Draw an Exercising Man: Pose Construction and Motion Cues

Original task 1 / independent drawing and calculation

Task 1

Construct a man in a forward lunge with the left leg forward. Use a hypothetical seven-head-height figure. Place joint landmarks, draw limb chains, add one motion arrow for the left knee bending, and check balance.

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.

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Original task 2 / independent drawing and calculation

Task 2

Construct a man in a push-up position with hands on the ground and body straight. Use a hypothetical six-head-height figure measured along the body line. Add motion arrows for the elbows lowering, and check that the shoulder-to-hip line is straight.

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.

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Original task 3 / independent drawing and calculation

Task 3

Construct a man performing a single-leg balance with the right knee lifted to hip height. Use a hypothetical eight-head-height figure. Add a motion arrow for the right hip flexing, and check balance with a drop line.

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.

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Original task 4 / independent drawing and calculation

Task 4

Construct a man in a seated row pose with torso upright and elbows pulling back. Use a hypothetical seven-head-height figure. Add motion arrows for the elbows flexing backward, and check that the shoulder-to-hip line is vertical.

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.