Draw a Push-Up Pose Using Arm and Torso Landmarks

Ordinary topic reference / separately checked pixels



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Original worked example / unchanged complete key

Prompt: A side-view reference shows a torso length of 1.0 unit, an upper arm of 0.45 unit, and a forearm of 0.40 unit. The elbow angle measures 95 degrees. Place the landmarks and state the check you would perform.

Answer: Mark the hip and shoulder 1.0 unit apart. Place the elbow 0.45 unit from the shoulder and the wrist 0.40 unit from the elbow. Draw an arc at the elbow and label it 95 degrees. Check that the upper arm does not cross the torso line and that the wrist landmark is visible. If the angle differs from your reference by more than about 10 degrees, move the wrist landmark and re-measure.