Draw a Side Plank Hip Dip Figure: Pose, Motion, and Alignment

Topic reference / ordinary illustration



Ordinary topic reference. Hypothetical dimensions in the four tasks are supplied in their own text; this illustration is not their measured answer.

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Worked example / complete source key

On an 18 cm by 12 cm plate with a 2 cm margin, use local coordinates from the lower-left corner of the inside box and floor line y=0. Place shoulder (5,5), elbow (5,2), wrist (8,0), top hip (8,4), bottom hip (8,3.5), bottom ankle (12,0), top ankle (12,1), and top hand (5,8). Draw a 1 cm downward dip arrow from the top hip and state the alignment checks.

Answer: The usable inside box is 14 cm by 8 cm. Plot the shoulder (5,5), elbow (5,2), wrist (8,0), top hip (8,4), bottom hip (8,3.5), bottom ankle (12,0), top ankle (12,1), and top hand (5,8). The shoulder and elbow share x=5; the top and bottom hip share x=8; the ankles share x=12. The wrist and bottom ankle sit on floor y=0. The dip arrow runs from (8,4) to (8,3), pointing down. Every point stays within $0 \le x \le 14$ and $0 \le y \le 8$, so the 2 cm plate margins are preserved.

Reason: Using a local origin at the inside margin box makes page-edge margins explicit. Vertical stacking is checked by matching x coordinates, while ground contact is checked at y=0.

Check: Confirm all x values are between 0 and 14 and y values between 0 and 8. Check x-shares: shoulder/elbow 5, hip pair 8, ankle pair 12. Confirm wrist and bottom ankle are at y=0 and the arrow decreases y by 1.