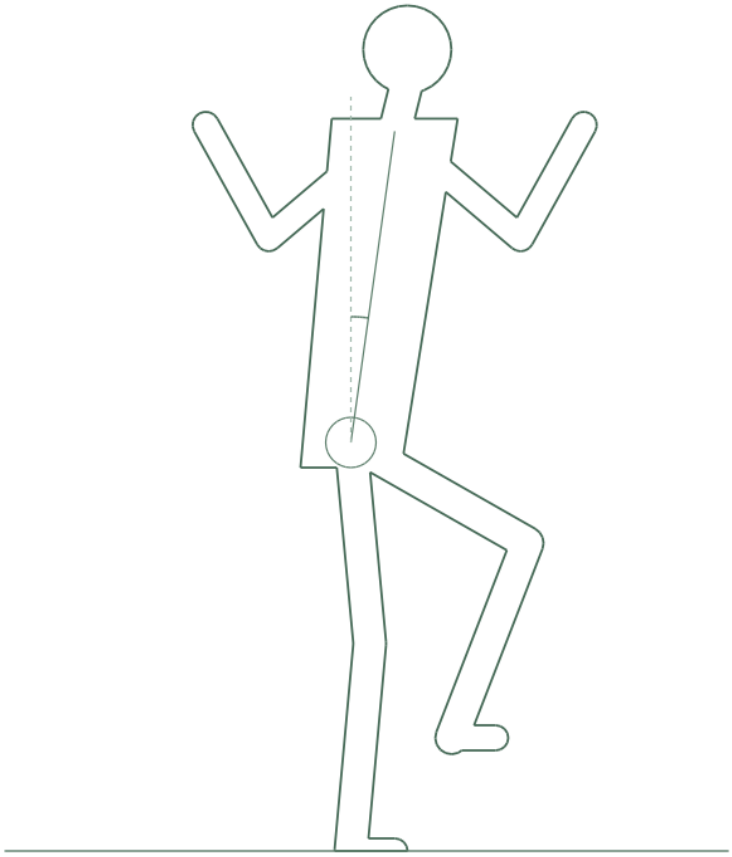
Running Pose Reference: Stride Phases and Torso Lean

Ordinary topic reference / separately checked pixels



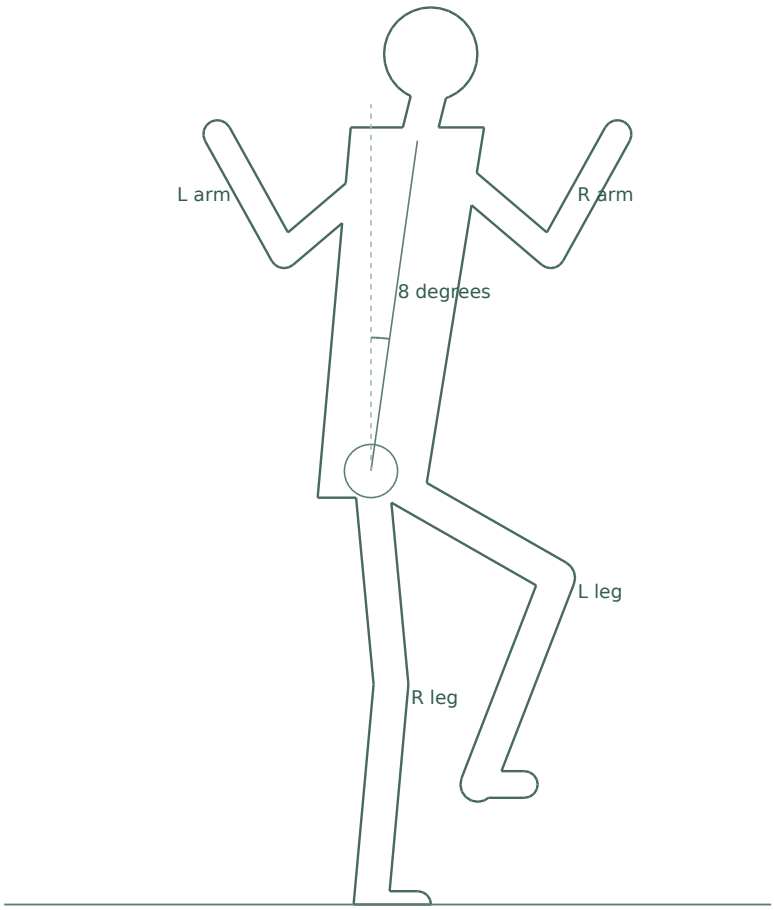
Running Pose Reference: Stride Phases and Torso Lean

Original worked example / unchanged complete key

Prompt: Draw a contact-phase pose with a hypothetical torso lean of 8 degrees. The support leg is the right leg, foot under the hip. The left leg swings forward with knee bent. The left arm swings back and the right arm forward.

Answer: Draw a vertical baseline. Place hip circle at mid-height. Draw midline from hip to shoulder leaning 8 degrees forward from vertical. Draw right leg from hip to knee slightly bent, then to ankle under hip. Draw left leg from hip forward with knee bent. Draw right arm forward and left arm back. Label lean as 8 degrees (hypothetical).

Phase construction / source angles measured from the vertical



contact / 8 degrees

Chosen schematic figure. Forward is to the page right. R/L denote body sides. Ground contact, limb opposition and torso angle are separate checks; proportions are not a sports or anatomy standard.