T-shirt Jump Ropes

You will need:

- Seamless (side seams) T-shirt; preferably XL or greater. NOTE: One T-shirt will give you a jump rope of all the same color. For best results, use 3 different color t-shirts.
- Masking tape or clamp (to hold the end while you braid).

There are two methods to make t-shirt yarn. One is cutting strips into loops and the other is cutting into one continuous strip. Regardless of which method you use, you will need to trim the bottom seam of the shirt and cut the shirt from the bottom of the sleeve. This will give you a rectangle shape and you may proceed with your preferred method. There are pros and cons to each. My experience with the yarn ball is you can use leftover yarn for projects you would normally use yarn for such as bracelets, headbands, any crochet project, etc.
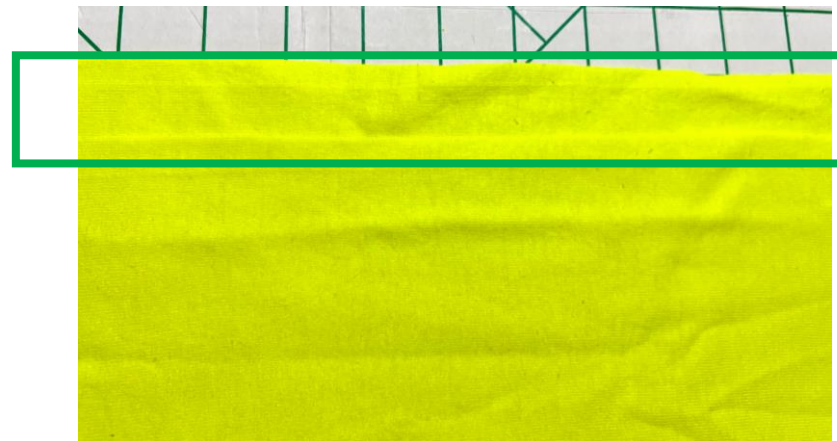
I like to make jump ropes that finish to a length of 7' to 8'.

This will give you a continuous ball of "yarn" to make jump ropes. After you've removed the bottom seam and the area above the armpits,
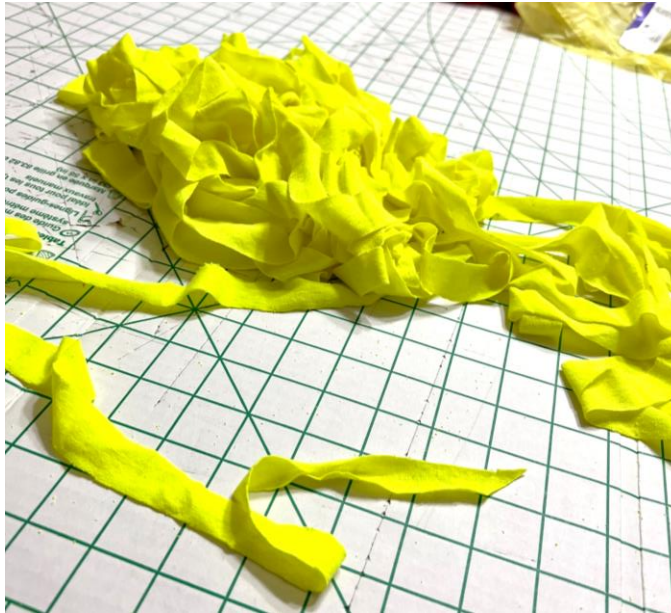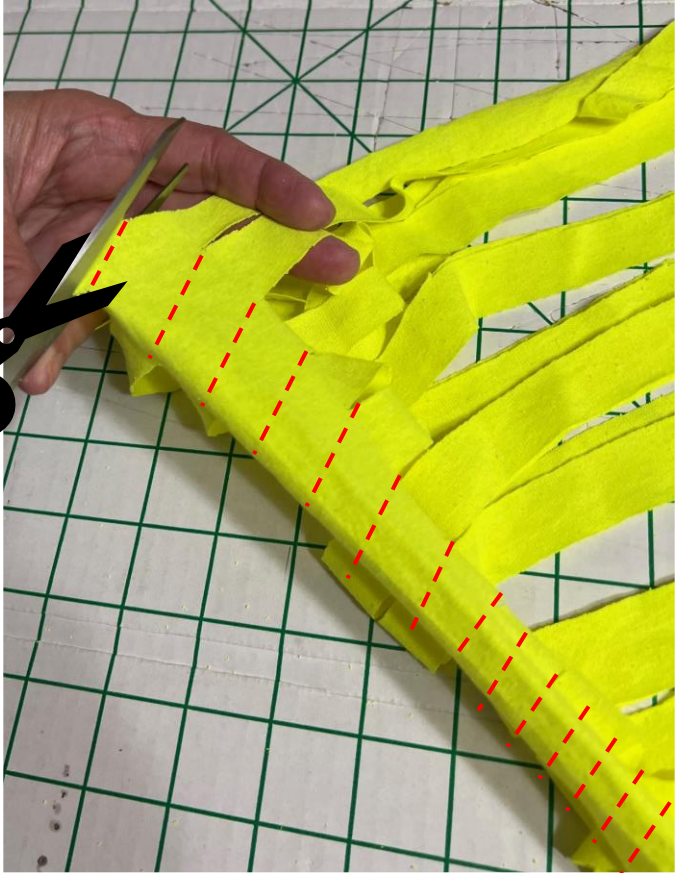
**STEP 1** Fold your t-shirt leaving about 1" to the fold.

STEP 2 Now you're ready to cut yarn. Cut 1" strip but do not cut all the way across. Repeat until you have cut 1" strips out of your material.

1" strips

STEP 3 Connect your strips. In the space you allowed before your fold, begin cutting diagonally to connect the strips into a continues "spool." You'll start and end with a "half strip."

STEP 4 Stretch your yarn. This will make the t-shirt fabric curl into itself to give it a "rope" or yarn shape.
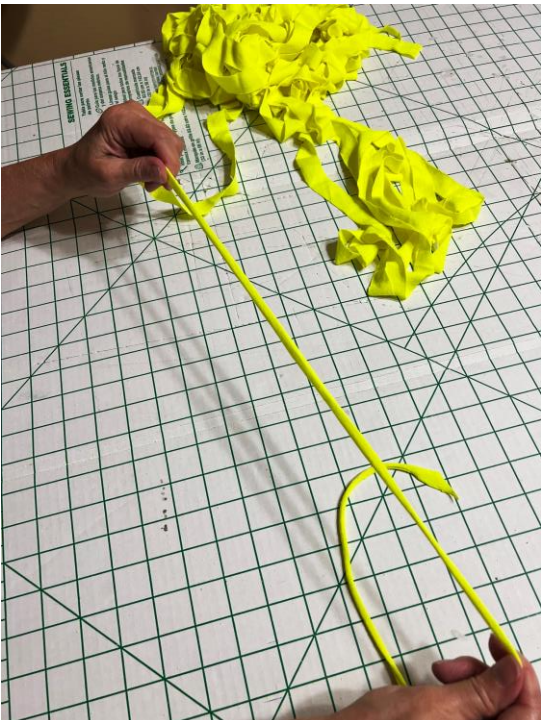
STEP 5 Roll your "yarn" into a ball for storage and ease of use.