Draw a Flexing Bent-Arm Pose with Muscle Contours

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

A figure stands with the left foot forward as the supporting foot. The right arm is bent at the elbow to about 75 degrees, elbow at shoulder height, wrist turned inward, fist near the shoulder. Draw the balance line, the two arm segments, and three contour cues.

Answer: The balance line runs from the base of the neck through the left supporting foot. The right elbow sits at shoulder height, the upper arm tapers from shoulder to elbow, and the forearm tapers from elbow to wrist with the fist facing the shoulder. Three contour cues appear: one along the outer upper arm, one along the inner forearm, and one short curve at the shoulder. No contour line crosses a joint.