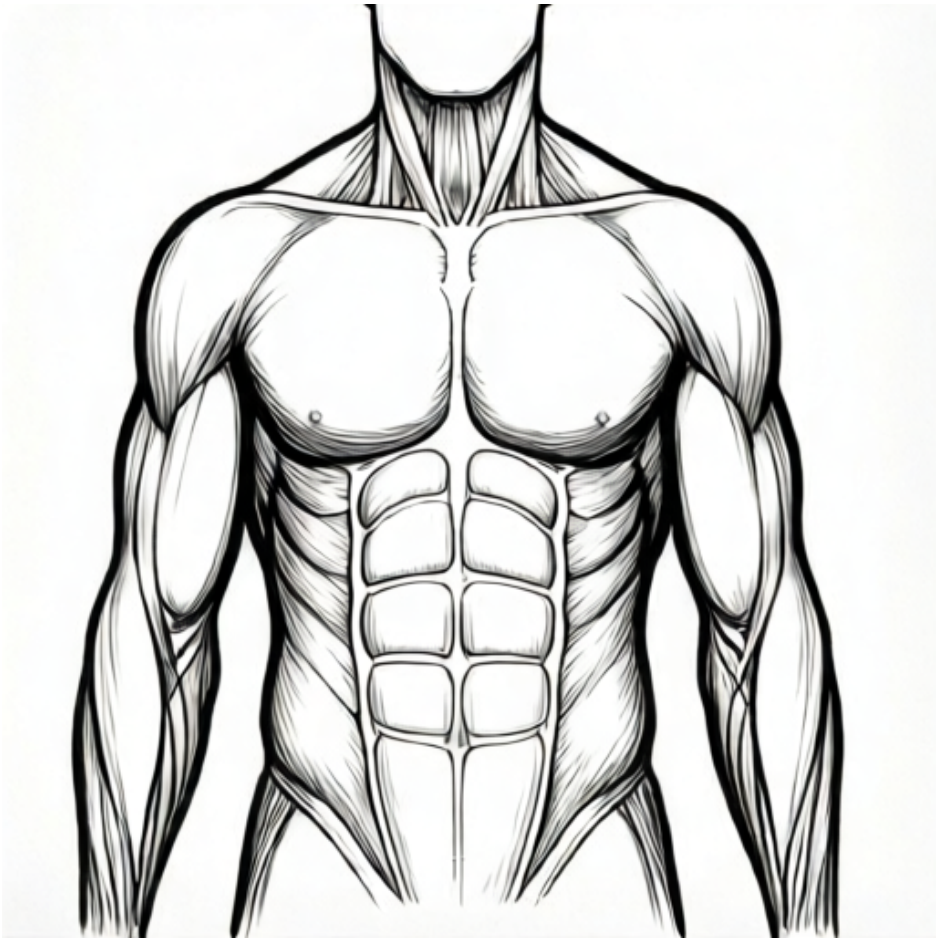
How to Draw a Six-Pack with Contour: Muscle Outline Study

Topic reference / ordinary illustration



Ordinary topic reference. Hypothetical dimensions in the four tasks are supplied in their own text; this illustration is not their measured answer.

How to Draw a Six-Pack with Contour: Muscle Outline Study

Worked example / complete source key

A practice box is 12 grid squares tall and 8 grid squares wide. Divide it into three equal rows and two equal columns. State the row height, x-height, and block width, then verify the totals.

Answer: Row height = 12 ÷ 3 = 4 squares. X-height = 4 ÷ 2 = 2 squares. Block width = 8 ÷ 2 = 4 squares. Check: 3 × 4 = 12 squares tall; 2 × 4 = 8 squares wide. The six blocks each measure 4 squares tall by 4 squares wide, with an x-height midline at 2 squares from the row baseline.