

Fitness Headband/Earwarmer with Ponytail Hole



This ribbed headband/earwarmer is worked from the top down and features a ponytail hole at the back as well as an ear/neck flap created with short rows. Choose a fingering-weight, superwash merino sock yarn for optimum sweat-wicking and durability.

Supplies needed:

approx. 100 yards (or more) fingering-weight yarn
US 1 (2.25mm) or 1.5 (2.5mm) needles (or size to obtain gauge)
darning needle

Gauge: approx. 12 stitches x 11.5 rows per inch in K2 P2 ribbing, unstretched

Cast on 160 stitches. Join to work in the round, being careful not to twist. Work 13 rounds in K2, P2 ribbing.

Shape Ponytail Hole:

Continue working K2, P2 ribbing, but only for the first 117 stitches of the round. Bind off 6 stitches. Continue in ribbing to end of round.

You will now be working in rows from one edge of the ponytail hole around to the other edge, turning your work and alternating working on the outside, then inside of the headband.

Row 1: Continue working in ribbing until you reach the bound-off stitches.

Row 2: Turn work around to begin working on inside of headband. Slip first stitch purlwise onto right needle. Work in ribbing all the way around to other edge of bound-off stitches (note: stitches that were knit stitches on the outside will now be purl stitches on the inside).

Row 3: Turn work around to work on outside of headband. Slip first stitch purlwise onto right needle. Work in ribbing all the way around to other edge of bound-off stitches.

Repeat rows 2 and 3 two more times each. After working row 3 for the last time, you will end up at the right edge of the bound-off stitches. Close up the ponytail hole by casting on 6 stitches, then continue working in established ribbing to end of round (do not turn work).

Work 7 more rounds of ribbing.

Short-row Earflap Shaping:

You are at the beginning of a new round. The short rows will be worked "flat", turning your work and alternating working on the outside and inside of the headband, spanning the back half of the stitches plus 7 stitches each from each edge of the front half of the stitches.

Set-up row: K2, P2, K2; wrap the next stitch and turn (move working yarn to opposite side of work, slip next stitch from left needle to right needle, move working yarn back to its previous position, slip same stitch back onto left needle, turn work around).

Row 1: Working on inside of headband, work 86 stitches in ribbing (the 6 stitches you just worked, plus all 80 stitches around the back half of the headband). You should now be at the opposite side (ear area) of the headband. K2, P2, K2; wrap next stitch and turn as in set-up row.

Row 2: Working on outside of headband, work in ribbing up to the stitch before the wrapped stitch (do not work the stitch before the wrapped stitch; you will be wrapping it instead). Wrap next stitch and turn as in set-up row.

Row 3: Working on inside of headband, work in ribbing up to the stitch before the wrapped stitch. Wrap next stitch and turn as in set-up row.

Work rows 2 and 3 7 more times each. (Your wrapped stitches move in one stitch from each edge on each row, creating an angle.) You should have 9 wrapped stitches on each edge.

Picking up the Wraps:

You are now ready to work on the outside of the headband; there are 9 wrapped stitches to the right of your working yarn. You will resume working in the round, eventually picking up and working all the wraps around the wrapped stitches.

Partial Round: Work in ribbing until you reach the first of the 9 wrapped stitches on the left edge of your work. Pick up the wrap and work it together with the stitch it wraps (insert right needle under wrap, lift it up onto the left needle and over the first stitch on that needle, so the wrap is on the left side of the first stitch; if it's a knit stitch, work stitch and wrap together through back loop, or if a purl stitch, work stitch and wrap together purling). Pick up and work the wraps of the remaining 8 wrapped stitches in the same manner.

Round 2: Continue ribbing across the front of the headband (still working on the outside) until you reach the first wrapped stitch on the opposite edge. Pick up and work the wraps of these 9 wrapped stitches as described in the partial round above. Continue in ribbing to complete round.

Round 3: Work 1 entire round of ribbing. This is your last round before binding off.

Bind off loosely in ribbing. Break yarn and weave in ends.