Draw a Seated Barbell Twist Pose: Torso Rotation Guide

Original task 1 / independent drawing and calculation

Task 1

On a 10 cm by 10 cm area, draw a seated barbell twist to the left. Use a seat 5 cm wide and 2 cm tall. Mark two hip dots and one rotation arrow. Describe where the ribcage top shifts.

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

Draw a seated barbell twist to the right in a 5 cm practice box divided into four squares. In square one draw pelvis and ribcage boxes; square two the arrow; square three the barbell; square four the feet. State the barbell angle.

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

Sketch a seated barbell twist to the left with the barbell drawn level. Then correct it by angling the barbell. Explain the correction in one sentence.

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

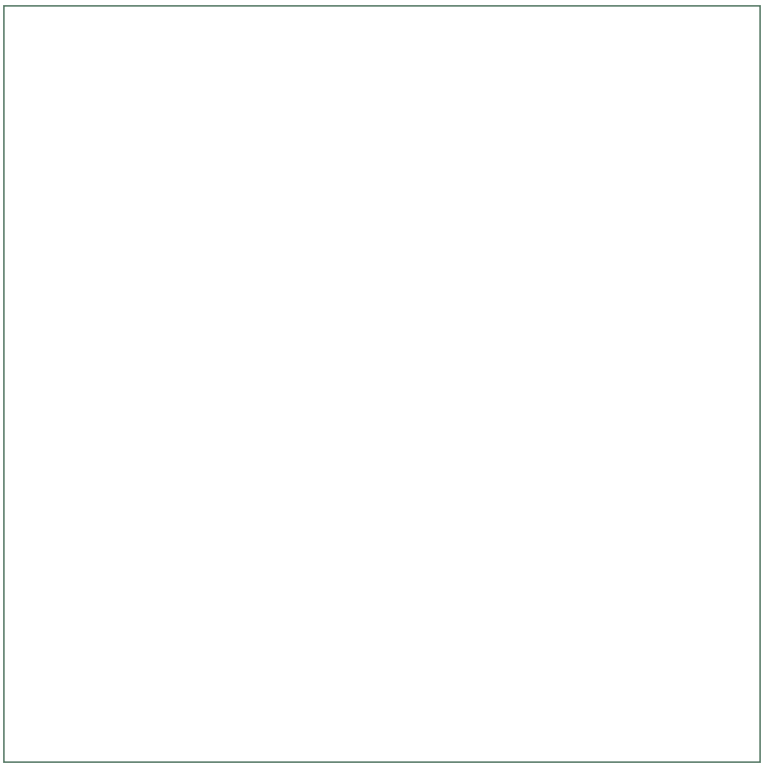
Draw a seated barbell twist to the right and include a head oval. Check that the head sits over the ribcage top, not the pelvis. If it sits over the pelvis, move it and state the new position.

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

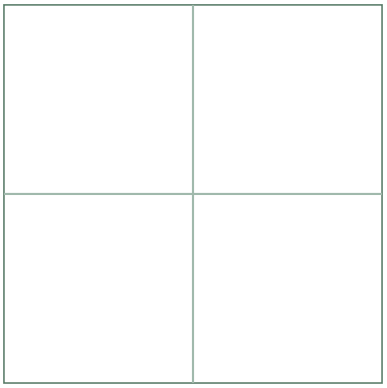
Reusable full drawing sheet for Tasks 1 to 4. Print another copy when needed. Keep all original task measurements; if a task specifies larger paper, use that paper size.

Seated twist / fixed pelvis and turned upper box



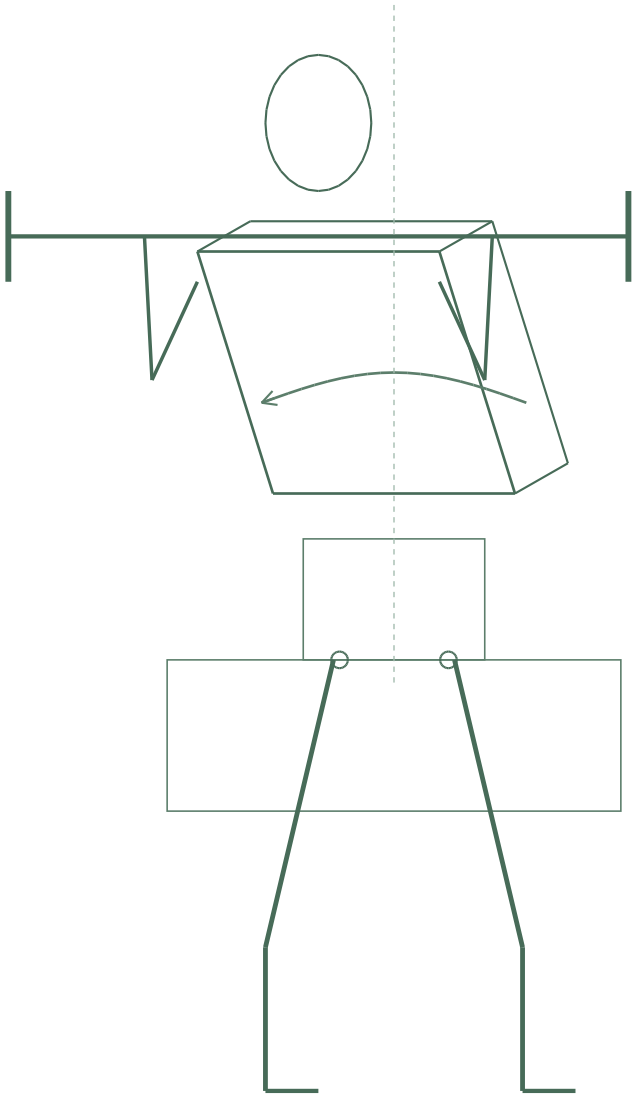
Actual 10 cm x 10 cm work area / make your own left-twist construction.

Seated twist / fixed pelvis and turned upper box



Given 5 cm square / four genuine 2.5 cm square work areas.

Seated twist / fixed pelvis and turned upper box



Seat 6 cm x 2 cm

GIVEN ERROR: level bar. Redraw an angled correction yourself below.

Seated twist / fixed pelvis and turned upper box

Construct your own right-twist pose and check the head against the upper box, not the pelvis. Keep both hip dots on the seat line.

Measurements / explanation: _____

Check against the separate answer after your own construction.