Draw a Seated Barbell Twist Pose: Torso Rotation Guide

Original tasks 1, 2, 3 / complete keys

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.

Answer: The ribcage top shifts left; hip dots stay on the seat line; the arrow curves from right to left around the ribcage.

Reason: A left twist moves the upper torso left while the pelvis remains fixed, so the ribcage top must shift left and the arrow must show that direction.

Check: Measure that both hip dots lie on the seat line and that the ribcage top is left of the pelvis center; confirm the arrow starts on the right and ends on the left.

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.

Answer: The barbell angles so the left end is slightly back and the right end slightly forward; the arrow curves left to right; feet are flat with toes forward.

Reason: A right twist moves the right shoulder forward, so the barbell end on that side moves forward while the opposite end moves back.

Check: Check that the barbell midpoint sits at shoulder height, its ends angle with the twist, and the arrow direction matches the ribcage shift.

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.

Answer: The corrected barbell angles with the left end slightly forward and the right end slightly back, matching the left twist.

Reason: A level barbell contradicts the torso rotation; angling it aligns the bar with the twisted shoulders.

Check: Compare the barbell angle to the rotation arrow: the forward end should be on the side the arrow moves toward.

Draw a Seated Barbell Twist Pose: Torso Rotation Guide

Original tasks 4 / complete keys

Task 4

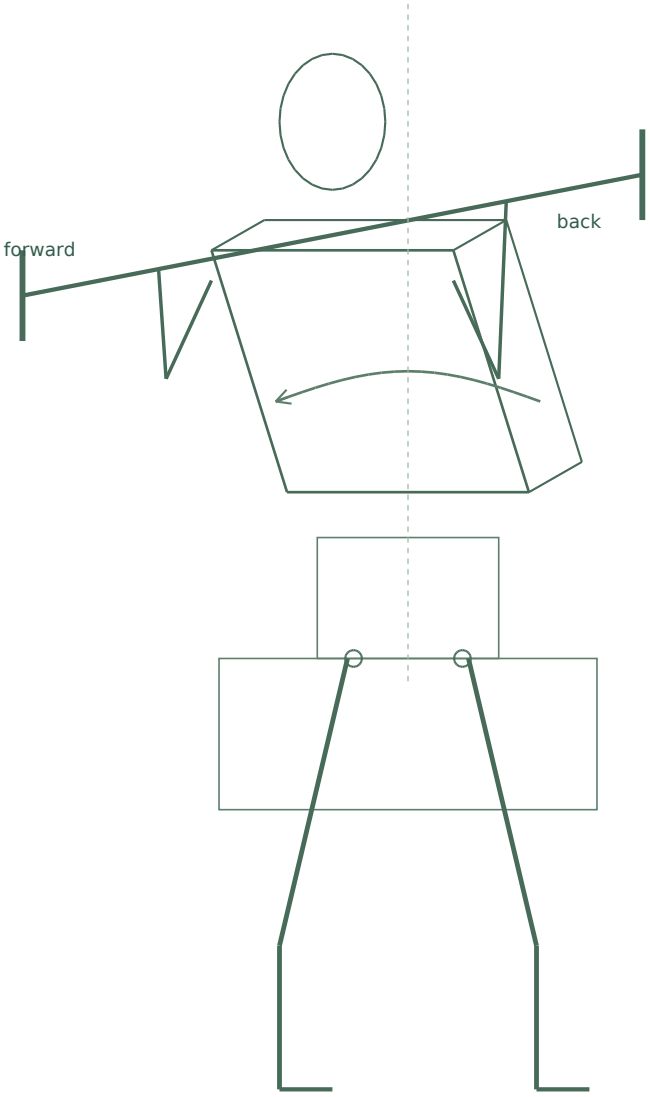
Draw a seated barbell twist to the right and include a head oval. Check that the head sits over the ribcage top, not the pelvis. If it sits over the pelvis, move it and state the new position.

Answer: The head oval should be centered over the right-shifted ribcage top; if it was over the pelvis, move it right and up to the ribcage top.

Reason: The head follows the ribcage during a twist, so its center must align with the twisted upper box.

Check: Draw a vertical line from the head center down; it should pass through the ribcage top, not the pelvis center.

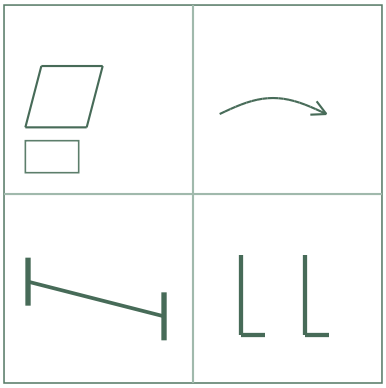
Seated twist / fixed pelvis and turned upper box



Seat 5 cm x 2 cm

Left top shift; left bar end forward.

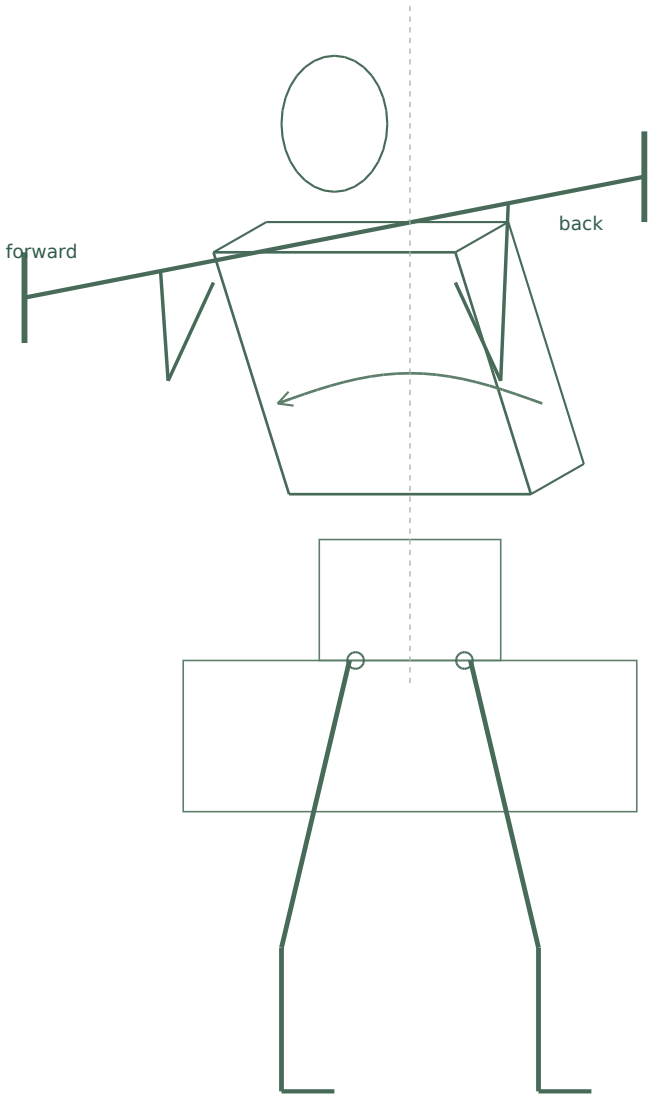
Seated twist / fixed pelvis and turned upper box



1 boxes / 2 rightward arrow / 3 angled bar / 4 flat feet

Barbell left end back, right end forward. The four isolated mini-elements are exactly the requested practice, not four incomplete full-body poses.

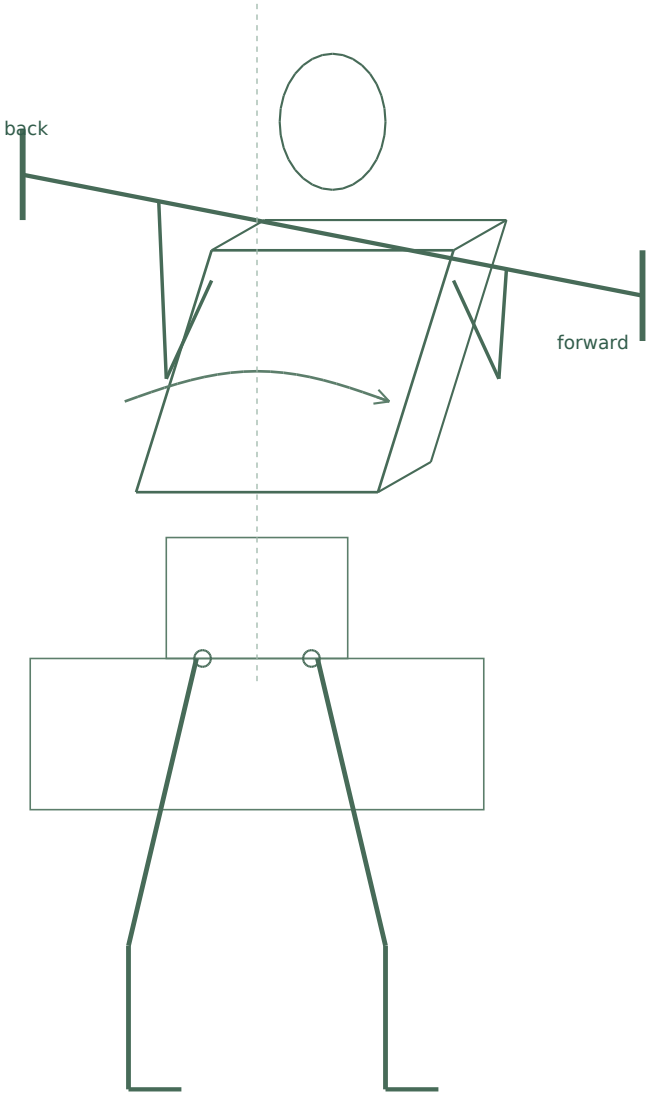
Seated twist / fixed pelvis and turned upper box



Seat 6 cm x 2 cm

Left top shift; left bar end forward.

Seated twist / fixed pelvis and turned upper box



Seat 6 cm x 2 cm

Right top shift; head above the shifted ribcage top.

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Source rubric / reflection

- [ ] Hip dots remain on the seat line and do not rotate.
- [ ] Ribcage top shifts in the direction of the rotation arrow.
- [ ] Rotation arrow curves around the ribcage and matches the twist direction.
- [ ] Barbell midpoint sits at shoulder height and its ends angle with the twist.
- [ ] Head oval sits over the twisted ribcage top.
- [ ] Feet are flat with toes forward and lower legs vertical.
- [ ] Practice box contains four distinct elements matching the main sketch.
- [ ] Valid alternatives: either twist direction is acceptable if consistent; seat size may vary after measuring paper; barbell length may vary if hands grip outside shoulders.

Reflection: What did you check, what did you change, and what will you try next?