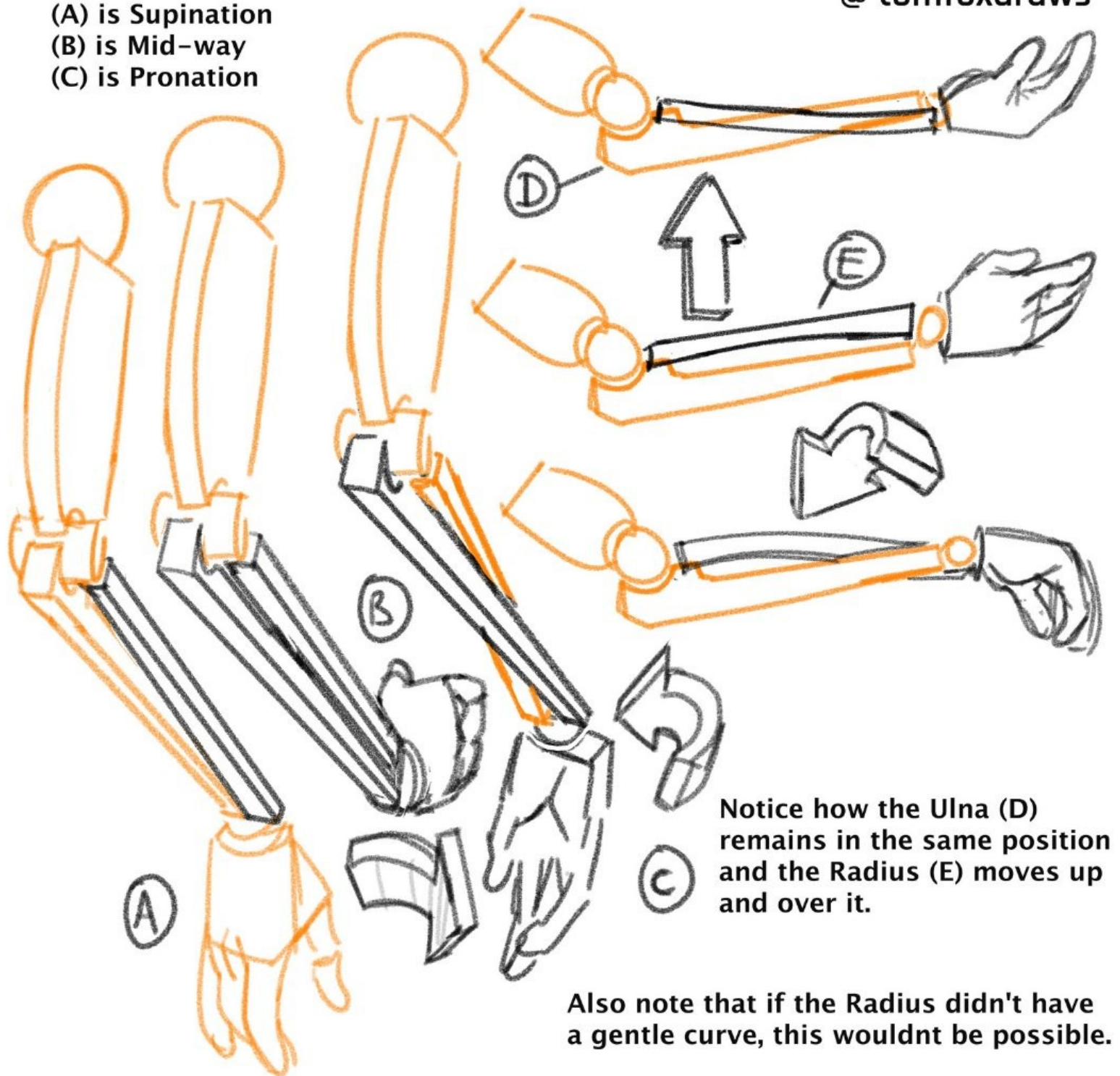
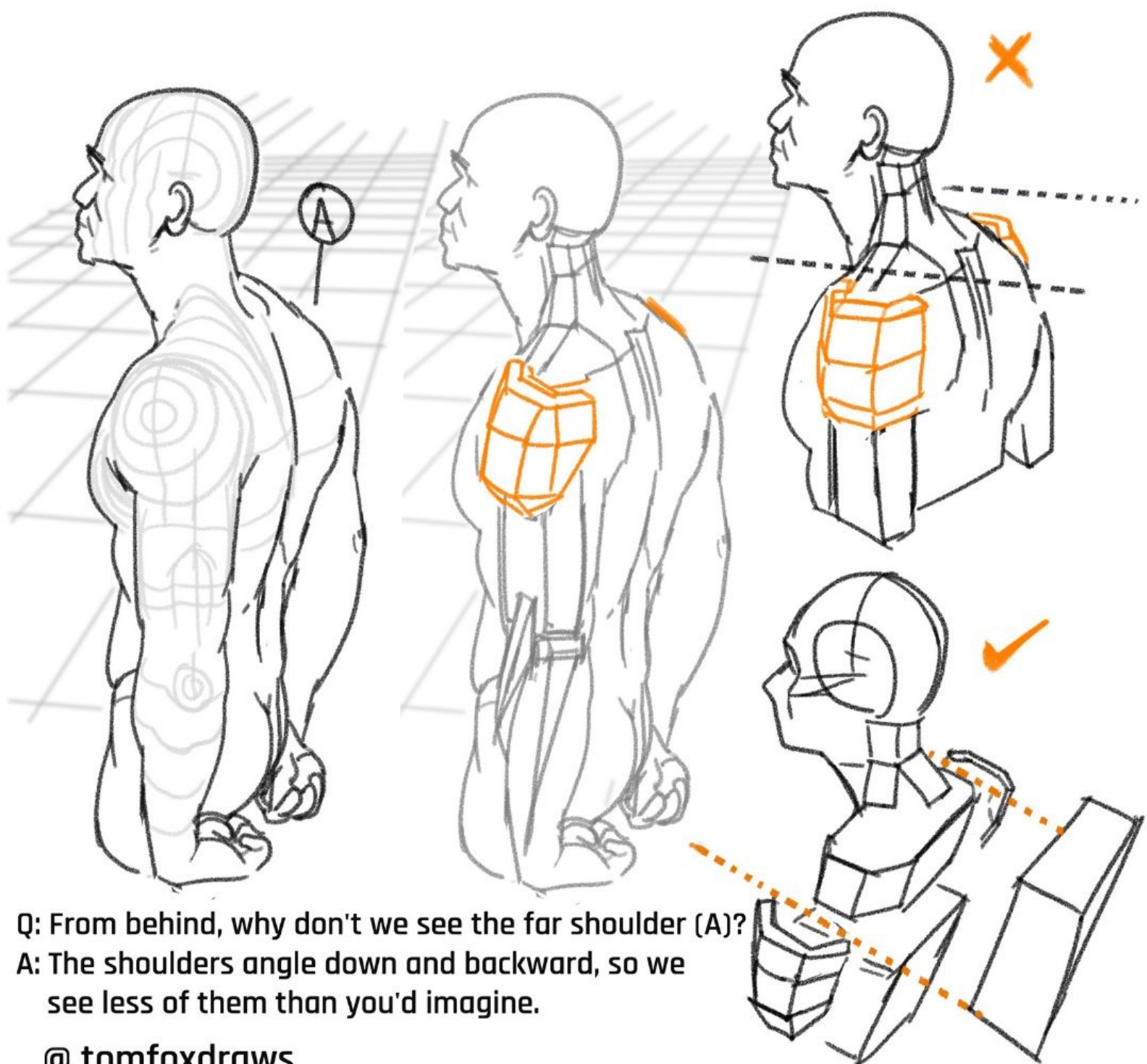


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(A) is Supination
(B) is Mid-way
(C) is Pronation



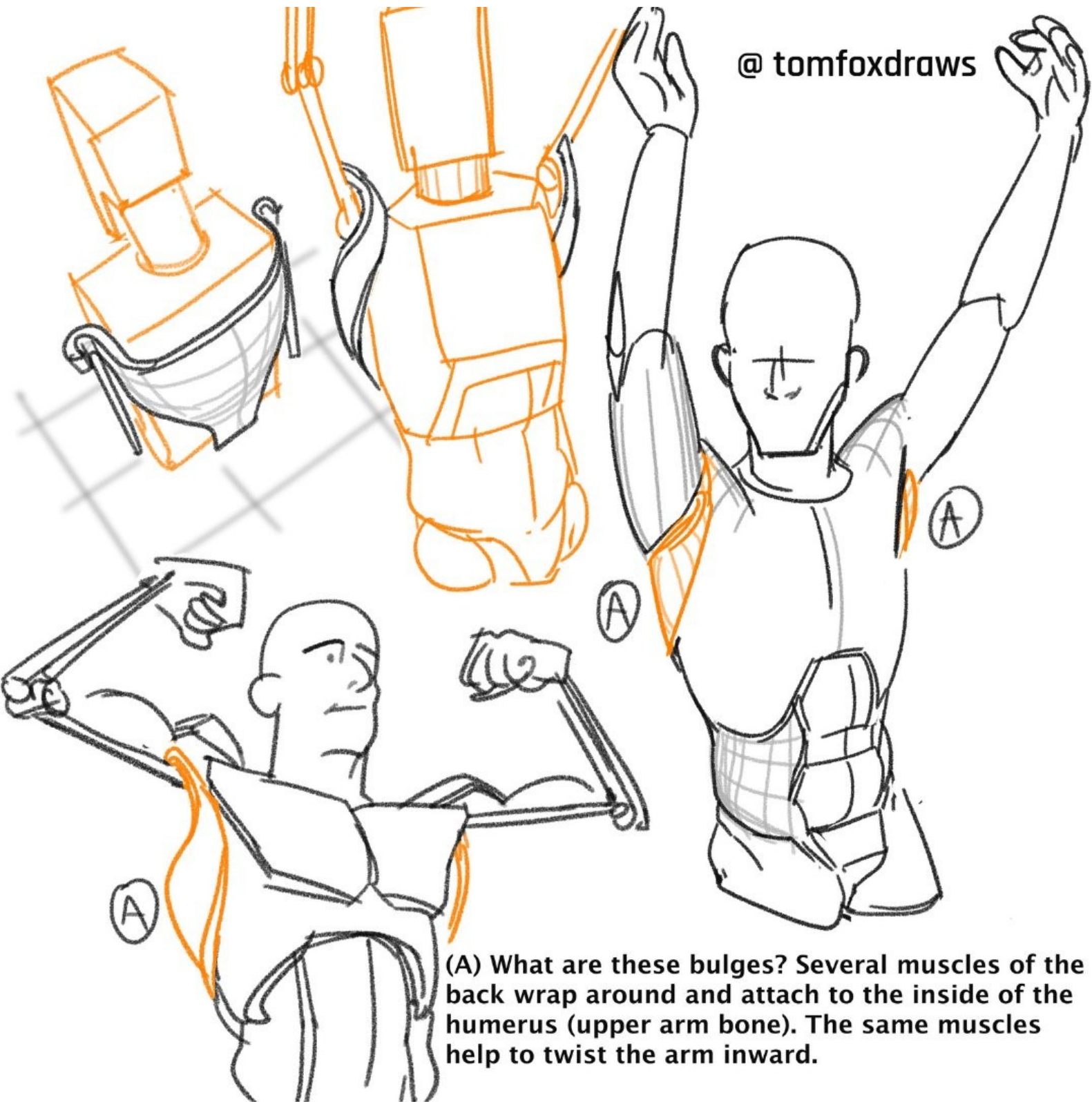


Q: From behind, why don't we see the far shoulder (A)?

A: The shoulders angle down and backward, so we see less of them than you'd imagine.

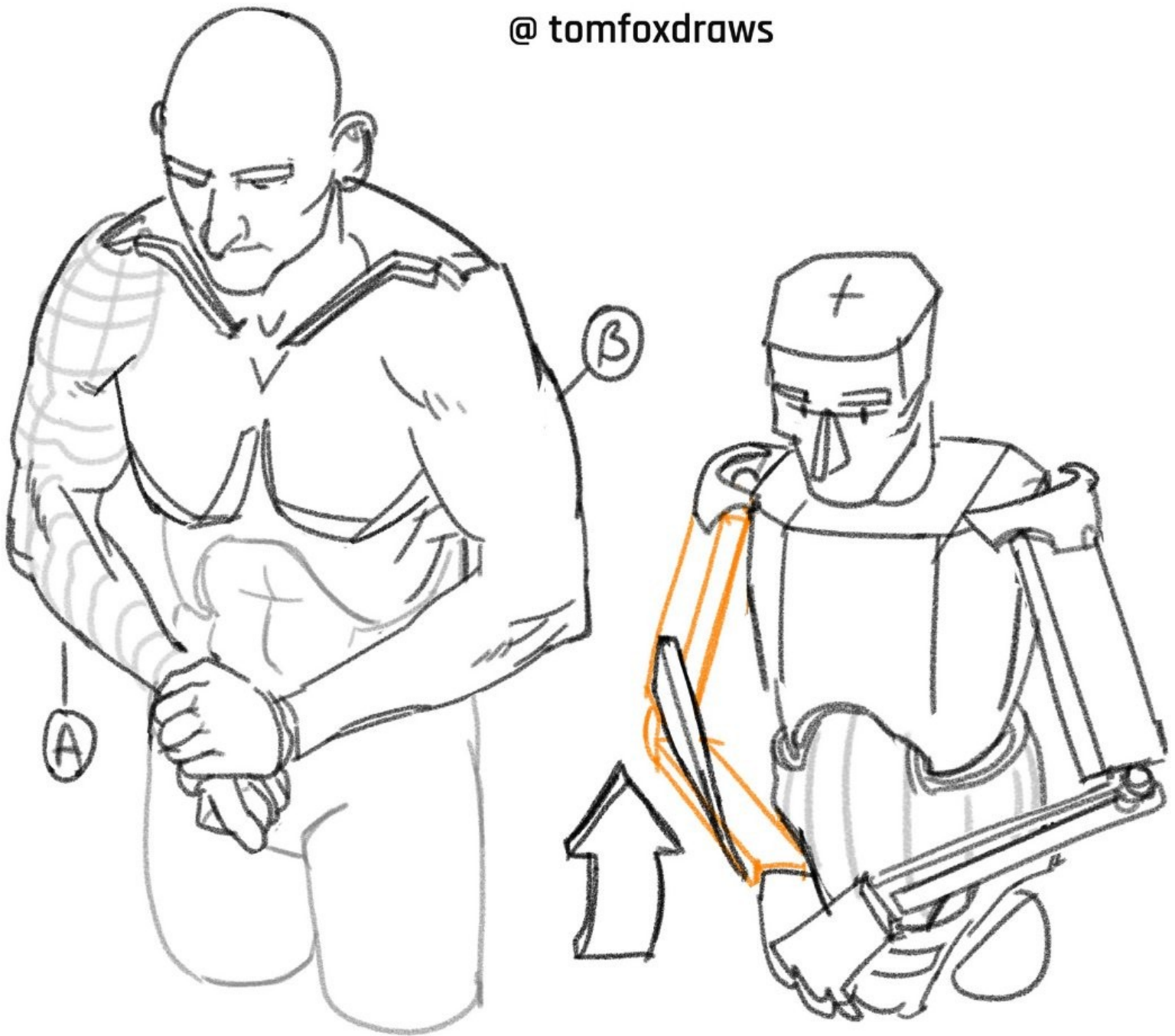
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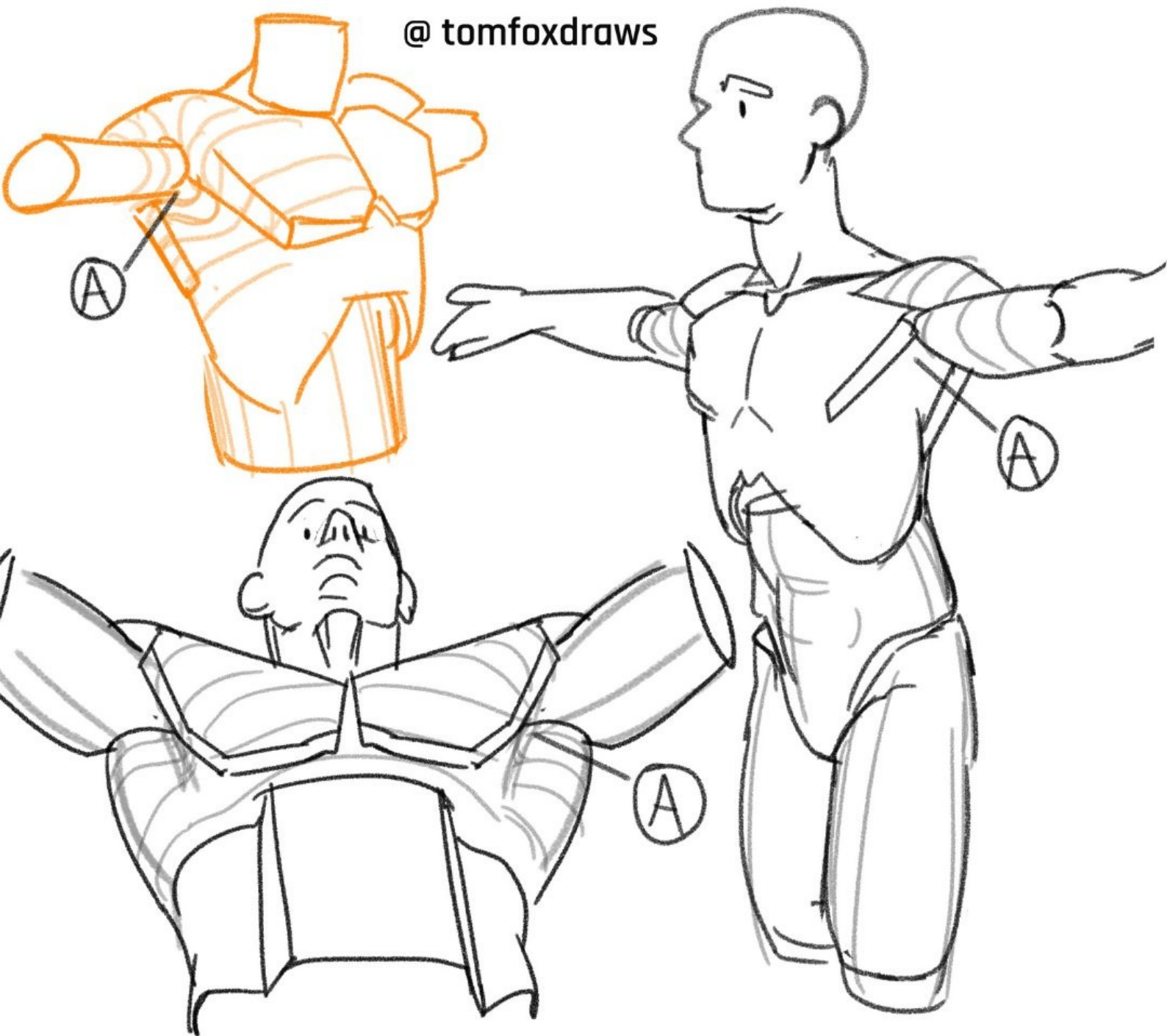
(A) What are these bulges? Several muscles of the back wrap around and attach to the inside of the humerus (upper arm bone). The same muscles help to twist the arm inward.

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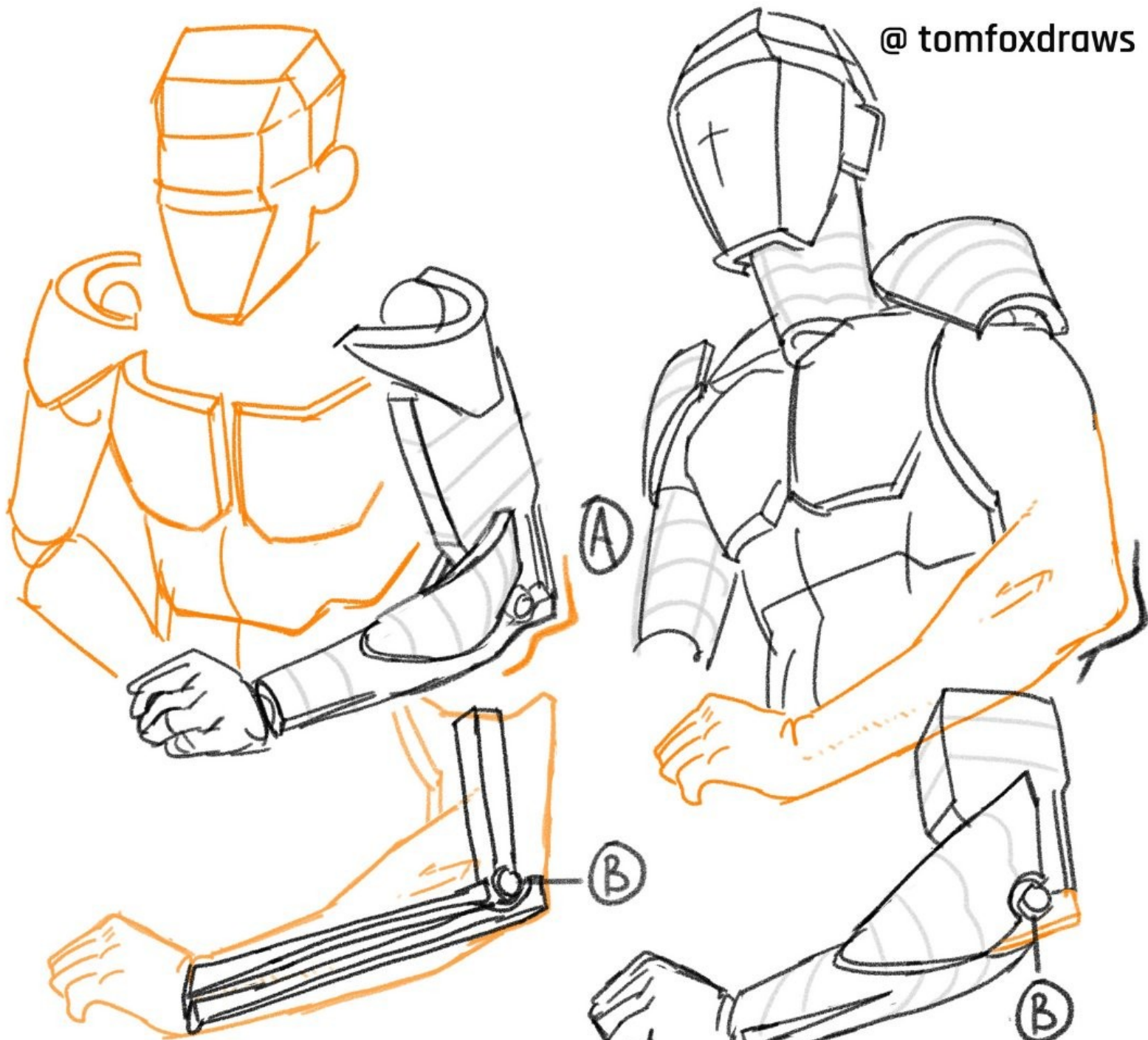
The Brachioradialis and ECRL work together to help raise the arm. In this example we see the right arm (A) being pulled up by this group, while the left arm (B) holds them down.

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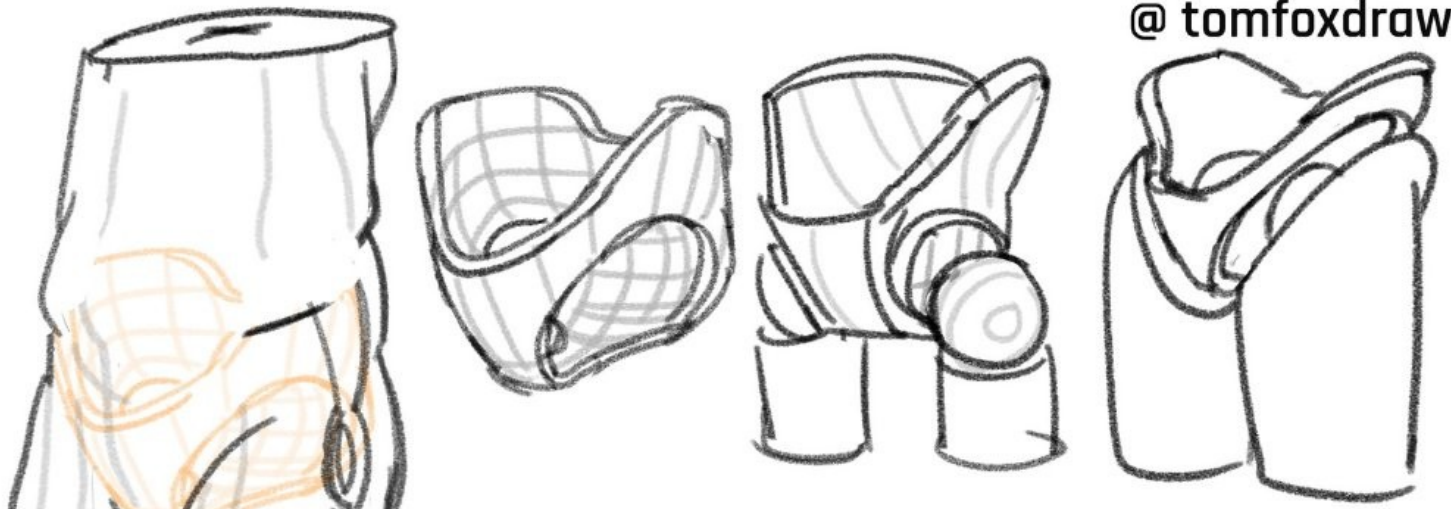
When the arms are raised a depression is created between the pecs, arm, and back muscles (wrapping around) (A). This "gap" in the muscle is necessary to lower the arms comfortably.

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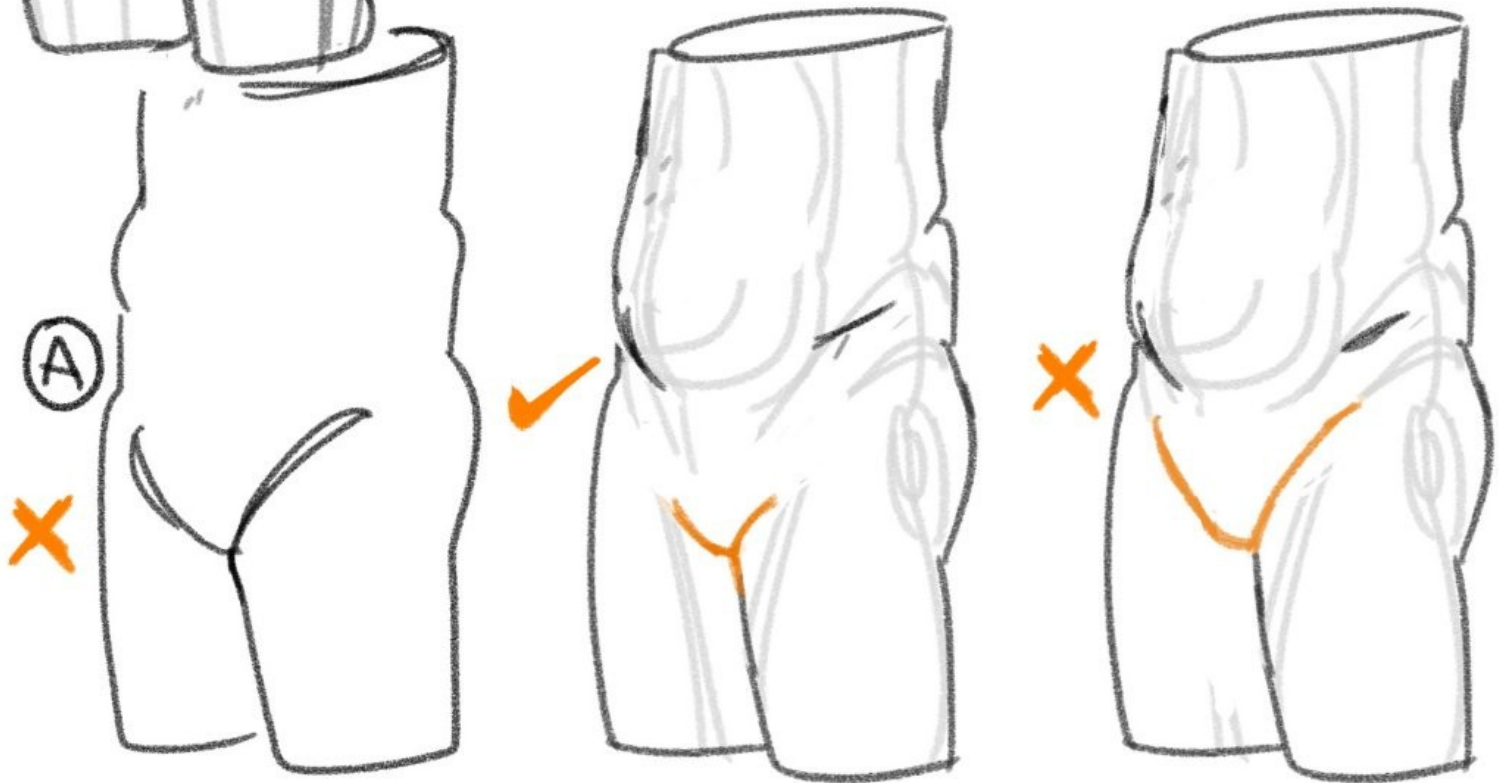


What's this lumpy section of the elbow (A)? At the tip of the Ulna, known as the Olecranon Process, there is barely any tissue covering the bone. The muscles of the lower arm mostly originate at the epicondyles – the lumps on the side (B).

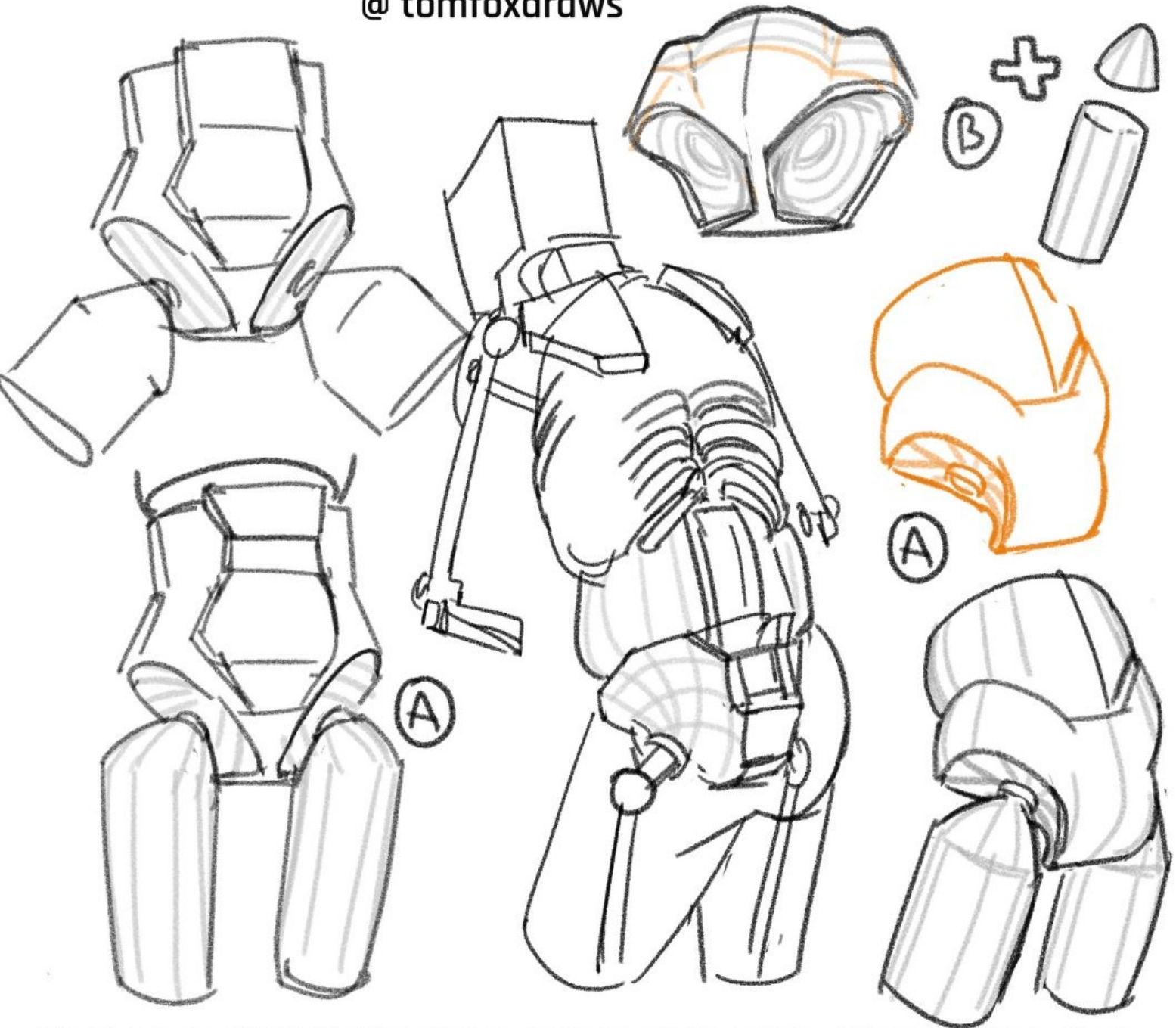
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No need to go overboard with these creases around the pubic region (A). In reality we rarely see creases this deep without some form of raising of the leg.

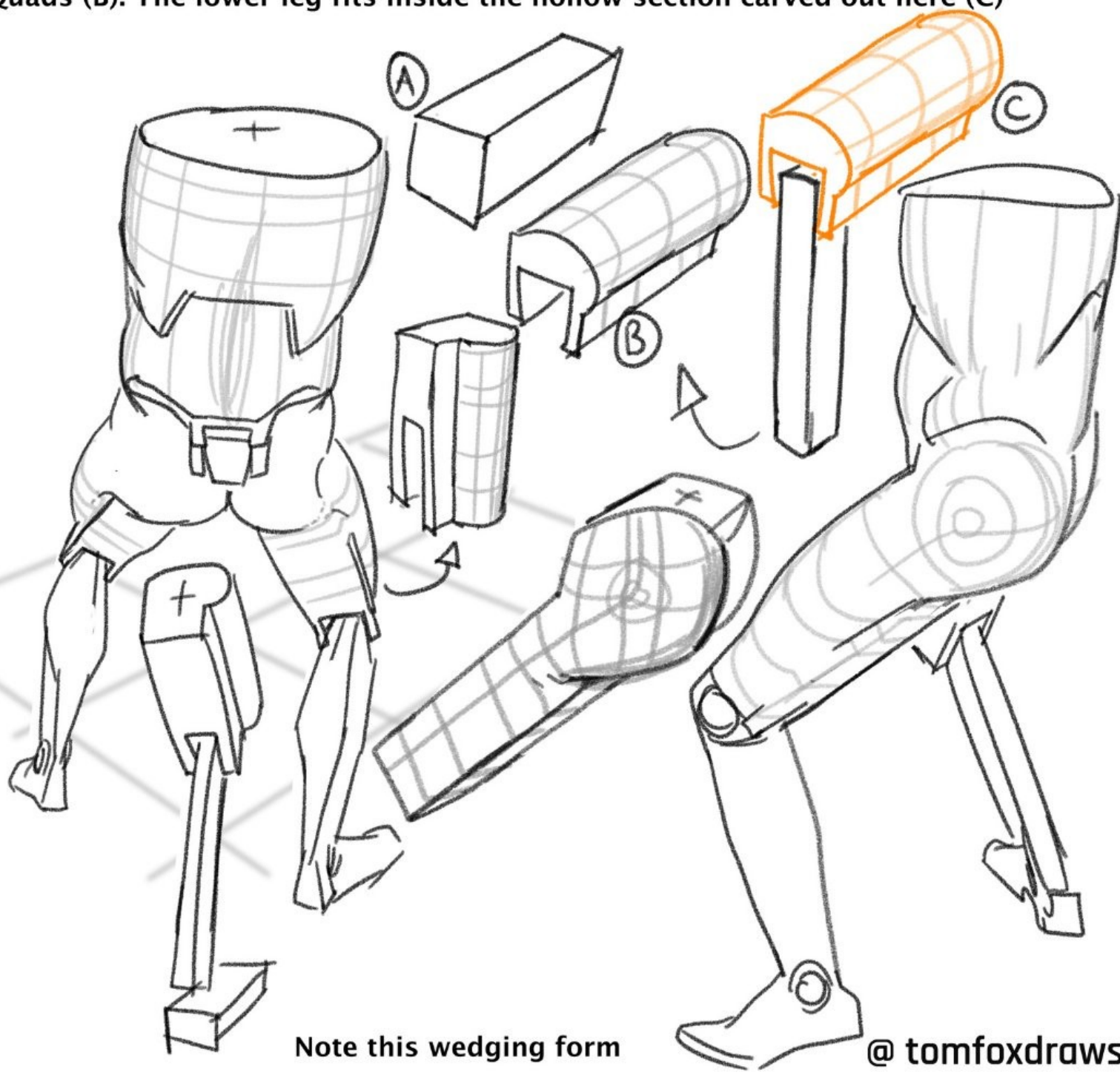


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(A) The legs sit within the sunken regions of the pelvis. These regions allow plenty of room for the legs to raise and rotate. Add a cone to the top of the cylinder of the leg, to partially fill this space (B)

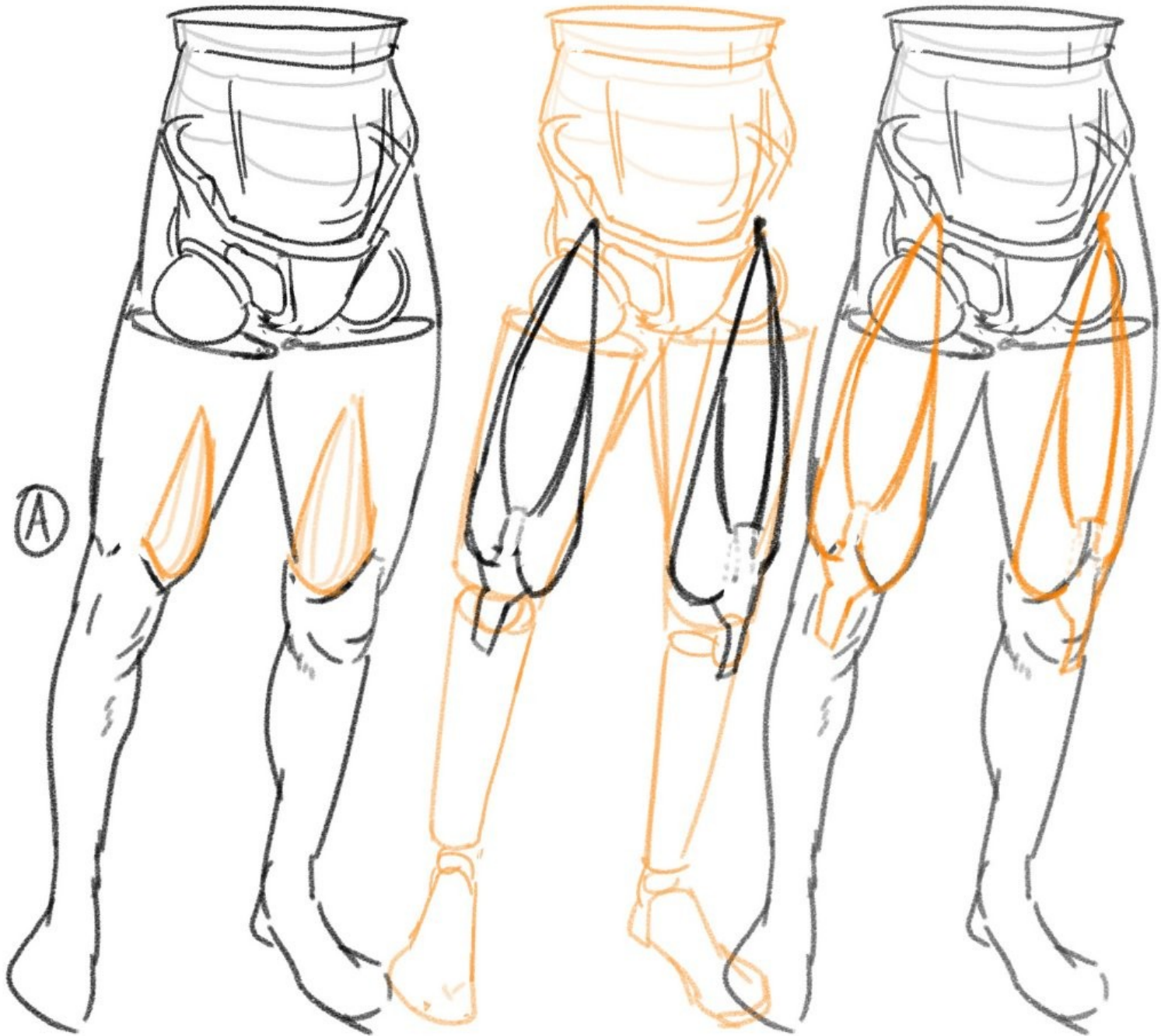
Begin the upper leg with a rectangle (A). Add a bulge for the overhang of the Quads (B). The lower leg fits inside the hollow section carved out here (C)



Note this wedging form

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What is this teardrop shaped muscle (A)? The Quads may be simplified into a single group in this situation. They attach to the Patella (kneecap) via a single tendon. (A) Itself is the Vastus Medialis.