Dumbbell Pose Drawing: Motion Arrows and Limb Construction

Original tasks 1, 2 / independent work

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.

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.

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Original tasks 3, 4 / independent work

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.

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.