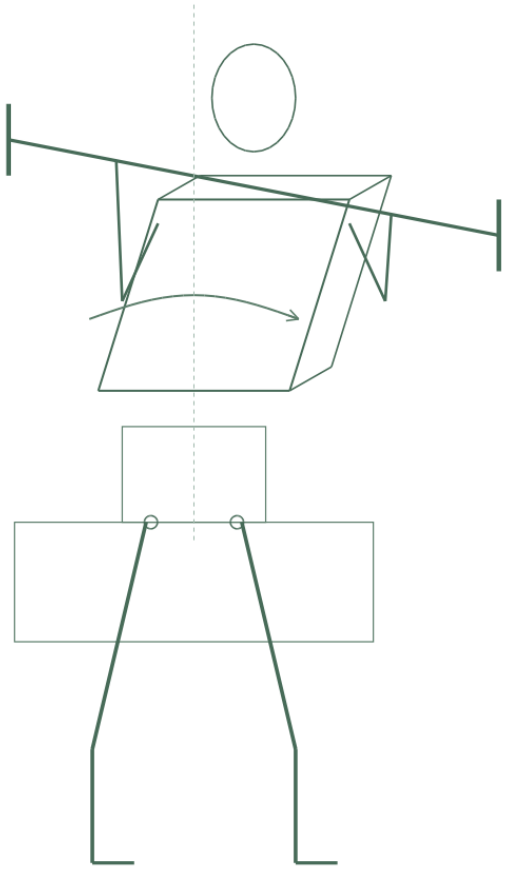
Draw a Seated Barbell Twist Pose: Torso Rotation Guide

Ordinary topic reference / separately checked pixels



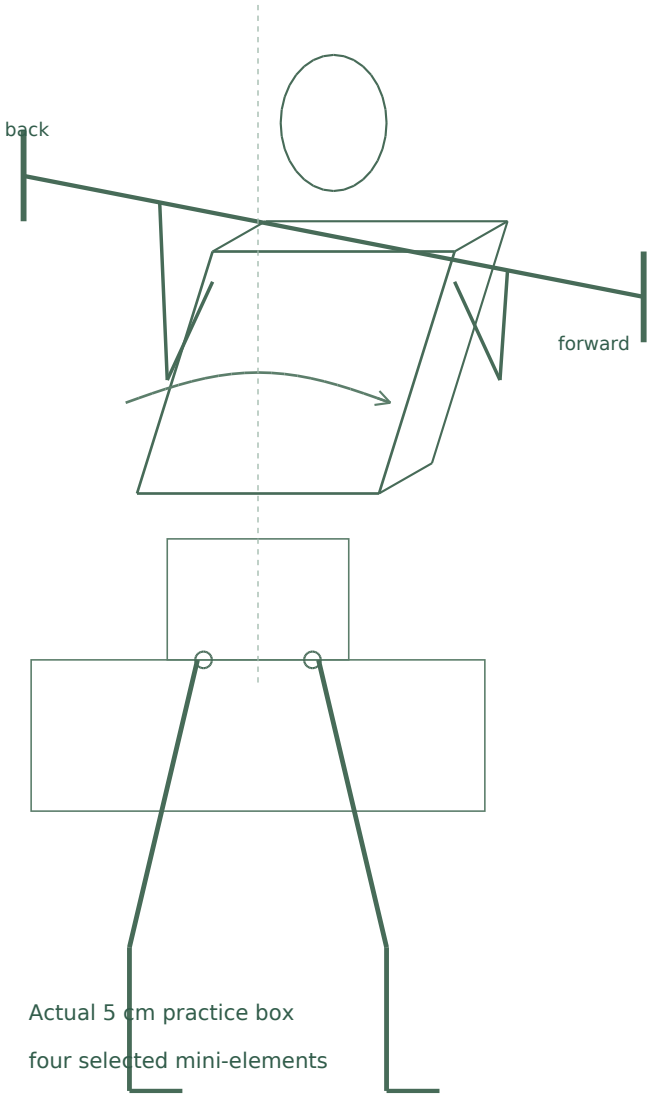
Draw a Seated Barbell Twist Pose: Torso Rotation Guide

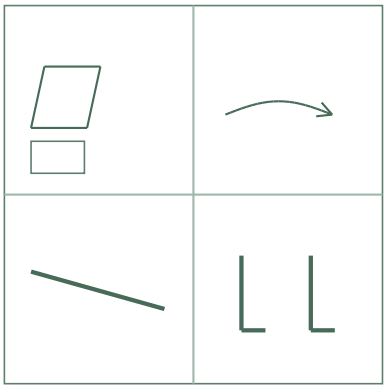
Original worked example / unchanged complete key

Prompt: Draw a seated barbell twist to the right on A4 paper using a 6 cm by 2 cm seat and a 5 cm practice box. Show the pelvis fixed, the ribcage shifted right, and the barbell angled.

Answer: Seat rectangle centered on the page; pelvis box with two hip dots on the seat line; ribcage box above with top corners shifted right; curved arrow from left to right around the ribcage; barbell midpoint at shoulder height with left end slightly back and right end slightly forward; hands gripping outside shoulders; feet flat with toes forward; practice box filled with four mini-elements matching the main sketch.

Seated twist / fixed pelvis and turned upper box





Actual 5 cm practice box

four selected mini-elements

Seat 6 cm x 2 cm