Dumbbell Pose Drawing: Motion Arrows and Limb Construction

Topic reference / ordinary illustration



Ordinary topic reference. Hypothetical dimensions in the four tasks are supplied in their own text; this illustration is not their measured answer.

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Worked example / complete source key

Draw a standing dumbbell curl pose with the right arm bent and the left arm extended, using joint landmarks and one motion arrow.

Answer: Place the head oval and neck dot. Add shoulder dots, then hip, knee, and ankle dots for a standing stance. For the right arm, place the elbow dot near the torso and the wrist dot higher, near shoulder height. For the left arm, place the elbow and wrist dots lower, with the arm extended downward. Draw tapered upper and lower arm shapes meeting at each elbow. Add hand ovals and simple dumbbells aligned through each wrist. Draw one curved motion arrow beside the right wrist, pointing upward. Check that the right elbow stays near the torso and the left arm reads as extended.