Dumbbell Pose Drawing: Motion Arrows and Limb Construction

Original tasks 1, 2 / complete keys

Task 1

Draw a standing shoulder press pose with both arms raised. Place joint landmarks, construct both arms, and add one motion arrow per arm.

Answer: A standing figure with shoulder dots, elbow dots above shoulder height, and wrist dots above the elbows. Both arms are constructed from tapered shapes meeting at the elbows. Dumbbells align through the wrists. Two upward motion arrows sit beside the wrists.

Reason: The press pose requires the wrists to travel above the shoulders. Placing elbow and wrist dots first ensures the arms read as raised before outlines are refined.

Check: Verify that each wrist dot is above its shoulder dot and that each motion arrow points upward without crossing the face.

Task 2

Draw a bent-over row pose with the torso leaning forward and one arm pulling a dumbbell toward the hip. Add a motion arrow showing the pull direction.

Answer: A figure with the torso leaning forward so the shoulders are lower than in a standing pose but still above the hips, with the head forward. The pulling arm has an elbow dot near the torso and a wrist dot moving toward the hip. The dumbbell aligns with the wrist. A curved arrow points from the wrist toward the hip.

Reason: The row pose depends on the torso lean and the wrist path toward the hip. The elbow stays near the torso while the wrist travels.

Check: Check that the torso is clearly leaning forward (shoulders forward of the hips) and that the motion arrow ends near the hip landmark.

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Original tasks 3, 4 / complete keys

Task 3

Draw a lateral raise pose with both arms extended to the sides at shoulder height. Use joint landmarks and add motion arrows showing the lift from the sides.

Answer: A standing figure with shoulder dots, elbow dots at shoulder height, and wrist dots extended outward. Both arms are constructed horizontally. Dumbbells align through the wrists. Two curved arrows start near the wrists at the lowered position and end beside the raised wrists, showing the lift.

Reason: The lateral raise requires the wrists to travel outward and upward to shoulder height. The arrows show the path from a lowered position to the raised position.

Check: Verify that the wrist dots are at approximately shoulder height and that the arrows do not cross the torso center line.

Task 4

Draw a split-stance curl pose with one leg forward and the right arm curling a dumbbell. Add one motion arrow and check limb alignment.

Answer: A figure with one ankle dot forward and one back, hip dots level, and a bent right arm with the elbow near the torso and the wrist raised. The left arm is extended. A curved arrow points upward beside the right wrist. The dumbbell aligns with the right wrist.

Reason: The split stance changes the leg landmarks but the curl mechanics remain the same: elbow near torso, wrist traveling upward.

Check: Check that the forward ankle dot is ahead of the back ankle dot and that the right elbow dot stays near the torso center line.

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Source rubric / reflection

- [ ] Joint landmarks are visible and connect the pose skeleton.
- [ ] Upper and lower arm shapes meet at the elbow landmark.
- [ ] Dumbbell handles align with the wrist landmarks.
- [ ] At least one motion arrow shows the primary direction of travel.
- [ ] The pose reads clearly as a dumbbell exercise without detailed equipment rendering.
- [ ] Valid stylistic alternatives are accepted if the landmarks and motion direction remain clear.

Reflection: What did you check, what did you change, and what will you try next?