Draw a Figure on Stationary Cardio Equipment: Pose Construction Guide

Ordinary topic reference / separately checked pixels



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Original worked example / unchanged complete key

Prompt: A side-view treadmill walk: left foot on the deck at the front, right foot lifted behind, both hands on the front handlebar, torso upright. Draw the pose using the contact-first method and check balance.

Answer: Machine outline: long deck rectangle, front handlebar vertical, console box. Contact crosses: left foot at front deck, right foot slightly above rear deck, left hand and right hand on handlebar. Hip joint above left foot. Spine curve rises to shoulders slightly behind the hands. Head oval above shoulders. Left leg: hip to knee slightly bent to front foot. Right leg: hip to knee bent back, foot lifted. Arms: shoulder to elbow to hand contacts, elbows slightly bent. Balance line from the head falls over the left (support) foot on the deck, so the pose reads as supported. Motion cue: right knee lifted behind.