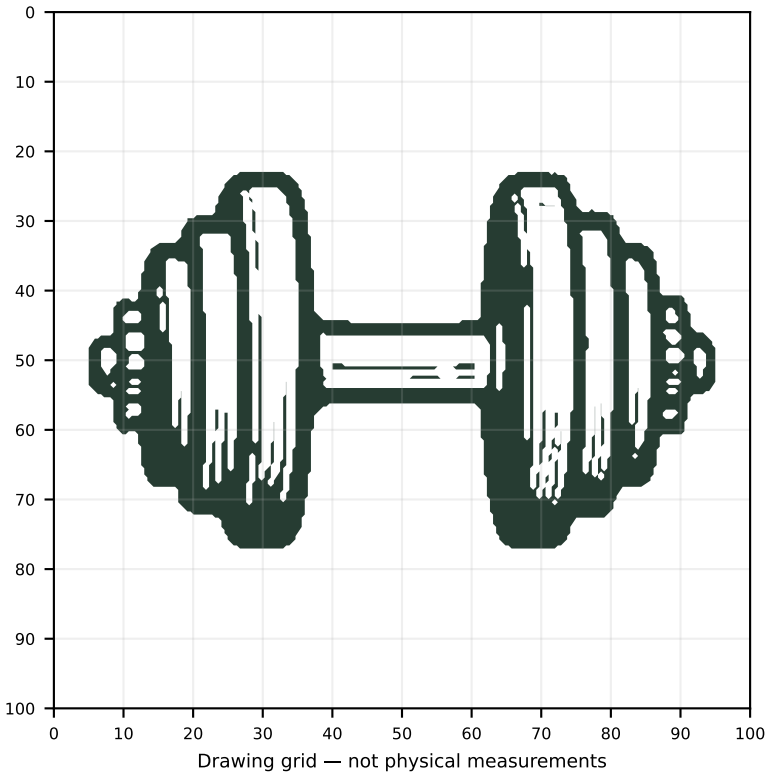
How to Draw Dumbbell — Free Practice Sheets

REFERENCE / CASE 1

dumbbell: Trace the reference outline, then practise the contour independently. Compare with the separate full reference sheet.

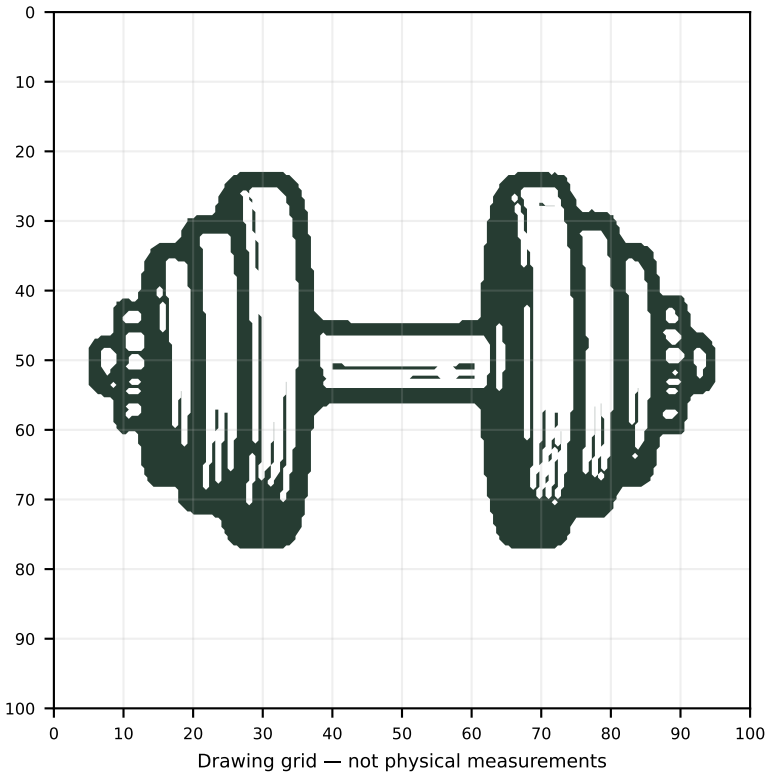


METHOD: Draw a horizontal rectangle for the central handle bar. On each end of the bar, draw a series of nested, slightly offset vertical ovals/rectangles to represent stacked weight plates. Add a small rounded cap or bolt shape at the outermost edge of each weight stack. Outline the entire shape with bold lines and add simple curved shading lines on the plates for a 3D effect.
Use the separate practice sheet before checking the answer.

How to Draw Dumbbell — Free Practice Sheets

REFERENCE / CASE 2

dumbbell: Copy the reference onto the blank grid, using matching grid intersections. Compare with the separate full reference sheet.

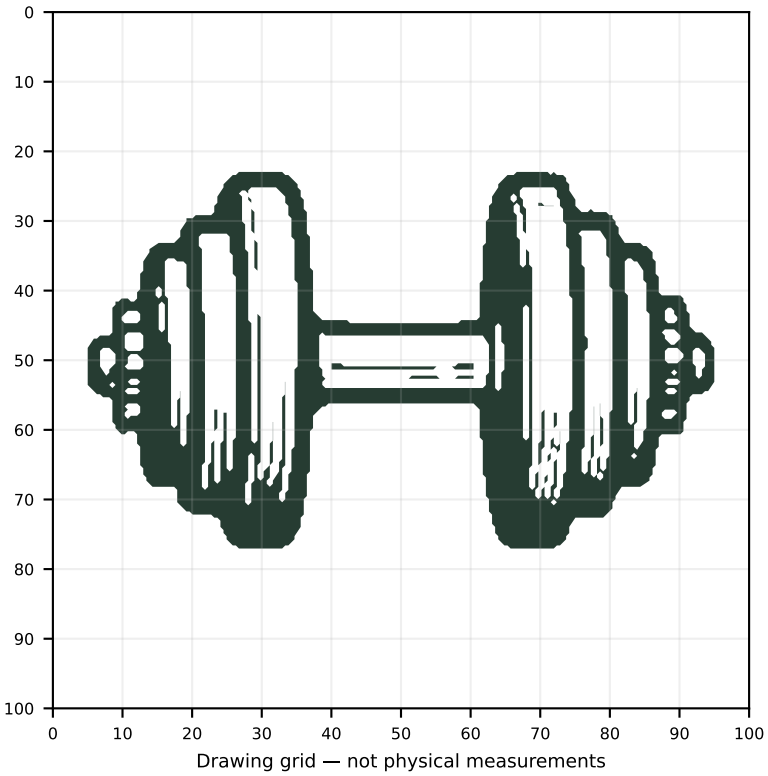


METHOD: Draw a horizontal rectangle for the central handle bar. On each end of the bar, draw a series of nested, slightly offset vertical ovals/rectangles to represent stacked weight plates. Add a small rounded cap or bolt shape at the outermost edge of each weight stack. Outline the entire shape with bold lines and add simple curved shading lines on the plates for a 3D effect.
Use the separate practice sheet before checking the answer.

How to Draw Dumbbell — Free Practice Sheets

REFERENCE / CASE 3

dumbbell: Use the bounding frame and center guide to place the silhouette, then add the identifying details. Compare with the separate full reference sheet.

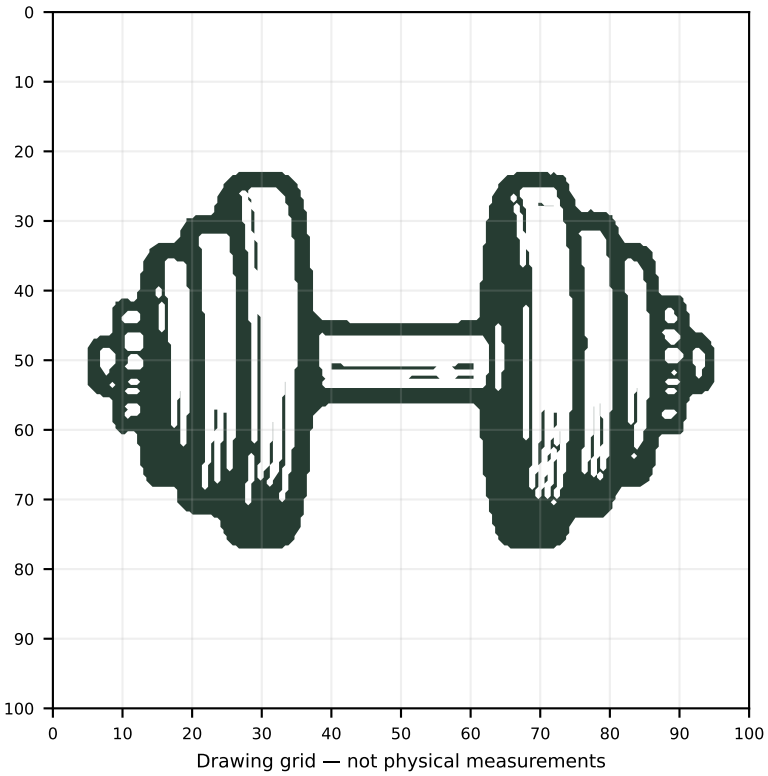


METHOD: Draw a horizontal rectangle for the central handle bar. On each end of the bar, draw a series of nested, slightly offset vertical ovals/rectangles to represent stacked weight plates. Add a small rounded cap or bolt shape at the outermost edge of each weight stack. Outline the entire shape with bold lines and add simple curved shading lines on the plates for a 3D effect.
Use the separate practice sheet before checking the answer.

How to Draw Dumbbell — Free Practice Sheets

REFERENCE / CASE 4

dumbbell: Complete the blank right-hand portion using the full reference. Compare with the separate full reference sheet.



METHOD: Draw a horizontal rectangle for the central handle bar. On each end of the bar, draw a series of nested, slightly offset vertical ovals/rectangles to represent stacked weight plates. Add a small rounded cap or bolt shape at the outermost edge of each weight stack. Outline the entire shape with bold lines and add simple curved shading lines on the plates for a 3D effect.
Use the separate practice sheet before checking the answer.