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## Muscle Tank Top



Waist cm (in)		96 (37.5)	110 (43)	120 (47)
Length cm (in)		64 (25)	71 (28)	78 (30.5)
Paintbox Cotton	White	5 x 50g	5 x 50g	6 x 50g
DK Yarn	Contrast	1 x 50g	1 x 50g	1 x 50g

Equipment 4.5 mm Crochet Hook, Large eye needle

This pattern uses stitch counts to achieve sizes so it is important to match the tension as closely as possible. Change hook size to achieve stitch count if necessary.

Tension 5 dc/sc rows x 18 dc is 10cm x 10cm

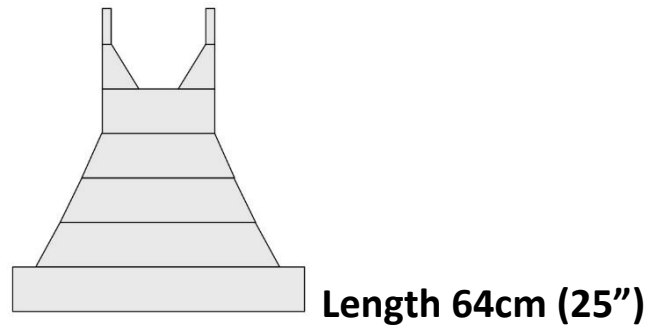
Abbrevs:	ch	chain	dc2tog	dc two together	st	stitch
	sc	single crochet	dc3tog	dc three together	sk	skip
	dc	double crochet	sl st	slip stitch	yo	yarn over
	cont.	continue	rpt	repeat	spc	space
	( instructions )		[ guidance ]			

Special Stitch	begdc2tog	Beginning dc two together	ch 2 in first stitch, dc in second stitch
	begdc3tog	Beginning dc three together	ch 2, yo, insert hook in second st, yo, pull through, yo, pull through two loops on hook (two loops left on hook), yo, insert hook in third st, yo, pull through, yo, pull through two loops on hook (three loops left on hook), yo, pull through remaining loops

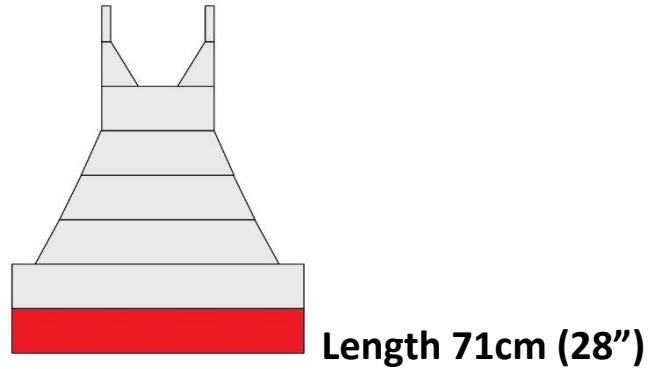
Ch 3 turns count as first dc, Ch 1 turns do not count as a stitch

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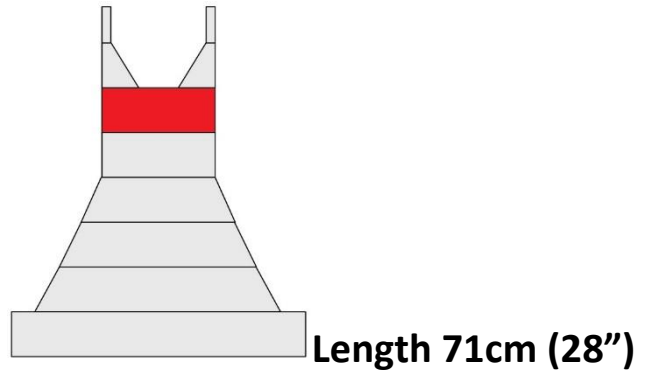
The basic pattern creates a shirt 64 cm long. Each block of dc or mesh rows is about 7 cm, so adding extra blocks will increase the shirt length accordingly



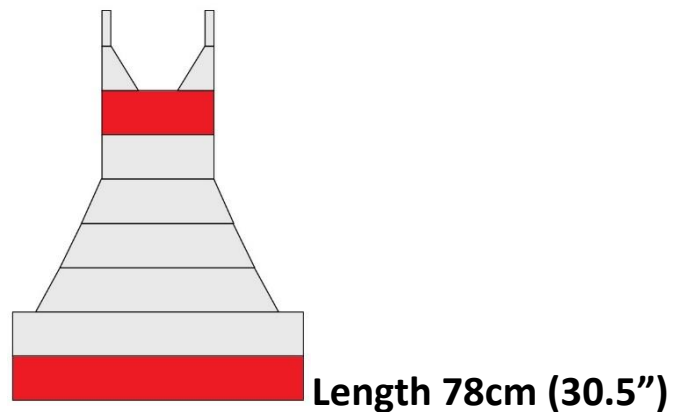
An extra block of dc rows at the start



An extra block of dc rows before the neckline



An extra block of dc rows at both the start and before the neckline



# Front

Small (Medium, Large)

96cm/37.5" (110cm/43", 120cm/47") round waist

Rib

Ch 6

R 1: sc in second ch from hook, sc 4, turn

R 2 – R 82 (92, 102): ch 1, sc 5, turn

Main body

Turn rib so you are working along the side of the rows.

Mesh Block

R 1: ch 3, dc, (ch 4, sk 3 st, dc 2) x 16 (18, 20), turn

R 2: ch 1, sc 82 (92, 102), turn [1 sc in each dc, 3 sc in each 4 ch spc]

R 3 – R 10: rpt R 1 and R 2

Plain Block (optional start)

R 1: ch 3, dc 81 (91, 101), turn

R 2: ch 1, sc 82 (92, 102), turn

R 3 – R 10: rpt R 1 and R 2

Decrease section

Tie off and cut yarn

Re attach yarn to the 6th (11th, 16th) stitch in from edge

R 11: sl st 11, begdc2tog, dc 68, dc2tog, turn

R 12: ch 1, sc 70, turn

R 13: begdc2tog, dc across, in last two stitches dc2tog, turn

R 14: ch 1, sc across, turn

R 15 – R 20: rpt R 13 and R 14

R 21: begdc2tog, (ch 4, sk 3 st, dc 2) x 11, ch 4, sk 3 st, dc2tog, turn

R 22: ch 1, sc 60, turn

R 23: begdc2tog, ch 2, sk 2 st, dc 2, (ch 4, sk 3 st, dc 2) x 10, ch 2, sk 2 st, dc 2tog, turn

R 24: ch 1, sc 58, turn

R 25: begdc2tog, ch 1, sk 1 st, dc 2, (ch 4, sk 3 st, dc 2) x 10, ch 1, sk 1 st, dc2tog, turn

R 26: ch 1, sc 56, turn

R 27: begdc2tog, dc 2, (ch 4, sk 3 st, dc 2) x 10, dc2tog, turn

R 28: ch 1, sc 54, turn

R 29: begdc2tog, dc 1, (ch 4, sk 3 st, dc 2) x 9, ch 4, sk 3 st, dc 1, dc2tog, turn

R 30: ch 1, sc 52, turn

R 31: begdc2tog, dc across, in last two stitches dc2tog, turn

R 32: ch 1, sc across, turn

R 33 – R40: rpt R 31 and R 32

### Mesh Block

R 41: ch 3, dc 1, (ch 4, sk 3 st, dc 2) x 8, turn

R 42: ch 1, sc 42, turn

R 43 – R 50: rpt R 41 and R 42

### Plain Block (optional)

R 1: ch 3, dc 41, turn

R 2: ch 1, sc 42, turn

R 3 – R 10: rpt R 1 and R 2

### Neckline 1

R 51: ch 3, dc 13, dc3tog, turn

R 52: ch 1, sc 15, turn

R 53: ch 3, dc 11, dc3tog, turn

R 54: ch 1, sc 13, turn

R 55: ch 3, dc 9, dc3tog, turn

R 56: ch 1, sc 11, turn

R 57: ch 3, dc 7, dc3tog, turn

R 58: ch1, sc 9, turn

R 59: ch 3, dc 5, dc3tog, turn

R 60: ch 1, sc 7, turn

R 61: ch 3, dc 3, dc3tog, turn

R 62: ch 1, sc 5, turn

R 63: ch 3, dc 4, turn

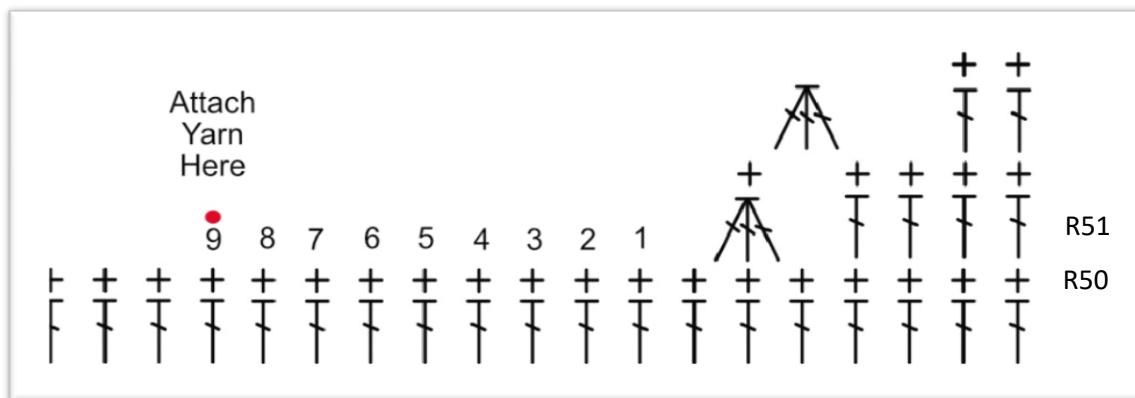
R 64: ch 1, sc 5. Turn

R 65 – R 72: rpt R 63 and R 64

Tie off and cut yarn

### Neckline 2

To maintain dc row pattern, reattach yarn to the 9th stitch from the dc3tog of R 51 in neckline 1



R 51 (cont): begdc3tog, dc 14, turn

R 52: ch 1, sc 15, turn

R 53: begdc3tog, dc 12 turn  
R 54: ch 1, sc 13, turn  
R 55: begdc3tog, dc 10, turn  
R 56: ch 1, sc 11, turn  
R 57: begdc3tog, dc 8, turn  
R 58: ch1, sc 9, turn  
R 59: begdc3tog, dc 6, turn  
R 60: ch 1, sc 7, turn  
R 61: begdc3tog, dc 4, turn  
R 62: ch 1, sc 5, turn  
R 63: ch 3, dc 4, turn  
R 64: ch 1, sc 5. Turn  
R 65 – R 72: rpt R 63 and R 64  
Tie off and cut yarn

## **Back**

Rpt pattern for front up to and including R 50. Remember to add extra blocks to match increases made to the front.

R 51: ch 3, dc 41, turn  
R 52: ch 1, sc 42, turn  
R 53 – R 60: rpt R 51 and R 52

### Neckline 1

R 61 – R72: Rpt Front Neckline 1 from R 51 to R 62

Do not tie off.

Ch 1

Bring together the matching shoulder straps for the front and back

Sc join the two shoulder straps together, going through the 5 stitches on both sides.

Tie off and cut Yarn

### Neckline 2

R 61 – R 72: Rpt Front Neckline 2 from R 51 to R 62

Do not tie off.

Ch 1

Bring together the matching shoulder straps for the front and back

Sc join the two shoulder straps together, going through the 5 stitches on both sides.

Tie off and cut Yarn

## Side Seam and Arm Hole

Attach yarn to the rib end of a seam, ready to work towards the arm hole

Bring together the front and back side seams and sc join with 21 sc - 1 sc in each rib stitch, 1 sc in each sc row and 2 sc in each dc row]

Carefully turn the garment the right side out

Ch 1

Now sc round the arm hole until you reach the side seam again, – 1 sc in each stitch and sc row, 2 sc in each dc row  
sl st join, tie off and cut yarn

Rpt for second side seam and arm hole

## Neckline

Attach yarn near to one of the shoulder seams

Ch 1, sc round neckline – 1 sc in each stitch and sc row, 2 sc in each dc row

sl st join to start, tie off and cut yarn

## Optional Piping

Piping can be placed on neckline and arm holes. Use the same method for all

Attach yarn near a seam

Ch 1

Reverse sc (crab stitch) or Twist sc in each stitch

Sl st join to start

Tie off and cut yarn