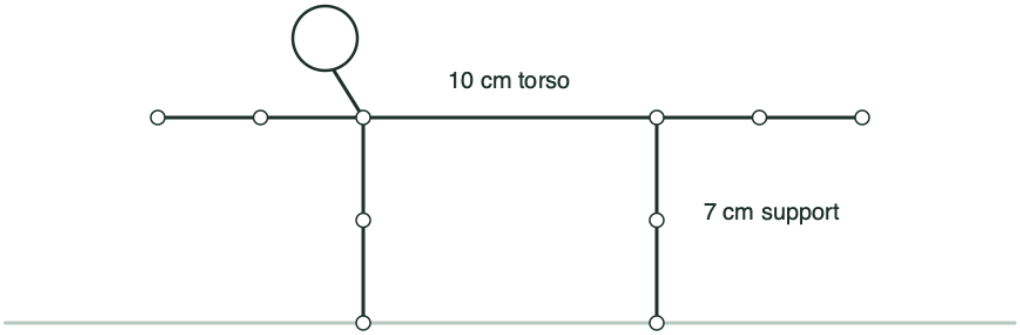
Bird Dog Exercise Drawing: Line Art with Alignment Checks

EXERCISE 1 / ANSWERS

Draw a bird dog pose with a 10 cm torso line and 7 cm supporting limbs. The extended arm and leg are each 7 cm. Check that the supporting arm and leg are parallel.



Both support distances: 7 cm / level torso

The torso line is horizontal. The supporting arm and leg are both 7 cm vertical lines from shoulder and hip. The extended arm reaches forward 7 cm; the extended leg reaches backward 7 cm. Shoulder-to-floor and hip-to-floor distances are both 7 cm, so the supporting limbs are parallel.

Why: Equal vertical supporting limbs keep the body level; the extended limbs are level with the torso.

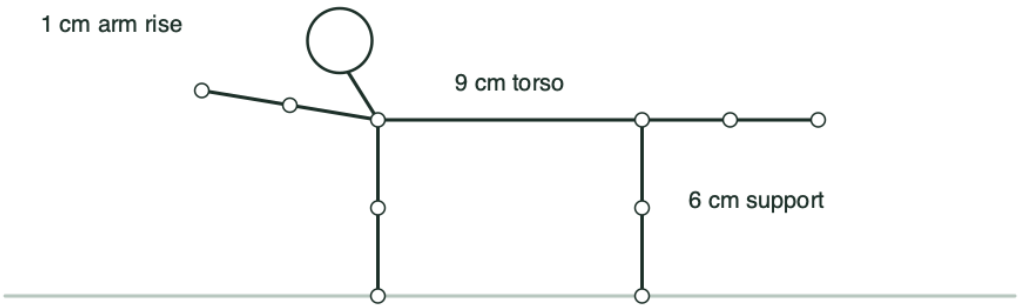
Check: Measure the two vertical supporting lines; they should be equal within 1 cm. Confirm the extended limbs are parallel to the torso within 1 cm.

Illustrative construction, not printed at actual size.

Bird Dog Exercise Drawing: Line Art with Alignment Checks

EXERCISE 2 / ANSWERS

Draw a bird dog pose where the extended arm is slightly higher than the torso line by 1 cm, and the extended leg is level with the torso. Use a 9 cm torso line and 6 cm supporting limbs.



Both support distances: 6 cm / level torso

The torso line is horizontal at 9 cm. Supporting arm and leg are 6 cm vertical lines. The extended arm rises 1 cm above the torso line; the extended leg stays level. This is a valid alternative because the extension is clear and the opposite leg is level.

Why: A slight rise in the extended arm is acceptable if the opposite leg remains level and alignment is readable.

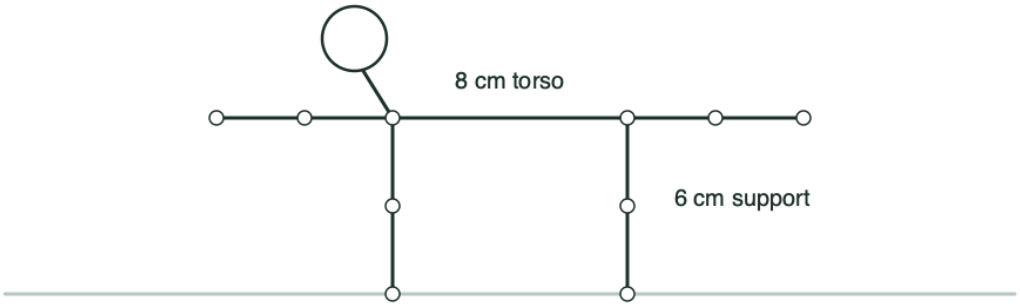
Check: Measure the extended arm's rise (about 1 cm) and confirm the extended leg is level with the torso within 1 cm.

Illustrative construction, not printed at actual size.

Bird Dog Exercise Drawing: Line Art with Alignment Checks

EXERCISE 3 / ANSWERS

Draw a bird dog pose with an 8 cm torso line and 6 cm supporting limbs. Place joint circles at the elbow, wrist, knee, and ankle. Check that each joint circle lies on its limb line.



Both support distances: 6 cm / level torso

The joint circles are small and centered on the extended arm and extended leg lines. The elbow and wrist sit on the arm line; the knee and ankle sit on the leg line. No circle drifts off the line by more than 0.5 cm.

Why: Joint circles on the limb lines confirm straight extension and make the pose readable.

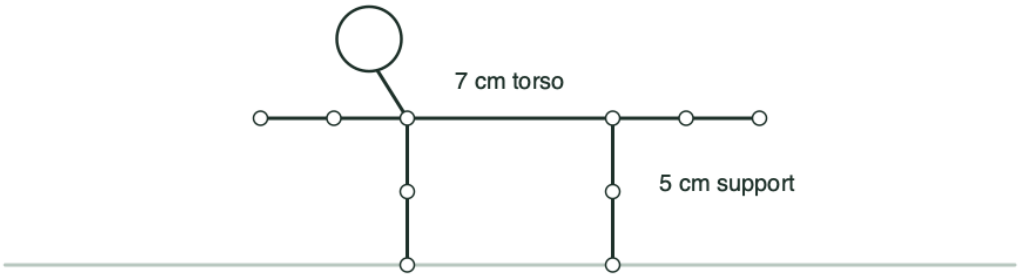
Check: Use a ruler to see if each circle's center is on the limb line; adjust any that are off.

Illustrative construction, not printed at actual size.

Bird Dog Exercise Drawing: Line Art with Alignment Checks

EXERCISE 4 / ANSWERS

Draw a bird dog pose with a 7 cm torso line and 5 cm supporting limbs. The extended arm and leg are each 5 cm. Check that the shoulder-to-floor and hip-to-floor distances are equal within 1 cm.



Both support distances: 5 cm / level torso

Both supporting limbs are 5 cm, so the shoulder-to-floor and hip-to-floor distances are equal. The extended arm and leg are level with the torso. The drawing reads as a bird dog pose.

Why: Equal supporting limb lengths keep the torso level and the pose balanced.

Check: Measure both vertical distances; they should match within 1 cm. Confirm the extended limbs are parallel to the torso within 1 cm.

Illustrative construction, not printed at actual size.