# Draw a Figure on Stationary Cardio Equipment: Pose Construction Guide

Original task 1 / independent drawing and calculation

## Task 1

Side-view stationary bike: seat contact at hip, left foot on forward pedal, right foot on rear pedal, both hands on handlebar. Describe the contact points and the leg angles.

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

Side-view elliptical: left foot on the forward pedal, right foot on the rear pedal, hands on moving handles. The torso is upright. Where should the balance line fall, and how do you check it?

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

A treadmill pose shows a runner with both feet off the deck and both hands off the handlebar. Using the boundary of this guide, explain why this pose is excluded and how to revise it to a stationary cardio pose.

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.

# Draw a Figure on Stationary Cardio Equipment: Pose Construction Guide

Original task 4 / independent drawing and calculation

## Task 4

Using the x-height convention, a figure has torso height 3 units from hip baseline to shoulder midline, thigh length 3 units, lower leg length 3 units, and head height 1 unit. Estimate total figure height and state one proportion check.

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.