Arm Muscle Drawing Practice: Flexed vs Relaxed Anatomy Plate

Original task 1 / independent drawing and calculation

Task 1

Draw a relaxed arm outline 10 cm tall with a 10-degree elbow bend. Add a triceps oval 5 cm long and 1.5 cm wide on the back upper arm. Draw a flexed arm of the same length with a 90-degree elbow bend. Make the flexed triceps appear stretched and elongated along the back of the upper arm using a hypothetical 5.5 cm length and 1 cm width, and note in your key that the apparent elongation is a drawing convention, not a claim that the muscle lengthens. Label both triceps and state which appears longer.

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

Create a plate with two arm outlines 14 cm tall. On the relaxed arm, draw a deltoid cap 3 cm wide and a biceps oval 4 cm long. On the flexed arm, keep the deltoid cap 3 cm wide but make the biceps 3 cm long and 2 cm wide. Label deltoid and biceps on both arms. Write one sentence explaining the biceps change.

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

Draw a forearm comparison: a relaxed forearm 8 cm long with two tapered muscle shapes, and a flexed forearm of the same length with the same two shapes but slightly shifted toward the elbow. Label 'forearm flexors' and 'forearm extensors' on both. Explain why the shapes shift rather than change length dramatically.

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

Make a mini plate with one relaxed arm and one flexed arm, each 12 cm tall. Label deltoid, biceps, triceps, and forearm flexors. Use a dashed line between the two shoulders and between the two elbows to show scale. Add a title and a one-line convention key. Then write a self-check sentence confirming the flexed biceps is shorter than the relaxed biceps.

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.