# Draw an Exercising Man: Pose Construction and Motion Cues

Original tasks 1, 2 / complete keys

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.

Answer: Use head units with the ground at 0. Crown at 7, chin at 6, shoulders at 5, hips at 3.5. Place the left foot contact forward at x=+2 and the right toe contact at x=0. Place the left hip joint at x=+1.5 and the right hip joint at x=+0.5, so the hip midpoint is at x=+1. Left knee at x=+2, height 2.5; left ankle at x=+2, height 0. Right knee at x=+0.5, height 2.0; right ankle above the toe contact at x=0, height 0.5 (heel lifted). Connect hip to knee to ankle on each side. Add one arrow at the left knee pointing forward and down, labeled bend. Drop a vertical line from the hip midpoint at x=+1; it falls between the foot contacts at x=0 and x=+2, so the pose is balanced.

Reason: The lunge is asymmetric, so left and right landmarks differ. The motion arrow follows the knee action. The drop line confirms the base of support includes both feet.

Check: Confirm that the drop line from the hip midpoint at x=+1 falls between the foot contacts at x=0 and x=+2. If it does, the pose is balanced. If you use a numeric tolerance, label it as a hypothetical chosen example for your worksheet, not a universal rule.

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.

Answer: Lay the body line horizontally and use head units along it. Place shoulder crosses at one end, hip crosses at the other, and elbow crosses between shoulder and wrist on the ground. The shoulder-to-hip line is straight. Add two elbow arrows pointing from shoulder toward wrist, labeled lower. For the balance check in this horizontal pose, use the straight body line instead of a vertical drop: confirm the shoulder, hip, and midpoint crosses lie on one straight line by placing a straight edge along them; no numeric distance is required.

Reason: The push-up is horizontal, so the ground line is replaced by a body line. Motion arrows show elbow flexion. The straight shoulder-to-hip line is a construction check, not a muscle detail.

Check: Place a straight edge along shoulder and hip crosses. If the edge touches both and the midpoint, the body line is straight.

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Original tasks 3, 4 / complete keys

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.

Answer: Use head units with the ground at 0. Crown at 8, chin at 7, shoulders at 6, hips at 4. Left ankle at 0 under the hip midpoint. Right knee lifted to hip height 4, with the right lower leg foreshortened to 2 head units so the right ankle is at height 2. Add an arrow at the right hip pointing forward and up, labeled flex. Drop a vertical line from the hip midpoint; it falls over the left foot, so the pose is balanced.

Reason: The lifted leg removes one contact point, so the drop line must fall over the standing foot. The hip arrow shows the joint action that raises the knee.

Check: Confirm that the drop line from the hip midpoint falls over the standing foot. If it does, the pose is balanced. If you use a numeric tolerance, label it as a hypothetical chosen example for your worksheet, not a universal rule.

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.

Answer: Use head units with the ground at 0. Crown at 7, chin at 6, shoulders at x=0, height 5; hips at x=0, height 3. Knees forward at x=+1.5, height 3 (same as hips), so the thighs are exactly horizontal. Ankles at x=+1.5, height 0.5, directly below the knees, so the shins are vertical. Elbow crosses at shoulder height, wrist crosses in front. Add two elbow arrows pointing backward, labeled flex. The shoulder-to-hip line is vertical because both share x=0.

Reason: The seated row uses a vertical torso and horizontal arm action. Motion arrows show elbow flexion. The vertical shoulder-to-hip line is a construction check.

Check: Place a straight edge along shoulder and hip crosses. If the edge is vertical and touches both, the torso line is correct.

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Source rubric / reflection

- [ ] Joint landmarks are placed before limb outlines.
- [ ] Each limb is connected as a joint chain from shoulder to wrist and hip to ankle.
- [ ] Motion arrows match joint actions and are labeled with verbs.
- [ ] Balance drop line falls within the base of support or is labeled intentionally off-balance.
- [ ] Head-height unit is labeled as a chosen example, not a universal rule.
- [ ] No shading or muscle anatomy is included.

Reflection: What did you check, what did you change, and what will you try next?