# Draw a Flexing Bent-Arm Pose with Muscle Contours

Original tasks 1, 2 / independent work

## Task 1

A figure stands on the right foot. The left arm is bent at the elbow to 80 degrees, elbow slightly below shoulder height, wrist turned inward. Describe where the balance line should pass and how many contour cues to use.

## Task 2

A drawing shows a flexing arm with the elbow at 120 degrees and the wrist turned outward. Name two fixes that would make the pose read as a flex.

# Draw a Flexing Bent-Arm Pose with Muscle Contours

Original tasks 3, 4 / independent work

## Task 3

You have drawn five contour lines on the upper arm and two on the forearm. Using the lesson convention, state how many lines to keep and which ones.

## Task 4

A figure's balance line passes through the supporting foot but the head leans far to the left of the line. State one adjustment and one check.