Draw an Exercising Man: Pose Construction and Motion Cues

Ordinary topic reference / separately checked pixels



Draw an Exercising Man: Pose Construction and Motion Cues

Original worked example / unchanged complete key

Prompt: Construct a standing man performing a two-arm overhead press. Use a hypothetical eight-head-height figure. Place joint landmarks, add motion arrows for the elbows extending upward, and check balance with a drop line.

Answer: Draw a vertical centerline and ground line. Mark crown at eight head units above ground, chin at seven, shoulder joints at six, hip joints at four, knee joints at two, ankle joints at zero. Place elbow crosses slightly below shoulder height and wrist crosses above head height. Connect shoulder to elbow to wrist on each side. Add two motion arrows pointing upward from elbow to wrist, labeled extend. Drop a vertical line from the hip midpoint; it falls between the feet, so the pose is balanced. Add a simple torso rectangle and head circle last.