Fitness Exercise Figure Drawing: Pose Construction Practice

Original task 1 / independent drawing and calculation

Task 1

On a 12 cm by 18 cm area, mark a vertical centerline and horizontal lines for a figure of 9 units total height: shoulders at 2 units, hips at 4.5 units, knees at 6.5 units, and ankles at 8.5 units from the top, with a ground line at 9 units so the 0.5-unit gap below the ankles is the foot/ground allowance. Place joint crosses symmetrically and draw light construction lines for arms and legs. Check that shoulder and hip lines are level.

Keep the original task measurements. Use the full drawing sheet in this PDF for a response needing more room; use the stated paper size when a task specifies larger paper.

Fitness Exercise Figure Drawing: Pose Construction Practice

Original task 2 / independent drawing and calculation

Task 2

Draw a generic fitness stance with total height 8 units. Place shoulders at 1.5 units, hips at 4 units, knees at 6 units, and ankles at 7.5 units, with a ground line at 8 units so the 0.5-unit gap below the ankles is the foot/ground allowance. After drawing construction lines, measure the horizontal distance from the centerline to each wrist and each ankle. Record the distances and state whether the stance is symmetric.

Keep the original task measurements. Use the full drawing sheet in this PDF for a response needing more room; use the stated paper size when a task specifies larger paper.

Fitness Exercise Figure Drawing: Pose Construction Practice

Original task 3 / independent drawing and calculation

Task 3

Create a construction drawing where the upper arm and forearm are each 2 units long, and the thigh and shin are each 3 units long. Use a total height of 9 units. Check that left and right limb segment lengths match. Label the joint landmarks using the baseline-to-midline x-height convention.

Keep the original task measurements. Use the full drawing sheet in this PDF for a response needing more room; use the stated paper size when a task specifies larger paper.

Fitness Exercise Figure Drawing: Pose Construction Practice

Original task 4 / independent drawing and calculation

Task 4

Draw a generic fitness stance with an intentional asymmetry: the right foot is 1 unit farther from the centerline than the left foot. Use total height 8 units with shoulders at 1.5, hips at 4, knees at 6, and ankles at 7.5 units, and a ground line at 8 units so the 0.5-unit gap below the ankles is the foot/ground allowance. Note the intended difference and check that all other alignments remain level.

Keep the original task measurements. Use the full drawing sheet in this PDF for a response needing more room; use the stated paper size when a task specifies larger paper.

Full drawing sheet / reusable blank workspace

Reusable full drawing sheet for Tasks 1 to 4. Print another copy when needed. Keep all original task measurements; if a task specifies larger paper, use that paper size.