Fitness Exercise Figure Drawing: Pose Construction Practice

Ordinary topic reference / separately checked pixels



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Original worked example / unchanged complete key

Prompt: Draw a generic fitness stance on a 10 cm by 15 cm area. Use a total figure height of 8 units, with shoulders at 1.5 units from the top, hips at 4 units, knees at 6 units, and ankles at 7.5 units. Place feet shoulder-width apart and hands at hip level. Check that shoulder and hip lines are level and that the centerline passes near the midpoint between ankles.

Answer: Mark a vertical centerline. Mark horizontal lines at 0, 1.5, 4, 6, and 7.5 units from the top, plus a ground line at 8 units; the 0.5-unit gap between the ankle line and the ground line is the foot/ground allowance. Place joint crosses symmetrically: shoulders on the 1.5 line, hips on the 4 line, knees on the 6 line, ankles on the 7.5 line. Draw construction lines for arms and legs, then simple ovals. Check level lines through shoulders and hips; adjust until level. Check the centerline from head center through hip center passes near the midpoint between ankles. The final figure is a balanced generic stance with near-equal limb segment lengths.