Draw Leg Exercise Poses with Joint Angles: A Guided Practice

Ordinary topic reference / separately checked pixels



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Original worked example / unchanged complete key

Prompt: Draw a seated leg press start and end pose. The start has a knee angle of 90 degrees and a hip angle of 90 degrees. The end has a knee angle of 150 degrees and a hip angle of 90 degrees. Show one motion arrow from start ankle to end ankle.

Answer: Draw a vertical torso line and a horizontal thigh line from the hip circle. Place the knee circle at the end of the thigh line. For the start, draw the shin down from the knee so the knee angle is 90 degrees. For the end, draw the shin forward so the knee angle is 150 degrees. Keep the hip angle at 90 degrees in both positions. Add a curved arrow from the start ankle to the end ankle, following the shin arc. Label the start knee angle as 90 degrees and the end knee angle as 150 degrees. Label the hip angle as 90 degrees once, since it does not change.