Draw a Seated Cyclist: Pedaling Legs and Balance

Original task 1 / independent drawing and calculation

Task 1

Use a 2 cm head unit, a 3 cm thigh, and a 2.5 cm lower leg. The pedal-path oval is centered at (0,−3 cm) relative to the hip and is 8 cm wide by 3 cm tall. For the forward-up leg, place the knee 3 cm from hip and 0.5 cm above it. Give a foot point near (2.96,−2.00) cm on the front upper arc and verify the lower-leg distance.

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

Using a 2 cm head unit, a 3 cm thigh and a 2.5 cm lower leg, draw the back-down leg. Use an 8.3 cm by 3 cm pedal-path oval centered at (0,−3 cm) relative to the hip. Place the knee about 2.47 cm backward and 1.7 cm below hip, and the foot at the same horizontal position on the lower-left arc. Verify the segment lengths.

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 drawing shows both knees at the same height and both feet on the same side of the pedal oval. What is the main pose error and how do you fix 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 4 / independent drawing and calculation

Task 4

The vertical line from the hip point falls 3 cm behind the seat center on a 12 cm balance line. For this exercise only, count a hip drop within 1 cm horizontally of the seat center as aligned; this is a worksheet drawing convention, not a real balance standard. Is the drawing within that convention? How could you adjust?

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.