435 Very Light Brown
2	DMC 919 Red Copper	**7**	DMC 3811 Very Light Turquoise	**12**	DMC 469 Avocado Green
3	DMC 921 Copper	**8**	DMC 3808 Ultra Very Dark Turquoise	**13**	DMC 937 Medium Avocado Green
4	DMC 3820 Dark Straw	**9**	DMC 3809 Very Dark Turquoise	**14**	DMC 712 Cream
5	DMC 3371 Black Brown	**10**	DMC 433 Medium Brown		

How many strands

Split stitch. 1 or 2 strands: outline; 1 strand: rainbow, daisy edges.

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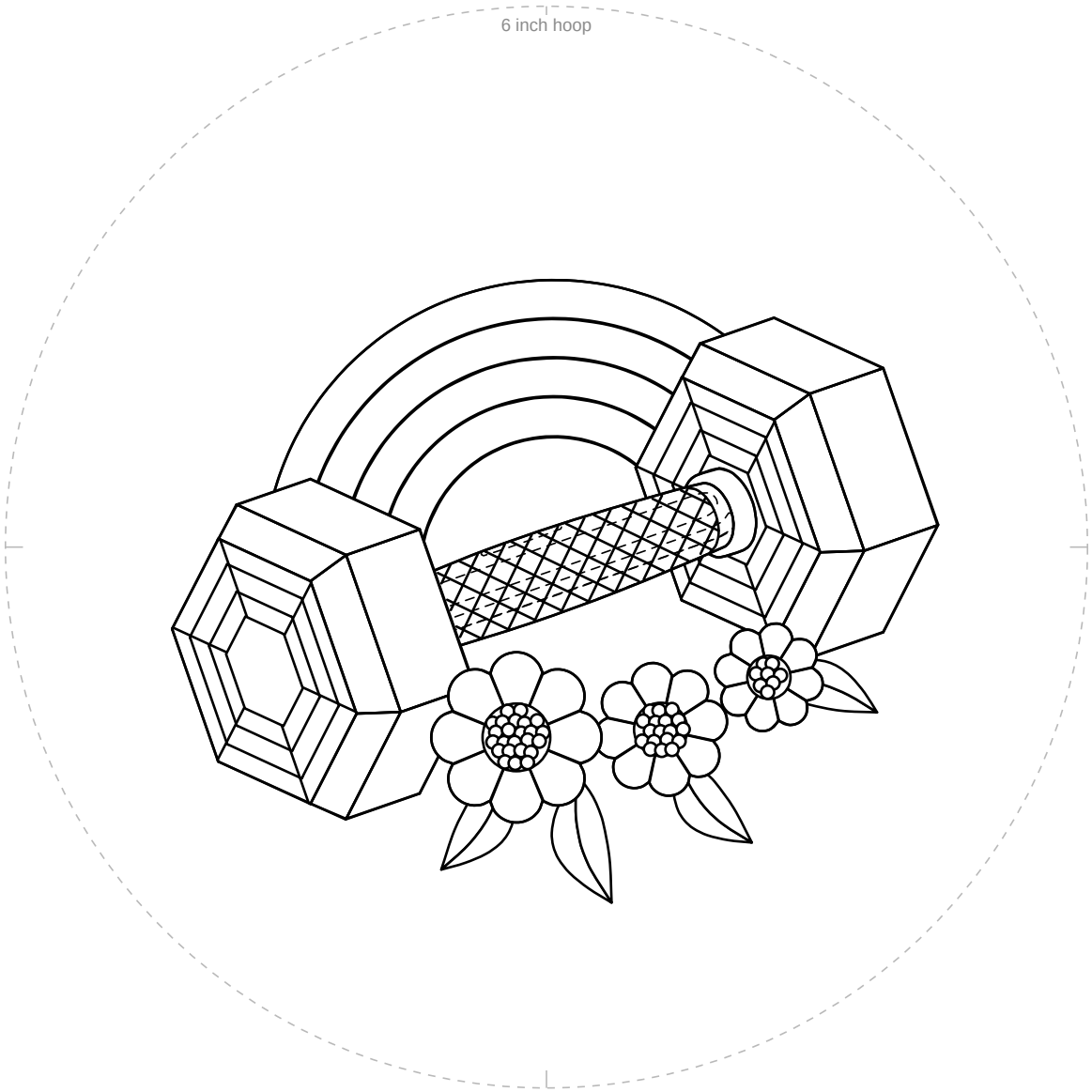
Small retro dumbbell

6 inch hoop

Print at 100% and check the square below with a ruler. Fold the fabric in four: the folds meet the four ticks of the ring.



1 in
25.4 mm

Check square: 1 inch (25.4 mm) on each side.
If it measures anything else, print again at 100% with scaling off.

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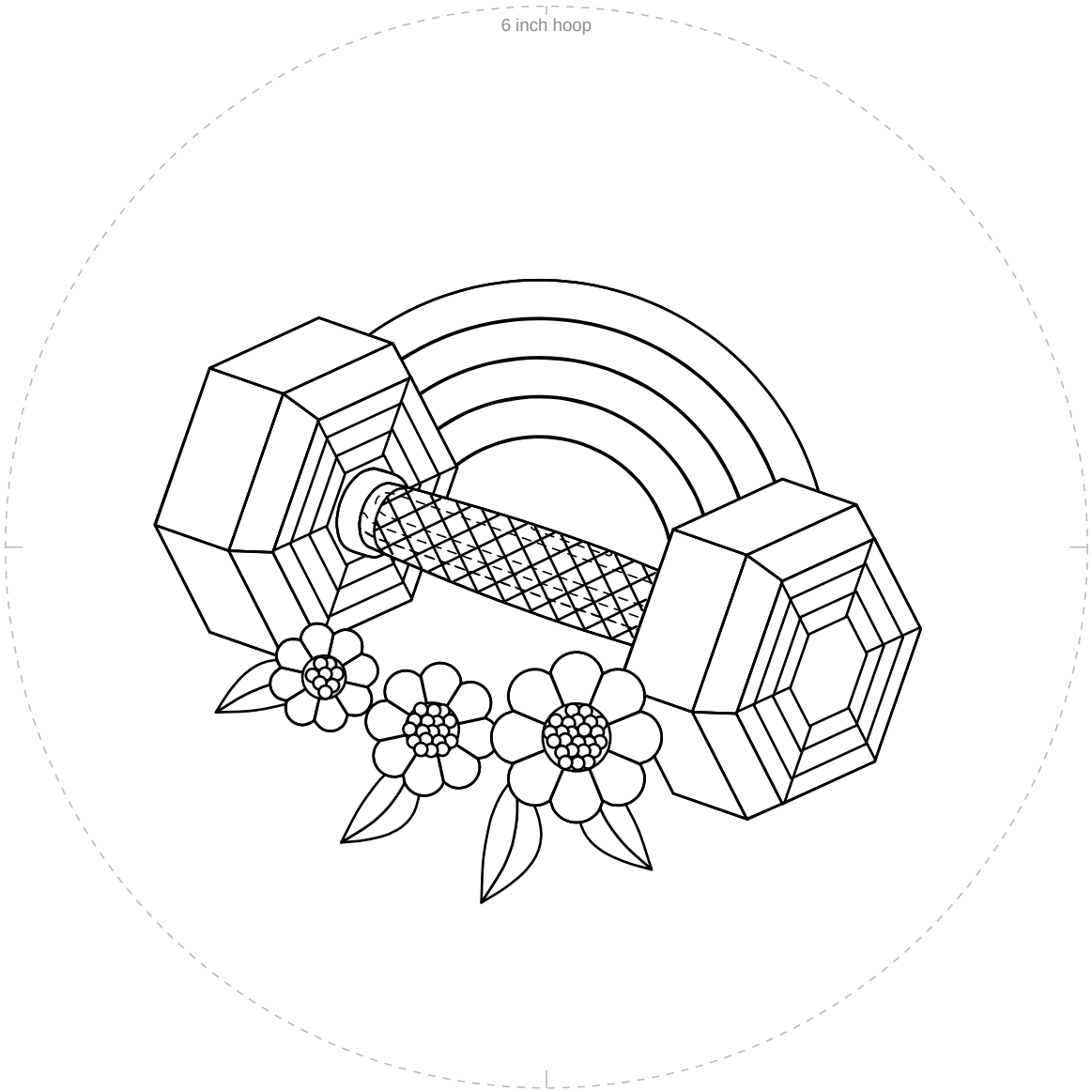
Small retro dumbbell

6 inch hoop

Mirrored. Trace this page with an iron-on transfer pen or pencil, then press it ink side down on the fabric.



1 in
25.4 mm

Check square: 1 inch (25.4 mm) on each side.
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