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INSTRUCTIONS
OVERLEAF

Toy's designer: Alan Dart.
Photos: Simon Taylor

She believes in keeping fit and exercises regularly to stay in great shape! Make the latest of our exclusive hobby bears from the creative imagination of Alan Dart

Faith^{the} Fitness Fanatic..

Body

With Blueberry, cast on 9 sts. Ss 2 rows. **1st inc row:** Inc in each st to end — 18 sts. P 1 row. **2nd inc row:** [Inc, k1] to end — 27 sts. Ss 3 rows. **3rd inc row:** K1, inc, [k2, inc] 8 times, k1 — 36 sts. Ss 3 rows. **4th inc row:** K1, inc, [k3, inc] 8 times, k2 — 45 sts. Ss 3 rows. **5th inc row:** K2, inc, [k4, inc] 8 times, k2 — 54 sts. Ss 9 rows. **Shape waist: 1st dec row:** K4, k2tog, [k7, k2tog] 5 times, k3 — 48 sts. Ss 3 rows. Change to Funky Fur. Ss 2 rows. **2nd dec row:** K3, k2tog, [k6, k2tog] 5 times, k3 — 42 sts. Ss 3 rows. **3rd dec row:** K3, k2tog, [k5, k2tog] 5 times, k2 — 36 sts. Ss 3 rows. **4th dec row:** K2, k2tog, [k4, k2tog] 5 times, k2 — 30 sts. Ss 5 rows. **Shape shoulders: 5th dec row:** K4, [skpo, k2tog] twice, k6, [skpo, k2tog] twice, k4 — 22 sts. P 1 row. **6th dec row:** K4, skpo, k2tog, k6, skpo, k2tog, k4 — 18 sts. Ss 3 rows. Cast off for neck edge.

Head

With Funky Fur, cast on 18 sts for neck edge. Ss 2 rows. Cast on 4 sts at beginning of next 2 rows — 26 sts. **Shape base: 1st inc row:** K2, [inc, k1] 10 times, inc, k3 — 37 sts. Mark each end of last row with a red marker. P 1 row. **2nd inc row:** K3, [inc, k2] 10 times, inc, k3 — 48 sts. Ss 9 rows. Mark each end of last row with a blue marker. **Right side head: Next row:** K18, inc, turn and work on these 20 sts only. * P 1 row. Dec 1 st at each end of next row and 2 following alternate rows, then at each end of next 3 rows — 8 sts. Cast off. * **Gusset: Next row:** With right side facing, rejoin yarn to remaining 29 sts, inc, k8, inc, turn and ss 21 rows on these 12 sts only. Dec 1 st at each end of next row and 2 following alternate rows — 6 sts. P 1 row. Cast off for front edge. **Left side head: Next row:** With right side facing, rejoin yarn to remaining 19 sts, inc, k to end — 20 sts. Work as right side head from * to *. **Muzzle:** Join head gusset seam, matching front edge of gusset to blue markers. With right side

MATERIALS

1 x 50 g ball of Sirdar Funky Fur DK in Chocolate (548); 1 x 100 g ball of Sirdar Bonus DK in Blueberry (952) and Violet (985) and small amounts in Turquoise (998), Aran (993), Oatmeal (964) and Tangerine (930); 1 x 25 g ball of Sirdar Bonus Toytime DK in each of White (961), Apple (980) and small amounts in Mink (946), Black (965), Silver Cloud (968) and Signal Red (977). No. 11 (3 mm) knitting needles; 100 g washable toy stuffing; pair of 10.5 mm brown safety teddy eyes; an orange plastic bendy drinking-straw; scrap of stiff card; clear adhesive. Yarn costs about £2.86 per 50 g ball of Sirdar Funky Fur, £1.50 per 100 g ball of Sirdar Bonus DK and 55p per 25 g ball of Sirdar Bonus Toytime DK. For stockists, write to: Sirdar Spinning Ltd, Flanshaw Lane, Alverthorpe, Wakefield, West Yorkshire WF2 9ND (01924 371501).

facing, using Mink and working between red markers, pick up and k11 sts from right side head, 4 sts from end of gusset and 11 sts from left side head — 26 sts. Ss 5 rows. **Shape front: 1st dec row:** K1, skpo, k2, k2tog, k12, skpo, k2, k2tog, k1 — 22 sts. P 1 row. **2nd dec row:** K1, skpo, k2tog, k12, skpo, k2tog, k1 — 18 sts. Cast off 6 sts at beginning of next 2 rows — 6 sts. Break yarn leaving a long end. Thread end through remaining sts, draw up tightly and fasten off.

Ears

(make 4)

With Funky Fur, cast on 10 sts. Ss 6 rows. Dec 1 st at each end of next 2 rows — 6 sts. Cast off.

Nose

With Black, cast on 5 sts for top edge. Ss 4 rows. Dec 1 st at each end of next row — 3 sts. P 1 row. **Next row:** Sl1, k2tog, psso and fasten off.

Trainers and legs

(make 2)

With White, cast on 44 sts for base edge of trainer. K 5 rows. Continue in ss and p 1 row. **Shape toe: 1st dec row:** K1, skpo, k2, k2tog, skpo, k26, k2tog, skpo, k2, k2tog, k1 — 38 sts. P 1 row. **2nd dec row:** K1, skpo, k2tog, skpo, k24, k2tog, skpo, k2tog, k1 — 32 sts. P 1 row. Cast off 3 sts at beginning of next 4 rows — 20 sts. K 2 rows. **Shape leg:** Beginning with a k row, continue in ss and stripes of 2 rows Violet and 2 rows Apple for tights, work 4 rows. **1st inc row:** K2, inc, [k4, inc] 3 times, k2 — 24 sts. Ss 3 rows. **2nd inc row:** K2, inc, [k5, inc] 3 times, k3 — 28 sts. Ss 3 rows. **3rd inc row:** K3, inc, [k6, inc] 3 times, k3 — 32 sts. Ss 3 rows. **4th inc row:** K7, inc, k15, inc, k8

TENSION

26 stitches and 36 rows, to 10 x 10 cm, over stocking stitch, using No. 11 (3 mm) needles. The toy will measure approximately 31 cm/12 in tall.

ABBREVIATIONS

K, knit; p, purl; st, stitch; sl, slip; ss, stocking st (k on right side and p on wrong side); tog, together; inc, increase (by working twice into same st); dec, decrease (by working 2 sts tog); psso, pass sl st over; skpo, (sl1, k1, psso); gst, garter st (every row k); ytf, yarn to front; ytb, yarn to back.

NOTE

Instructions in square brackets are worked as stated after 2nd bracket. All ss pieces begin with a k row, unless otherwise stated.



Leotard top

With Violet, cast on 50 sts for belt. Ss 2 rows. Change to Blueberry. Ss 12 rows. **Dividing row:** [Cast off 4 sts, k6 sts more] twice, cast off 6 sts for centre front, [k6 sts more, cast off 4 sts] twice. * With wrong side facing, rejoin yarn to first set of 7 sts. Dec 1 st at beginning of next 4 rows — 3 sts. Ss 7 rows. Cast off for shoulder. * Work from * to * 3 times more.

Headband

With Apple, cast on 4 sts. Gst 110 rows. Cast off.

Wristband

(make 2)

With Apple, cast on 4 sts. Gst 48 rows. Cast off.

Pedometer

With White, cast on 5 sts. K 5 rows, p 1 row. Repeat last 6 rows, once. Cast off.

Skipping-rope handles

(make 2)

With Turquoise, cast on 10 sts for top edge. Ss 4 rows. **Dec row:** [K2tog] to end — 5 sts. Ss 7 rows. Break yarn leaving a long end. Thread end through remaining sts, draw up tightly and fasten off.

Drink bottle

With White, cast on 9 sts for top edge and work in ss. **Inc row:** Inc in each st to end — 18 sts. Ss 3 rows. P 3 rows. Change to Tangerine. Beginning with a p row, ss 11 rows. P 2 rows for base. **Dec row:** [K2tog] to end — 9 sts. Break yarn leaving a long end. Thread end through remaining sts, draw up tightly and fasten off.

Trainer soles

(make 2)

With Oatmeal, cast on 8 sts for back edge. Ss 2 rows. Inc 1 st each end of next row and following alternate row — 12 sts. Ss 13 rows. Dec 1 st at each end of next row and following alternate row — 8 sts. P 1 row. Cast off for front edge.

Right arm

With Funky Fur, cast on 12 sts for top edge. Ss 2 rows. **1st inc row:** [K1, inc, k2, inc] twice, k2 — 16 sts. P 1 row. **2nd inc row:** [K1, inc, k4, inc] twice, k2 — 20 sts. Ss 9 rows. **Shape elbow: 1st row:** K16, ytf, sl1, ytb, turn. **2nd row:** Sl1, p12, ytb, sl1, ytf, turn. **3rd row:** Sl1, k10, ytf, sl1, ytb, turn. **4th row:** Sl1, p8, ytb, sl1, ytf, turn. **5th row:** Sl1, k6, ytf, sl1, ytb, turn. **6th row:** Sl1, p4, ytb, sl1, ytf, turn. **7th row:** Sl1, k to end. Ss 7 rows across all sts. * **Paw: Next row:** K9, inc, turn and work on these 11 sts only. Ss 9 rows. Dec 1 st at each end of next 2 rows — 7 sts. Cast off. **Paw pad:** With right side facing, join Mink to remaining 10 sts, inc, k to end — 11 sts. Ss 9 rows. Dec 1 st at each end of next 2 rows — 7 sts. Cast off.

Left arm

Work as right arm to *. **Paw pad:** Join in Mink and complete as paw of right arm. **Paw:** With right side facing rejoin Funky Fur to remaining 10 sts, inc, k to end — 11 sts. Complete as paw pad of right arm.



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To make up

Mark centre points on neck edges of body and head pieces. Leaving neck edge open, join body back seam, then work a gathering thread through every st on cast-on edge, draw up tightly and fasten off. Stuff body firmly. Fold head muzzle in half and join the 6 cast-off sts together, then join remainder of front seam down to neck edge. Mark eye positions on head sides, placing markers 4 cm apart and 1 cm away from first row of muzzle. Push eye shank through to wrong side of work, then fix locking washer, pushing washer down as far as it will go. Stuff head firmly. Matching front head seam to body marker and body back seam to head marker, sew head to body.

Join ear pieces together, leaving cast-on edges open. Starting in line with head gusset seam, position and sew ears vertically to sides of head. Using Black, embroider three straight stitches to form an inverted "T" shape for mouth. Sew nose in place, stuffing with a scrap of matching yarn. Fold each leg in half and, starting at base edge, join first 3 cm of trainer front seam. Matching front seam of trainer to centre point of sole front edge, sew soles to base of trainers. Draw two 6 x 3 cm

rectangles on to card and curve off each corner. Cut out and glue card to wrong side of each sole to stiffen. Join remainder of trainer and leg seam, stopping 3 cm away from top edge. Stuff trainers and legs firmly, then join remainder of seam. Fold top edge in half and sew across. Mark leg positions on body sides, placing marker on 5th increase row. Using a long needle and Violet, fasten off 3 cm down from top edge on inside of right leg. Insert needle into marked point on right side of body, draw out at point on left side and take a small stitch in same position on inside of left leg. Return needle through body to right side and take a small stitch in same position on right leg. Repeat once more, then pull up tightly to draw legs into sockets and fasten off securely.

Trim away a 2 cm-wide strip of fur pile round waist to prevent pile showing below belt. Join centre back seam on leotard top, then join shoulder seam of straps. Having centre back seam of leotard top matching centre back seam on body, fit leotard on body and pull down, so that first row of Blueberry on leotard is in line with first row of Funky Fur on body. Sew leotard in place by working back stitch in Violet over every stitch on top row of belt.

Fold each arm in half and join paw and paw pad, then arm seam, stopping 2 cm away from top edge. Stuff firmly, then join remainder of seam. Fold top edge in half and sew across. Use Black to attach arms to body in same way as given for legs, but sewing 2 cm down from top edge on inside of each arm and sewing through body in centre of armhole openings. Join short ends of headband and wristbands and fit in place, holding headband in position at back of head with a few stitches. Join seam on drink bottle from gathered point to first row of White top. Cut a 2 cm-diameter circle of card and glue inside base of bottle. Stuff bottle firmly and join seam on White top. Work a gathering thread through every stitch on top edge, but do not draw up. Cut drinking straw directly below bendy section and glue this point into top of bottle. Draw up gathering thread to fit round straw and fasten off. Trim straight section of straw to measure 1.5 cm. Position and sew bottle to left paw pad. With 3 metres of Aran make a twisted cord 52 cm long for skipping-rope. Knot each end to prevent unravelling and trim away excess yarn. For handles, cut two 3.5 cm

lengths from remaining drinking straw and glue a rope knot into one end of each piece. Wrap knitted handle pieces round straw and oversew side edges together to cover. Stuff top of each handle lightly, then work a gathering thread through every stitch on cast-on edge, draw up tightly to fit around rope, then fasten off. Cross handles and sew together, then position and sew to right paw pad. Oversew cast-on and cast-off edges of pedometer together to make a small box. Draw out a single strand from a length of Silver Cloud and use the remaining 2 strands to embroider a rectangle of three satin stitches on front of box for the screen. Using 2 strands of Signal Red yarn, embroider a French knot underneath rectangle for button. Position and sew pedometer to belt. Embroider 3 horizontal straight stitches in White across front seam on each trainer for laces. Tie ends into a bow and trim away excess. Hold bow knot in place with a spot of glue, then spread a little glue over cut end of lace, roll between fingers and leave to harden.