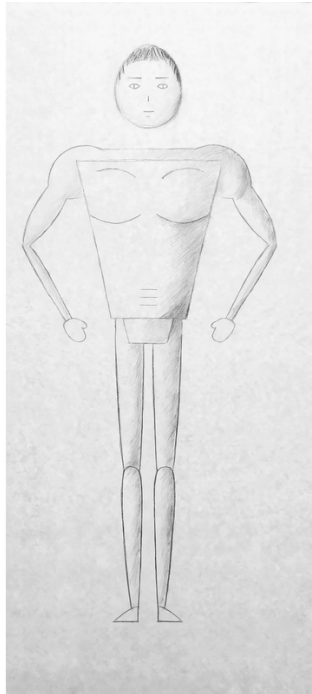


How to Draw Male Body Proportions

Every hero starts with proportions! Build a full male figure from head-unit guides — 7.5 heads tall — then add shoulders, muscles and a confident stance.

Work in light pencil first — the pale guide lines are meant to be erased as your drawing takes shape.

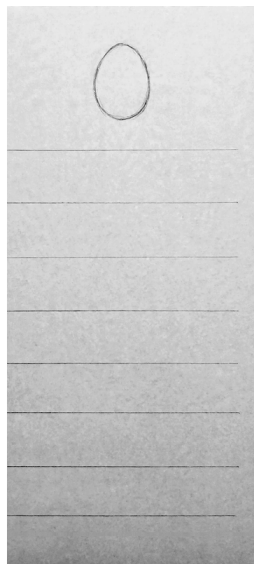


How to Draw Male Body Proportions



Step 1 of 13

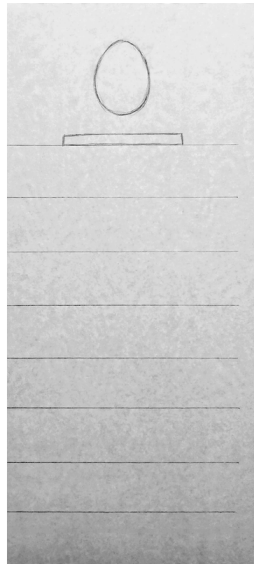
Draw a small oval for the head.



Step 2 of 13

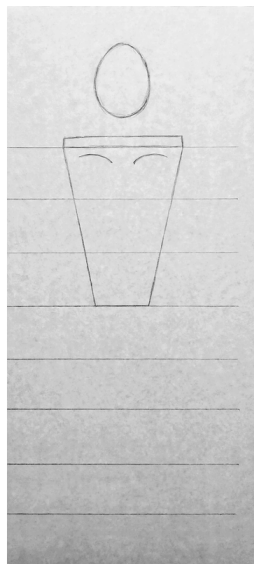
Stack 7 head-height guide lines below it.

How to Draw Male Body Proportions



Step 3 of 13

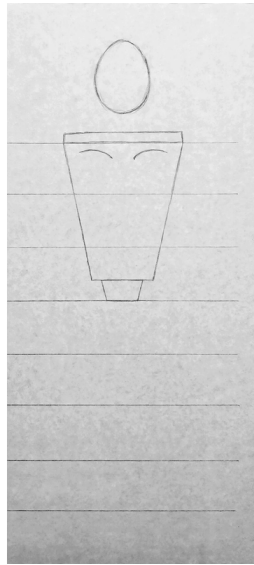
Mark the wide shoulders.



Step 4 of 13

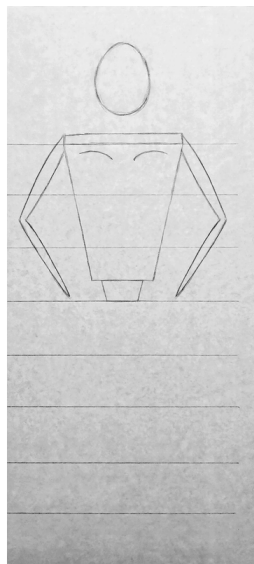
Draw the tapering torso and chest.

How to Draw Male Body Proportions



Step 5 of 13

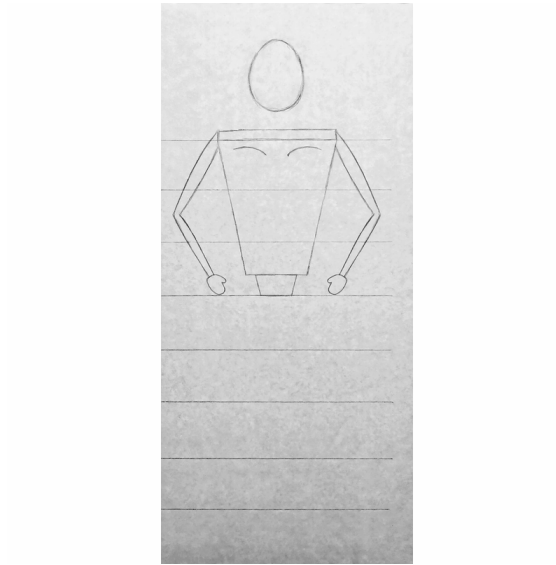
Add the pelvis block.



Step 6 of 13

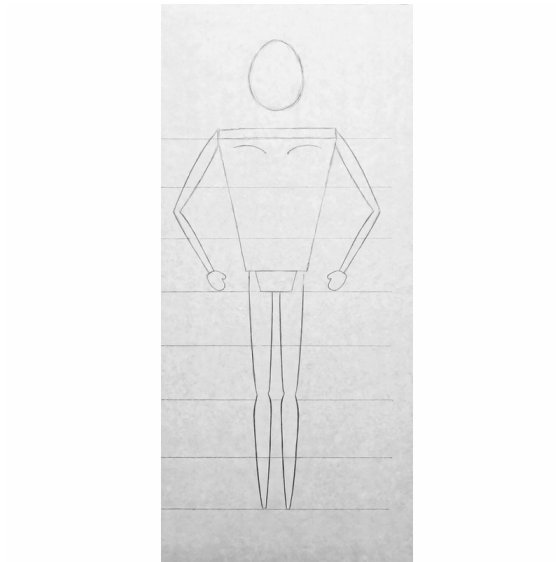
Draw the arms with elbows at the waist.

How to Draw Male Body Proportions



Step 7 of 13

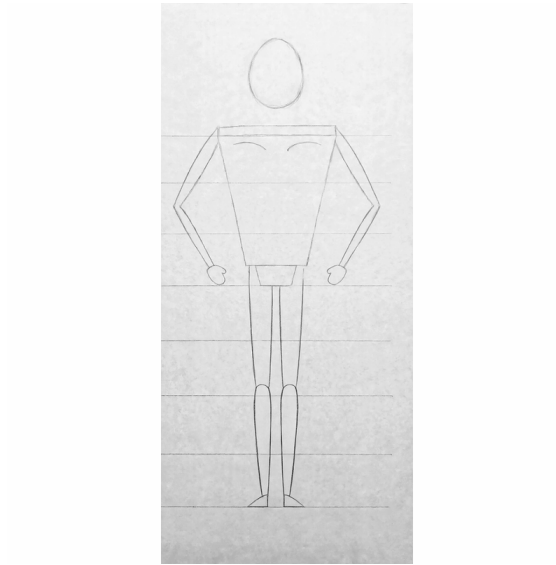
Add simple hands at mid-thigh.



Step 8 of 13

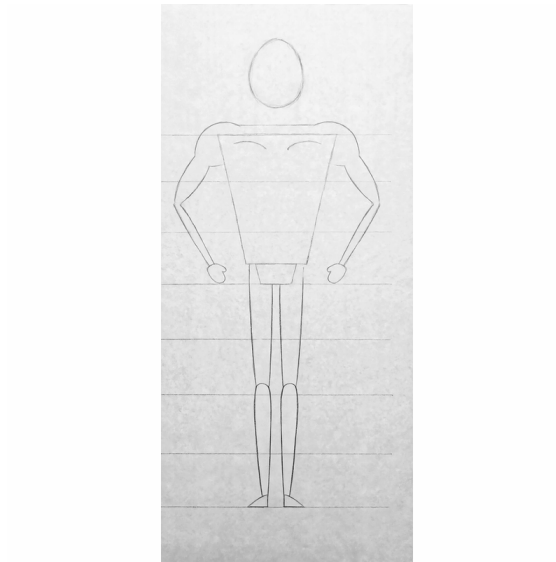
Draw the legs with knees halfway down.

How to Draw Male Body Proportions



Step 9 of 13

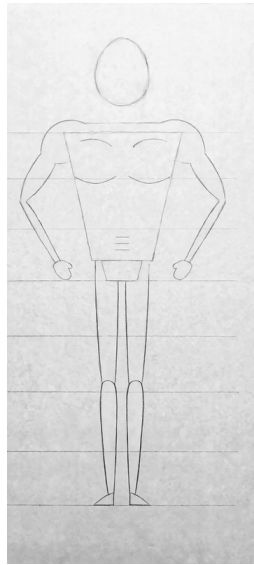
Add the feet.



Step 10 of 13

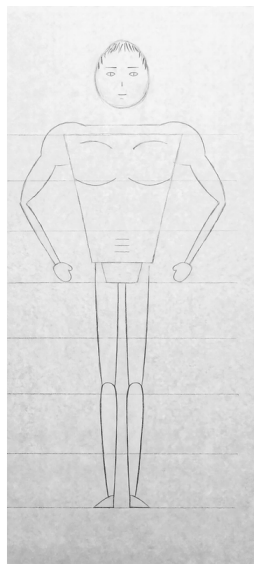
Broaden the shoulders with deltoid curves.

How to Draw Male Body Proportions



Step 11 of 13

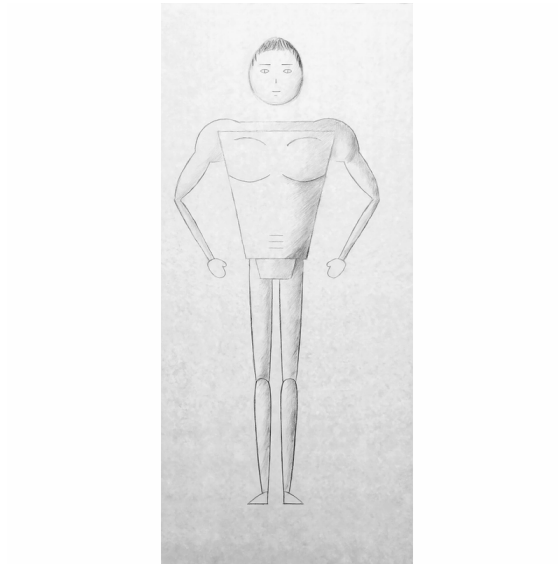
Add chest and ab lines.



Step 12 of 13

Draw a simple face and hair.

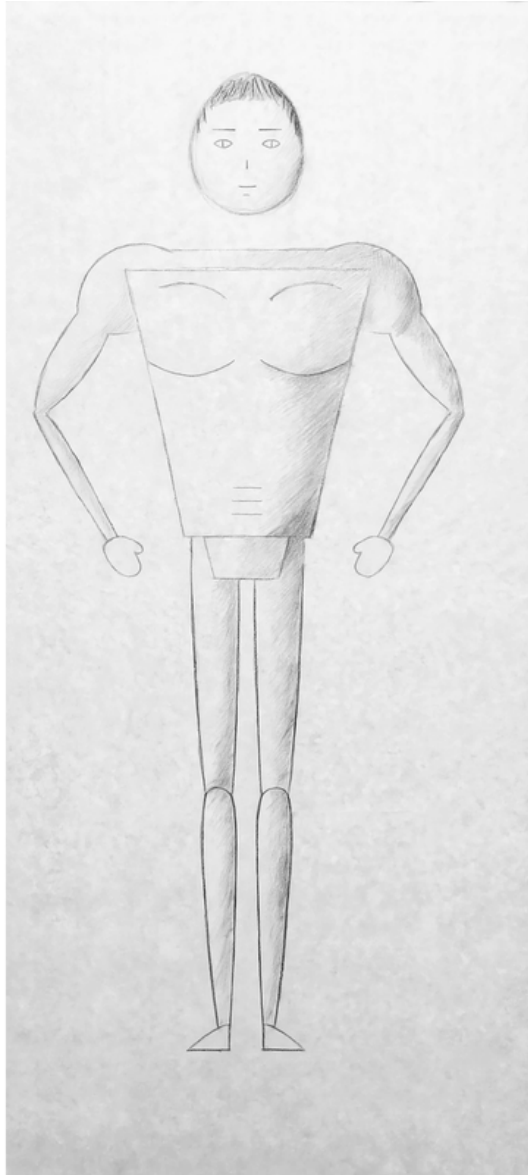
How to Draw Male Body Proportions



Step 13 of 13

Erase every guide — your figure stands tall!

You did it!



Here is your finished drawing. Color it your own way!