Woman lifting dumbbells

Sized for a 6 inch hoop (15 cm). The stitched design is about 4.4 × 4.7 in (11.2 × 11.9 cm).



Which color goes where.

Stitches

- **Stem stitch**, 1 to 2 strands
  Stems, leaves
- **Fishbone stitch**, 2 strands
  Leaves
- **Long and short stitch**, 1 strand
  Leggings, neck and body, arms, top, hands, curls, face, hair, and 2 more
- **Back stitch**, 1 to 2 strands
  Leggings edges, top edges, skin edges, face lines, butterfly edges, and 1 more
- **Satin stitch**, 2 strands
  Top hem, waistband, dumbbell bars, dumbbells, hands, ear, headband, lips, and 2 more
- **Split stitch**, 1 to 2 strands
  Skin edges, finger lines, cosmos edges
- **Padded satin stitch**, 2 strands
  Dumbbells, berries
- **Straight stitch**, 1 to 2 strands
  Dumbbell lights, finger lines
- **French knot**, 1 to 2 strands, two wraps
  Curls, earring, zinnia hearts, cosmos hearts

In a 6 inch hoop the French knots are drawn smaller than about 2 mm (a little over 1/16 in). Use one strand of floss for them there, or choose a larger hoop.

Floss

- **DMC 3363 Medium Pine Green**
  Leaves (middle), stems
- **DMC 3364 Pine Green** Leaves (light)
- **DMC 500 Very Dark Blue Green** Leaves (darkest)
- **DMC 501 Dark Blue Green** Leaves (dark)
- **DMC 503 Medium Blue Green** Leaves (lightest)
- **DMC 793 Medium Cornflower Blue**
  Leggings (light), waistband, butterfly wings (darker)
- **DMC 791 Very Dark Cornflower Blue**
  Leggings (dark), leggings edges and 2 more parts
- **DMC 792 Dark Cornflower Blue**
  Leggings (middle), berries
- **DMC 434 Light Brown**
  Neck and body (light), arms (dark), face and hands (middle)
- **DMC 898 Very Dark Coffee Brown**
  Skin edges and finger lines, neck and body (darkest)
- **DMC 433 Medium Brown**
  Neck and body, hands and face (dark), arms (darkest)
- **DMC 435 Very Light Brown**
  Arms, hands and face (light), neck and body (lightest), ear
- **DMC 436 Tan** Arms (lightest)
- **DMC 3820 Dark Straw**
  Top (middle), zinnia petals (shade 5 of 8) and 2 more parts
- **DMC 783 Medium Topaz**
  Zinnia petals (shade 4 of 8), top (dark) and 3 more parts
- **DMC 3822 Light Straw**
  Top (light), zinnia petals (shade 7 of 8), earring
- **DMC 150 Ultra Very Dark Dusty Rose**
  Zinnia petals (shade 1 of 8), dumbbells (darker)
- **DMC 3832 Medium Raspberry**
  Dumbbells (lighter) and 3 more parts
- **DMC 3713 Very Light Salmon**
  Zinnia petals (shade 8 of 8) and 2 more parts
- **DMC 3371 Black Brown**
  Curls, hair and butterfly body and 2 more parts
- **DMC 3752 Very Light Antique Blue**
  Butterfly wings (lighter)
- **DMC 3865 Winter White** Cosmos petals (lighter)
- **DMC 760 Salmon**
  Zinnia petals (shade 6 of 8), cosmos edges
- **DMC 3328 Dark Salmon** Zinnia petals (shade 3 of 8)

Three ways to transfer the pattern

1. **Fabric you can see through**
   Tape page 2 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 2 on top, tape the layers and trace the lines firmly with a ballpoint pen.
3. **Iron-on**
   Go over the lines of page 3, the mirrored page, with an iron-on transfer pen, lay it ink side down on the fabric and press with a dry iron.

Pages 2 and 3 are the pattern at actual size. Print them at 100% with scaling turned off.

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Woman lifting dumbbells

6 inch hoop

Print at 100% (actual size). Do not scale or fit to page. Check the square below with a ruler before you trace.



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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Woman lifting dumbbells

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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