Draw a Seated Tubing Row: Pose, Tubing Path, and Motion Arrows

Original task 1 / independent drawing and calculation

Task 1

Draw only the stick figure for a seated row start position: bench line, hip, knee, ankle, shoulder, elbow, wrist, and head. Use a side view facing right. Mark the start hand forward of the knee.

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 the tubing path for the start position only. Place the anchor low and forward of the feet. Draw a smooth double line from anchor to hand that passes outside the knee. Do not draw the body.

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.

Draw a Seated Tubing Row: Pose, Tubing Path, and Motion Arrows

Original task 3 / independent drawing and calculation

Task 3

Draw two motion arrows for the row: one along the tubing toward the anchor, and one near the elbow pointing back. Keep both arrows outside the body outline. Add a one-sentence label for each arrow.

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.

Draw a Seated Tubing Row: Pose, Tubing Path, and Motion Arrows

Original task 4 / independent drawing and calculation

Task 4

Draw a finish-position hand near the lower ribs with a bent elbow near 90 degrees (hypothetical example). Show the shortened tubing from the same low forward anchor. Add a proportion check note using a paper strip for torso and arm 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.

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.