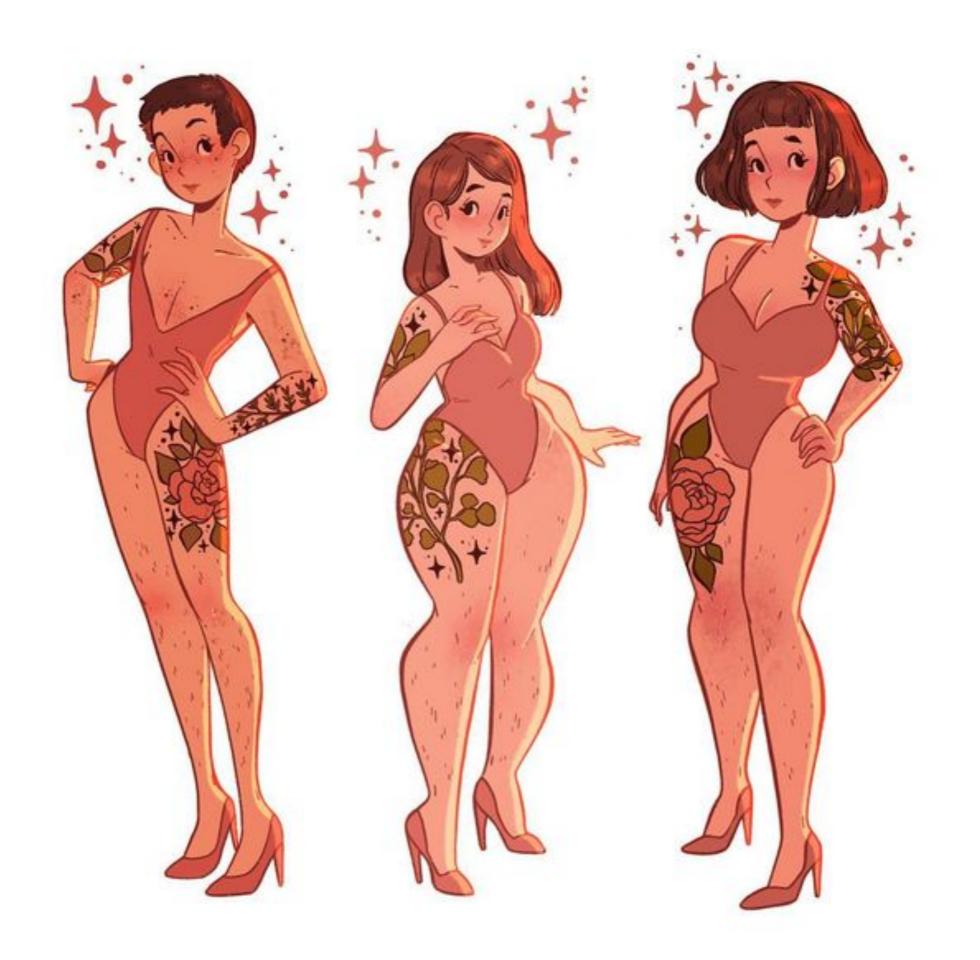


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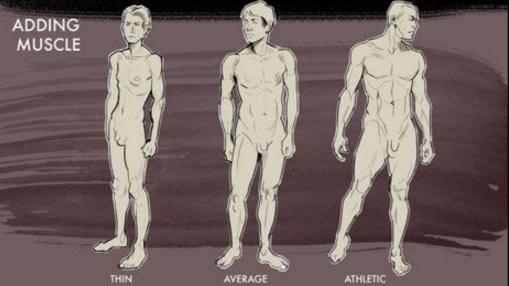






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MALE BODY TYPES TUTORIAL



As mentioned before, consort anatomical books for detailed information about the skeletal and muscular systems. Males have naturally less bodyfat, so muscular definintion is more noticable than on females. All male features tend to have harsher contours and angles than females as well.

Male silhouettes are less dramatic, especially due to their lack of a womb, giving them straighter hips.

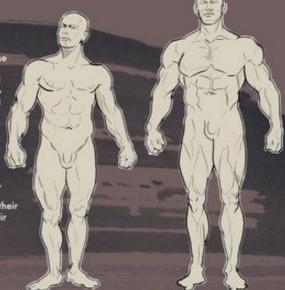
While females have wider hips, males tend to have wider shoulders.

ADDING MUSCLE Pt. 2

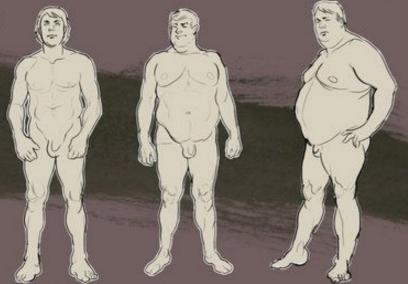
Muscles that develop naturally through exercise and diet look different than those that are developed through steroids. Muscles acheived through steroid use tend to look more baloony and almost comically pronounced. The natural ribbing in the musculatory system is also very pronounced, giving a bulgy and ripped look. Muscles acheived naturally look just that; more natural. There is an evident layer of fat supporting the muscles.

For further research into the natural bodytype, the legendary Frank Frazetta depicts muscled barbarians that have convincingly developed their muscles through swinging heavy weapons, their natural fat still intact.

For the other type, look at Rob Liefeld.



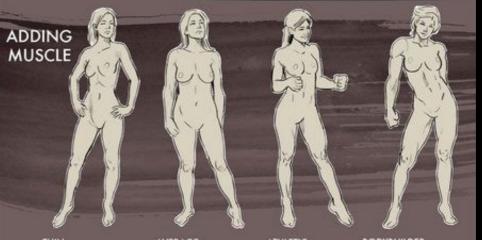




STOCKY



Note: These aren't bases. These are for practicing, not cheating.



HIN AVERAGE ATHLETIC BODYBUILDER

When applying fat or muscle, consort to anatomical guides of the musculatory system. The most noticeable differences when more muscle or fat is applied are in the torso, as thinner bodies tend to show more visible ribbing, and more muscled bodies have a more defined abdominal region. Adding more muscle to thin and average bases is relatively self-explanatory, as long as you're referencing muscle and anatomical guides. As with any body alteration, it's easy to get carried away and overdo muscles.



Adding weight and fat to a base body, while for the most part self-explanatory, is more difficult than adding muscle, as adding fat is more subtle and delicate as well as much easier to make look forced. Fat doesn't accumulate as much on arms as much as the torso or the legs. Also, just to note, the figure labeled: FULL FIGURE is generally the typical pinup girl, ala Elvgren.

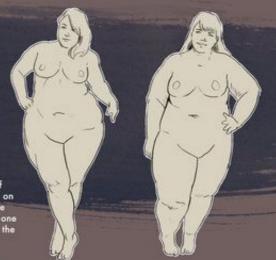
ADDING FAT

pt 2

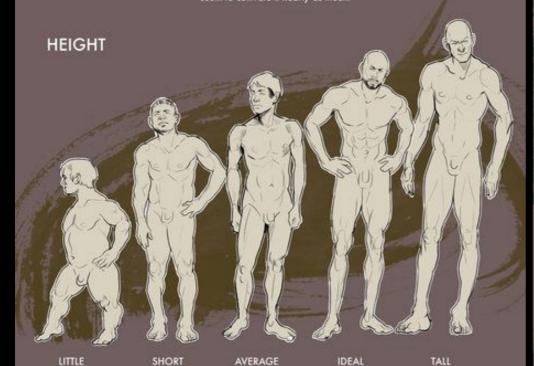
Adding fat is nowhere near as intuitive a process as adding muscle mass. Fat distributes in many different unique ways.

The figures above are more idealized and fit more into a typical pinup category. The most common places to store excess fat are in the stomach, as well as the butt and thighs, which is more common in females than males. Fat is also stored in the claves, underarms, back and sides, resulting in more folds and curves. The only places in the body to not store as much fat are feet, which appear dainty compared to the rest of the figure, and the hands, which almost take on a baby-like appearance. The two figures here have different fat distributions. Whereas the one on the left is more bottom-heavy, the one on the right has the fat more evenly distributed.

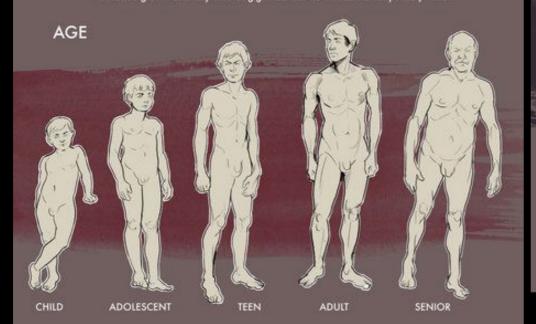
This is by no means a definite tutorial on adding fat, and I would suggest reading other tutorials as adding fat should be one hig tutorial.



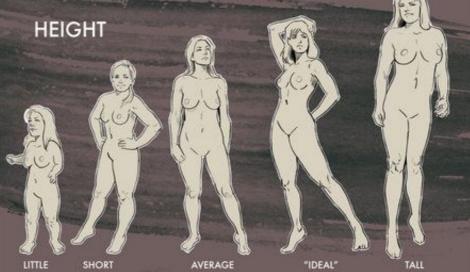
Fat, as mentioned in the female tutorial, accumulates in the stomach and breats area the most. Unlike women, males don't accumulate fat in the hip region to the same level. As fat in the upper region grows, the legs don't seem to cultivate it nearly as much.



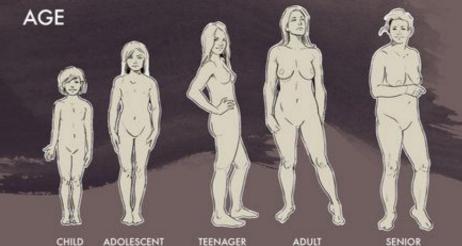
As you may know, artists measure height in heads. Little people are typically 4-5 heads tall, while shorter people without growth anomalies tend to be 6 heads tall. The average height is usually 7-7.5 heads tall. The artistic "ideal" figure, as described by Andrew Loomis, is 8 heads tall. People of unusual height but without a growth anomaly such as gigantism can be 9 heads tall or possibly more.



Young children are typically 4-5 heads tall, while those in the adolescent group are 5.5-6 heads tall. Teenagers fluctuate greatly, but an average would be 6.5-7 heads tall. The average adult, as mentioned above, is 7-7.5 heads tall. The human body stays relatively unchanged for 40 years, but once seniority is reached, most people tend to shrink down in height about a half head to full head shorter. tutorials, as adding fat should be one big tutorial in itself. Please don't get insulted by their lack of representation.



Artists measure height in heads. Typically, little people(or whatever the current PC term is) are around 4-5 heads tall. The next height being shorter people, while a full grown size, is around 6 heads tall. Average height is around 7 heads tall, according to different art and anatomical books. The next height, described as "ideal" in said books, is around 8 heads tall. On the other extreme side are abnormally tall people, usually clocking in at around 9 heads tall. Height is much easier to exxagerate than musculature or fat, so these heights more apply to drawing more or less with realistic proportions.



Children aged 4-5 are typically 4-5 heads tall, while children 7-9 age group are around 5.5-6 heads tall. Teenagers fluctuate all over the place, but I found that a pretty stable measure was 6.5-7 heads tall. Once adulthood is reached, 7 heads is once again a pretty stable average, but once again, height varies incredibly. The body of a full grown adult stays roughly the same height for around 40 years, until seniority is reached, in which case, height decreases half to a full head or so over the coming decades. If diet and exercise is a constant same throught life, weight distributes fairly evenly until adulthood and seniority is reached, as fat panels increase and metabolisms slow down.

Hope this helps. These are based upon different sources of anatomical knowledge I've absorbed over the years, whether it be Andrew Loomis' books, live figure drawing classes, or medical books. Just thought it was time someone compiled it all into one convenient image.

It's worth mentioning yet another time that these are more based upon averages.

Height, weight, and muscle distribution vary geatly across all ages, races and genetical structures. And it should go without saying that these different body types can all be mixed and matched, such as having a senior fat little person or a skinny tall teenager.

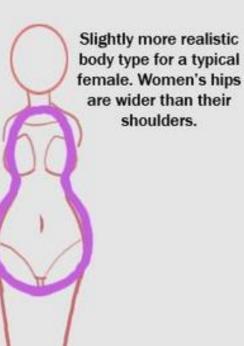
And once again: THESE AREN'T BASES FOR YOU TO CHEAT OFF OF. Also, don't ask me if you can use them for bases, or I'll just ignore you.

FEMALE



The 'princess' body type. Chest is small, waist is thin, hips are slightly plump. Upper torso is roughly the same size as the head.

(Think Jasmine or Ariel)



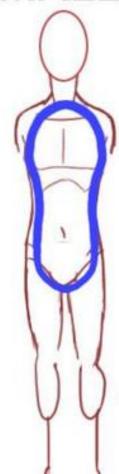
'Super feminized' body type or 'Mother's body'. Chest a bit small. Breasts are a little larger. The child-bearing hips are the widest part of the body.

(Think Mrs. Incredible)

Heavy set female bodies still have smaller shoulders compared to the hips. Weight tends to pile up around the hips and waist. They often have 'pear' shaped bodies.

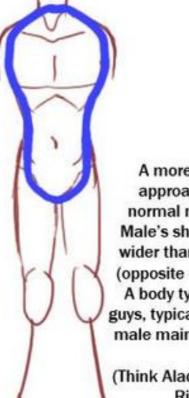
(Think Ursula)

MALE



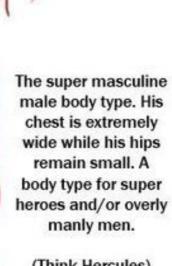
The thin male. These type of men tend to be portrayed as tech savy geeks, nerds, weaklings, side kicks. Etc.

(Think Milo Thatch)

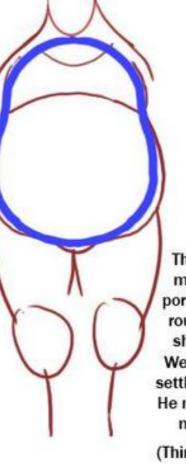


A more realistic approach to the normal male body. Male's shoulders are wider than their hips, (opposite of females). A body type for nice guys, typical heroes and male main characters.

(Think Aladdin or Flynn Rider)

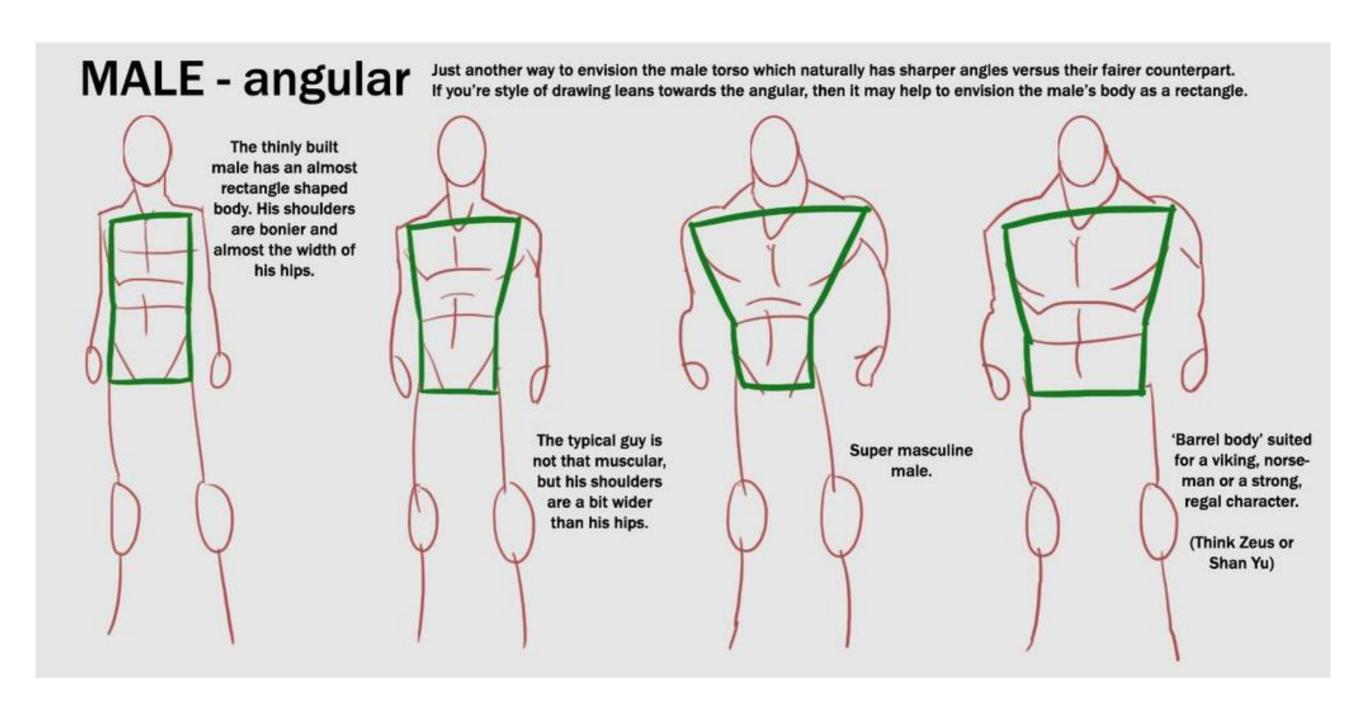


(Think Hercules)



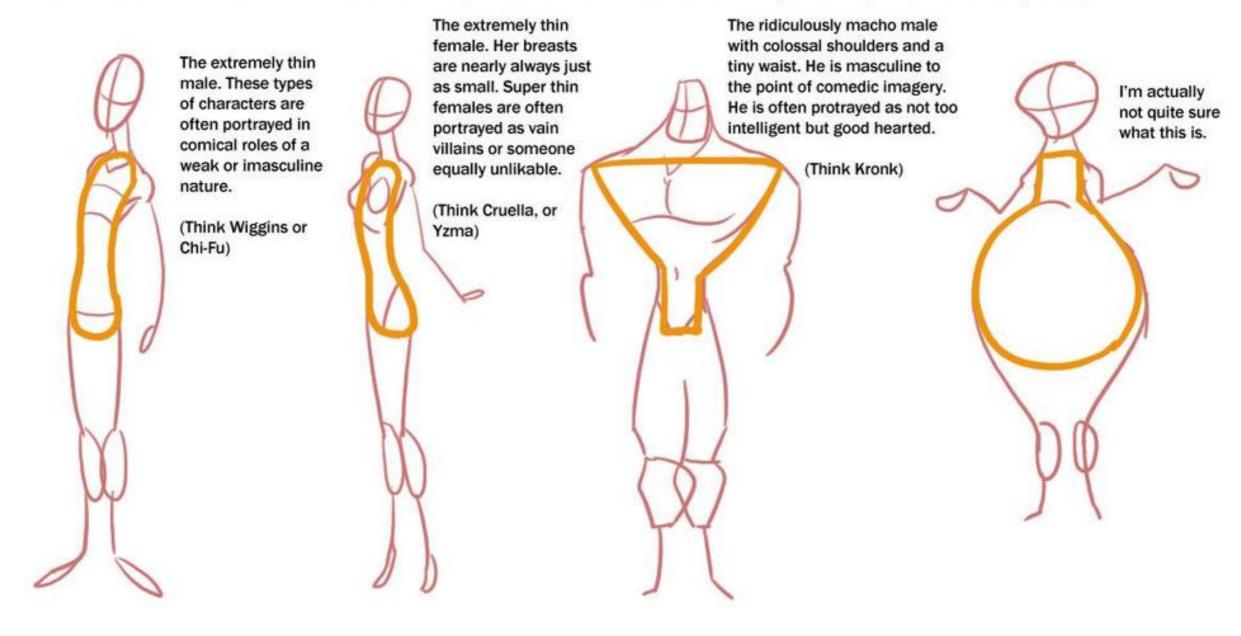
The heavy set male is often portrayed with a round or apple shaped body. Weight tends to settle on his belly. He might develop man-boobs.

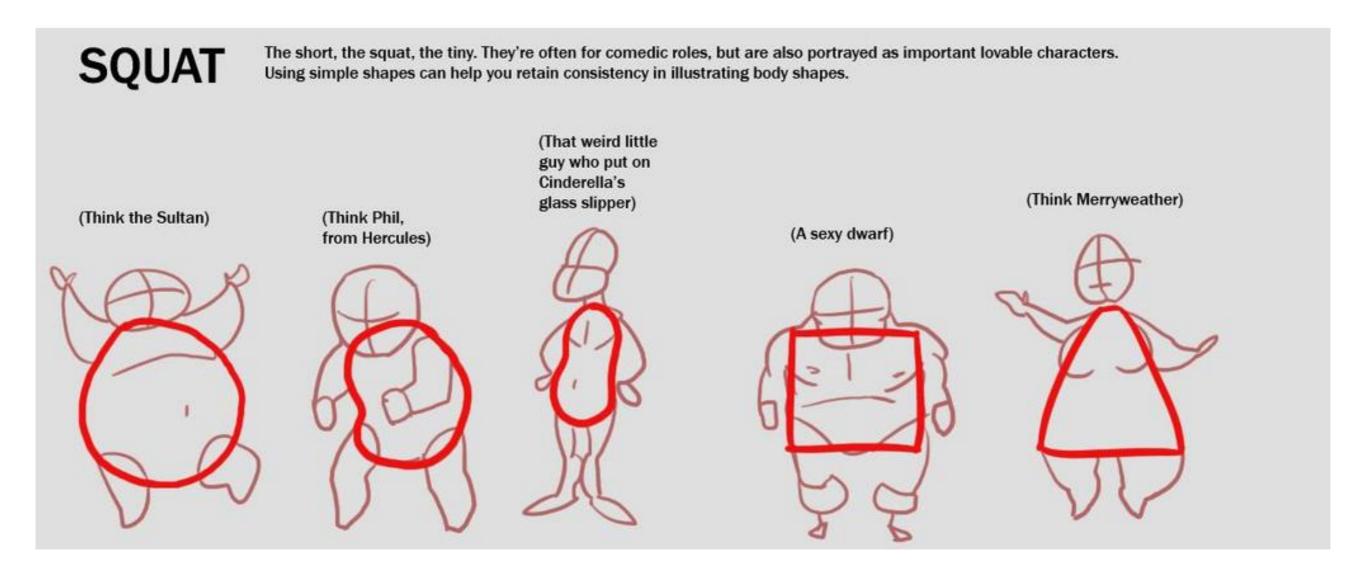
(Think Chien-Po)



EXTREMES

Characters with a body type leaning on extreme shapes tend to be portrayed as comical character or characters that you feel detached from. They are furthest from the realistic human body so it is easy to see them as funny looking.





FEMALE BODY TYPES





