Draw a Push-Up Pose Using Arm and Torso Landmarks

Original tasks 1, 2 / complete keys

Task 1

A side-view reference gives torso 1.0 unit, upper arm 0.50 unit, forearm 0.45 unit, and elbow angle 85 degrees. Place the landmarks and describe the elbow check.

Answer: Hip and shoulder are 1.0 unit apart. Elbow is 0.50 unit from shoulder; wrist is 0.45 unit from elbow. Label the elbow arc 85 degrees. Check that the upper arm does not cross the torso line and that the wrist is visible.

Reason: The landmarks set the arm segments, and the elbow arc makes the bend checkable. The 85-degree value is a hypothetical example from the prompt.

Check: Measure the elbow angle with a protractor or angle gauge. If it differs from 85 degrees by more than about 10 degrees, move the wrist landmark and re-measure.

Task 2

A three-quarter reference shows an apparent torso length of 0.80 unit, upper arm 0.40 unit, and forearm 0.35 unit. The shoulder angle between torso and upper arm is 40 degrees. Place the landmarks and state one consistency check.

Answer: Mark hip and shoulder 0.80 unit apart. Elbow is 0.40 unit from shoulder; wrist is 0.35 unit from elbow. Label the shoulder angle 40 degrees. Check that the shortened torso line matches the three-quarter view and that the upper arm reads clearly.

Reason: The three-quarter view shortens the torso, so the apparent length is used instead of the side-view length. The shoulder angle is measured at the shoulder landmark.

Check: Compare the drawn torso length to 0.80 unit and the shoulder angle to 40 degrees. If either differs noticeably, adjust the shoulder or elbow landmark and re-check.

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Original tasks 3, 4 / complete keys

Task 3

A side-view sketch has the shoulder and knee landmarks placed, with a guide line running from the shoulder toward the knee. The hip landmark sits 0.15 unit above that guide line. The elbow angle is 100 degrees. Describe how to correct the torso line and what to record.

Answer: Redraw the hip landmark closer to the shoulder-to-knee guide line, reducing the 0.15-unit deviation. Keep the elbow angle at 100 degrees and re-check that the upper arm does not cross the torso line. Record the final hip deviation and elbow angle.

Reason: A large hip deviation from the shoulder-to-knee guide changes the pose from a standard push-up. Moving the hip toward the guide line restores the torso axis while keeping the measured elbow angle.

Check: Measure the new hip deviation from the shoulder-to-knee guide line and confirm it is smaller than 0.15 unit. Re-measure the elbow angle to confirm it remains 100 degrees.

Task 4

A reference shows torso 1.0 unit, upper arm 0.45 unit, forearm 0.40 unit, and elbow angle 90 degrees. After outlining, the elbow bend is hidden by the torso outline. State the fix and the check.

Answer: Move the elbow landmark slightly away from the torso line or adjust the torso outline so the elbow bend remains visible. Keep the segment lengths at 0.45 and 0.40 unit and the elbow angle at 90 degrees. Re-check that the elbow arc is visible.

Reason: The landmarks are correct, but the outline hides the bend. Adjusting the outline or elbow position preserves the measured construction while improving readability.

Check: Look at the drawing at arm's length and confirm the elbow bend is visible. Measure the elbow angle again to confirm it is still 90 degrees.

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Source rubric / reflection

- [ ] All five landmarks (shoulder, elbow, wrist, hip, knee) are placed before outlining.
- [ ] The torso line from hip to shoulder is drawn and the hip deviation is noted.
- [ ] The elbow angle is measured and labeled, with any numerical value marked as an example.
- [ ] The upper arm and forearm lengths follow the measured reference ratios.
- [ ] The outline wraps the landmark segments without hiding the elbow bend.
- [ ] Valid alternatives in body shape or drawing style are accepted if the landmarks and angles remain consistent.

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