

Loish Patreon ♥

MONTHLY CHALLENGE // MUSCLE STUDIES



MEDIUM: you can use any medium you like.

REFERENCE: Find it here: [LINK](#)

INSPIRATION: Find it here: [LINK](#)

CHALLENGE // JANUARY 2024

It's a new year and a great time to brush up on our anatomy skills! This month we will be **making muscle studies** together!

Use the reference images to create studies of the muscle structure. Try to really focus on the volumes and shapes of the specific muscles by exaggerating and stylizing them.

TIPS

- When muscles are flexed, there's a lot of intent and movement to them. Try to push that sense of movement in your studies.
- Push the detail around the muscles, and leave some parts of your drawing less detailed to really put the focus on the anatomy.
- Try elongating and exaggerating some of the shapes.

HELPFUL RESOURCES

> [CONSTRUCTING A POSE](#)

This tutorial shows you which basic shapes I use to build up a pose sketch.

> [POSES: COMMON MISTAKES](#)

This tutorial gives some pointers on what to watch out for when drawing a pose, especially when it comes to readability and intent.

> [OVERLAPPING SHAPES & FORESHORTENING](#)

This tutorial talks about how I use overlapping shapes to give the effect of perspective and foreshortening.

BONUS CHALLENGE

Superheroes are often drawn as muscular and strong. Use one of your sketches as a starting point to draw a superhero character!

- Use clothing elements and accessories to further emphasize the movement.
- Give the character a flying or jumping pose. Amp up the action!