Arm Muscle Drawing Practice: Flexed vs Relaxed Anatomy Plate

Ordinary topic reference / separately checked pixels



Arm Muscle Drawing Practice: Flexed vs Relaxed Anatomy Plate

Original worked example / unchanged complete key

Prompt: Draw a simple relaxed arm outline 12 cm tall with a slight elbow bend. Add a biceps oval 5 cm long and 1.5 cm wide on the front upper arm. Then draw a flexed arm of the same length with a 90-degree elbow bend. Make the flexed biceps 3.5 cm long and 2.5 cm wide. Label both biceps and write one sentence comparing them.

Answer: The relaxed arm shows a long, narrow biceps oval (5 cm long, 1.5 cm wide); the flexed arm shows a shorter, wider biceps oval (3.5 cm long, 2.5 cm wide). Both arms are 12 cm tall, and the elbow angles match the convention. The label 'biceps' points to each oval, and the comparison sentence reads: 'The flexed biceps is shorter and thicker than the relaxed biceps.'