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In[2]:= (*Body Parameters*)

rua = 30.3;   rfa = 36.7;   rth = 47.2;   rca = 53.6;   rft = 21;    rhw = 22.3; rhh = -3.7; rsw = 34.8; rsh = 47.2;
ruacm = 14.9; rfacm = 12.2; rthcm = 21.0; rcacm = 18.3; rftcm = 11.7; rabcm = 12.7; rtxcm = 34.2; rnecm = 59.3; rhecm = 73.5;

masses = {mhe = 4.4, mne = 1.2, mtx = 30.5, mab = 2.9, mpe = 14.6, mua = 2.4, mua, mla = 1.6, mla, mha = .6, mha, mth = 11.8,
  mth, mca = 4.5, mca, mft = 1.1, mft};
M = Total@masses;

(*Functions*)

rotxyz[ϕ_, θ_, ψ_] := 
$$\begin{pmatrix} \cos[\theta] \cos[\psi] & -\cos[\theta] \sin[\psi] & \sin[\theta] \\ \cos[\psi] \sin[\theta] \sin[\phi] + \cos[\phi] \sin[\psi] & \cos[\phi] \cos[\psi] - \sin[\theta] \sin[\phi] \sin[\psi] & -\cos[\theta] \sin[\phi] \\ -\cos[\phi] \cos[\psi] \sin[\theta] + \sin[\psi] \sin[\psi] & \cos[\psi] \sin[\phi] + \cos[\phi] \sin[\theta] \sin[\psi] & \cos[\theta] \cos[\phi] \end{pmatrix};$$


CM[bodycoordinates_] := Dot[masses, bodycoordinates[[{2, 3, 4, 5, 6, 9, 12, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30}]]]/M;

moments[bodycoordinates_] := Block[{indicies = {2, 3, 4, 5, 6, 9, 12, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30}},
  {masses.(((Part[bodycoordinates, #, 2])^2 + (Part[bodycoordinates, #, 3])^2) & /@ indicies),
  masses.(((Part[bodycoordinates, #, 1])^2 + (Part[bodycoordinates, #, 3])^2) & /@ indicies),
  masses.(((Part[bodycoordinates, #, 1])^2 + (Part[bodycoordinates, #, 2])^2) & /@ indicies)}}]

Clear[bodycoordinates];
bodycoordinates[{ϕab_, θab_, ϕsh_, ϕshr_, θshr_, ϕebr_, θebr_, ϕshl_, θshl_, ϕebl_, θebl_, ϕhir_, θhir_, ϕknr_, θknr_, ϕanr_,
  ϕhil_, θhil_, ϕknl_, θknl_, ϕanl_, ϕ_, θ_, ψ_, h_}] :=
Block[{bc, rothbc, mi, cm, he, ne, tx, ab, pe, shr, ebr, har, shl, ebl, hal, hir, knr, anr, ftr, hil, knl, anl, ftl, uar, ual, far,
  fal, thr, thl, car, cal, fcmr, fcml},
  pe = {0, 0, 0}; ab = pe + rotxyz[.5 ϕab, 0, θab].{0, rabcm, 0}; tx = ab + rotxyz[ϕab, 0, θab].{0, rtxcm - rabcm, 0};
  ne = tx + rotxyz[ϕab, 0, θab].{0, rnecm - rtxcm, 0}; he = ne + rotxyz[ϕab, 0, θab].{0, rhecm - rnecm, 0};
  bc =  $\left\{(*1 \text{ Center of Mass})*\text{cm}, (*2 \text{ CM Head})*\text{he}, (*3 \text{ CM Neck})*\text{ne}, (*4 \text{ CM Thorax})*\text{tx}, (*5 \text{ CM Abdomen})*\text{ab}, (*6 \text{ CM Pelvis})*\text{pe}, \right.$ 
    (*7,8,9 Right Arm*)
    shr = tx + rotxyz[ϕab, 0, θab]. $\left\{-\frac{\text{rsw}}{2} \cos[\phi sh], \text{rsh} - \text{rtxcm}, \frac{\text{rsw}}{2} \sin[\phi sh]\right\}$ ,
    ebr = shr + rotxyz[ϕab, 0, θab].rotxyz[0, ϕsh, 0].RotationMatrix[θshr, {0, -1, 0}].RotationMatrix[ϕshr, {{0, -1, 0}, {0, 0, 1}}].
      {0, -rua, 0},
    har = ebr + rotxyz[ϕab, 0, θab].rotxyz[0, ϕsh, 0].RotationMatrix[θshr, {0, -1, 0}].RotationMatrix[ϕshr, {{0, -1, 0}, {0, 0, 1}}].
      RotationMatrix[θebr, {0, 1, 0}].RotationMatrix[ϕebr, {{0, -1, 0}, {0, 0, 1}}].{0, -rfa, 0},
    (*10,11,12 Left Arm*)
    shl = tx + rotxyz[ϕab, 0, θab]. $\left\{\frac{\text{rsw}}{2} \cos[\phi sh], \text{rsh} - \text{rtxcm}, -\frac{\text{rsw}}{2} \sin[\phi sh]\right\}$ ,
    ebl = shl + rotxyz[ϕab, 0, θab].rotxyz[0, ϕsh, 0].RotationMatrix[θshl, {0, 1, 0}].RotationMatrix[ϕshl, {{0, -1, 0}, {0, 0, 1}}].
      {0, -rua, 0},
    hal = ebl + rotxyz[ϕab, 0, θab].rotxyz[0, ϕsh, 0].RotationMatrix[θshl, {0, 1, 0}].RotationMatrix[ϕshl, {{0, -1, 0}, {0, 0, 1}}].
      RotationMatrix[θebl, {0, -1, 0}].RotationMatrix[ϕebl, {{0, -1, 0}, {0, 0, 1}}].{0, -rfa, 0},
    (*13,14,15,16 Right Leg*)
    hir = pe +  $\left\{-\frac{\text{rhw}}{2}, \text{rhh}, 0\right\}$ ,
    knr = hir + RotationMatrix[θhir, {0, -1, 0}].RotationMatrix[ϕhir, {{0, -1, 0}, {0, 0, 1}}].{0, -rth, 0},
    anr = knr + RotationMatrix[θhir, {0, -1, 0}].RotationMatrix[ϕhir, {{0, -1, 0}, {0, 0, 1}}].
      RotationMatrix[θknr, {0, -1, 0}].RotationMatrix[ϕknr, {{0, 0, 1}, {0, -1, 0}}].{0, -rca, 0},
    ftr = anr + RotationMatrix[θhir, {0, -1, 0}].RotationMatrix[ϕhir, {{0, -1, 0}, {0, 0, 1}}].
      RotationMatrix[θknr, {0, -1, 0}].RotationMatrix[ϕknr, {{0, 0, 1}, {0, -1, 0}}].
      RotationMatrix[ϕanr, {1, 0, 0}].{0, 0, rft},
    (*17,18,19,20 Left Leg*)
    hil = pe +  $\left\{\frac{\text{rhw}}{2}, \text{rhh}, 0\right\}$ ,
    knl = hil + RotationMatrix[θhil, {0, 1, 0}].RotationMatrix[ϕhil, {{0, -1, 0}, {0, 0, 1}}].{0, -rth, 0},
    anl = knl + RotationMatrix[θhil, {0, 1, 0}].RotationMatrix[ϕhil, {{0, -1, 0}, {0, 0, 1}}].
      RotationMatrix[θknl, {0, 1, 0}].RotationMatrix[ϕknl, {{0, 0, 1}, {0, -1, 0}}].{0, -rca, 0},
    ftl = anl + RotationMatrix[θhil, {0, 1, 0}].RotationMatrix[ϕhil, {{0, -1, 0}, {0, 0, 1}}].
      RotationMatrix[θknl, {0, 1, 0}].RotationMatrix[ϕknl, {{0, 0, 1}, {0, -1, 0}}].
      RotationMatrix[ϕanl, {1, 0, 0}].{0, 0, rft},
    (*21,22 CM Upper Arm*)
    rotxyz[-1.38 ϕab, 0, θab].rotxyz[0, ϕsh, 0].
    (uar = shr + RotationMatrix[θshr, {0, -1, 0}].RotationMatrix[ϕshr, {{0, -1, 0}, {0, 0, 1}}].{0, -ruacm, 0}),
    rotxyz[-1.38 ϕab, 0, θab].rotxyz[0, ϕsh, 0].
    (ual = shl + RotationMatrix[θshl, {0, 1, 0}].RotationMatrix[ϕshl, {{0, -1, 0}, {0, 0, 1}}].{0, -ruacm, 0}),
    (*23,24 CM Forearm*)
    rotxyz[-1.38 ϕab, 0, θab].rotxyz[0, ϕsh, 0].(fal = ebl + RotationMatrix[θshl, {0, 1, 0}].RotationMatrix[ϕshl, {{0, -1, 0}, {0, 0, 1}}].
      RotationMatrix[θebl, {0, -1, 0}].RotationMatrix[ϕebl, {{0, -1, 0}, {0, 0, 1}}].{0, -rfacm, 0}),
    rotxyz[-1.38 ϕab, 0, θab].rotxyz[0, ϕsh, 0].(far = ebr + RotationMatrix[θshr, {0, -1, 0}].RotationMatrix[ϕshr, {{0, -1, 0}, {0, 0, 1}}].
      RotationMatrix[θebr, {0, 1, 0}].RotationMatrix[ϕebr, {{0, -1, 0}, {0, 0, 1}}].{0, -rfacm, 0}),
    (*25,26 CM Thigh*)
    thl = hil + RotationMatrix[θhil, {0, 1, 0}].RotationMatrix[ϕhil, {{0, -1, 0}, {0, 0, 1}}].{0, -rthcm, 0},
    thr = hir + RotationMatrix[θhir, {0, -1, 0}].RotationMatrix[ϕhir, {{0, -1, 0}, {0, 0, 1}}].{0, -rthcm, 0},
    (*27,28 CM Calf*)
    cal = knl + RotationMatrix[θhil, {0, 1, 0}].RotationMatrix[ϕhil, {{0, -1, 0}, {0, 0, 1}}].
      RotationMatrix[θknl, {0, 1, 0}].RotationMatrix[ϕknl, {{0, 0, 1}, {0, -1, 0}}].{0, -rcacm, 0},
    car = knr + RotationMatrix[θhir, {0, -1, 0}].RotationMatrix[ϕhir, {{0, -1, 0}, {0, 0, 1}}].
      RotationMatrix[θknr, {0, -1, 0}].RotationMatrix[ϕknr, {{0, 0, 1}, {0, -1, 0}}].{0, -rcacm, 0},
    (*29,30 CM Foot*)
    fcml = anl + RotationMatrix[θhil, {0, 1, 0}].RotationMatrix[ϕhil, {{0, -1, 0}, {0, 0, 1}}].
      RotationMatrix[θknl, {0, 1, 0}].RotationMatrix[ϕknl, {{0, 0, 1}, {0, -1, 0}}].
      RotationMatrix[ϕanl, {1, 0, 0}].{0, 3, rftcm},
    fcmr = anr + RotationMatrix[θhir, {0, -1, 0}].RotationMatrix[ϕhir, {{0, -1, 0}, {0, 0, 1}}].
      RotationMatrix[θknr, {0, -1, 0}].RotationMatrix[ϕknr, {{0, 0, 1}, {0, -1, 0}}].
      RotationMatrix[ϕanr, {1, 0, 0}].{0, 3, rftcm}];
  cm = CM[bc]; rothbc = Map[(Plus[Dot[rotxyz[ϕ, θ, ψ], Plus[-cm, #]]] &, bc]; mi = moments[rothbc];
  If[h < 1, MiN = Min[Part[#, 2] & /@ rothbc];
  Map[Plus[{0, h - MiN + 5, 0}, #] &, rothbc] ~Join~ {{-100, 0, -100}, {100, 0, -100}, {100, 0, 100}, {-100, 0, 100}} ~Join~ {mi}];

frame[bodycoordinates_, v_ : π/6] :=
Graphics3D[GraphicsComplex[bodycoordinates, {Sphere[2, 10.5], Blue, PointSize[.009], Point[Table[i, {i, 7, 20}]]},
  Black, Thickness[.004], Line[{2, 3}, {6, 13, 17, 6}, {10, 7, 4, 10}, {7, 8, 9}, {10, 11, 12}, {13, 14, 15, 16}, {17, 18, 19, 20}]],
  BSplineCurve[{{17, 5, 10}, {13, 5, 7}, {3, 4, 5, 6}, {7, 3, 10}}, SplineWeights → {{1, 2, 3}, {1, 2, 3}, {1, 1, 3, 1}, {1, 1, 1}}],
  Red, Point[{2, 3, 4, 5, 6}], PointSize[Large], Point[1],
  (*Ground*)Thickness[.01], Green, Polygon[{31, 32, 33, 34}]], PlotRange → {{-130, 130}, {-30, 300}, {-100, 100}},
  ImageSize → {700, 700}, SphericalRegion → True, ViewVector → {600 Sin[v], 200, 600 Cos[v]}, {0, 150, 0}}, ViewVertical → {0, 1, 0},
  ViewAngle → All, Boxed → False]
ntable[{a_ : 1, b_ : 0, c_ : 0, e_ : 1}, min_, max_, n_, i_ : 0, f_ : 1] := Drop[
  Table $\left[\text{min} + (\text{max} - \text{min}) \left(\frac{1}{a + b + c} \left(a \sin[\pi/2. (x^a e)^2] + b (x^a e)^2 + c \left(-((x^a e) - 1.)^2 + 1.\right)\right)\right), \{x, i, f, \text{Abs}[f - i]/n\}], -1];$ 
  animate[anim_, fps_] := ListAnimate[Flatten[frame /@ bodycoordinates /@ Thread@Flatten[anim, 1]], fps]
  animatrix[anim_] := (bodycoordinates /@ Thread@Flatten[#, 1]) & /@ anim // MatrixForm
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In[15]= Manipulate [

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frame[bodycoordinates[{ϕab, θab, ϕsh, ϕshr, θshr, ϕebr, θebr, ϕshl, θshl, ϕebl, θebl, ϕhir, θhir, ϕknr, θknr, ϕanr, ϕhil,
  θhil, ϕknl, θknl, ϕanl, ϕ, θ, ψ, h}], v],
{{ϕab, 0}, -π, π}, {{θab, 0}, -π, π}, {{ϕsh, 0}, -π, π}, {ϕshr, .001, 2π}, {θshr, 0, 2π}, {ϕebr, 0, 2π}, {θebr, 0, 2π},
{ϕshl, .001, 2π}, {θshl, 0, 2π}, {ϕebl, 0, 2π}, {θebl, 0, 2π}, {ϕhir, .001, 2π}, {θhir, 0, 2π}, {ϕknr, 0, π},
{θknr, 0, 2π}, {{ϕanr, 0}, -π/2, π/2}, {ϕhil, .001, 2π}, {θhil, 0, 2π}, {ϕknl, 0, π}, {θknl, 0, 2π}, {{ϕanl, 0}, -π/2, π/2},
{ϕ, 0, 2π}, {θ, 0, 2π}, {ψ, 0, 2π}, {h, 0, 50},
{v, 0, 2π}]
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Animation Lists

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{(*ϕab*){0}, (*θab*){0}, (*ϕsh*){0}, (*ϕshr,θshr*){0}, {0}, (*ϕebr,θebr*){0}, {0}, (*ϕshl,θshl*){0}, {0}, (*ϕebl,
θebl*){0}, {0}, (*ϕhir,θhir*){0}, {0}, (*ϕknr,θknr*){0}, {0}, (*ϕanr*){0}, (*ϕhil,θhil*){0}, {0}, (*ϕknl,θknl*){0},
{0}, (*ϕanl*){0}, (*ϕ*){0}, (*θ*){0}, (*ψ*){0}, (*h*){0}}

(*55 Frames*)backflip = {(*ϕab*)Join[ntable[{}, 0, 20*2.π/360., 16], ntable[{}, 20*2.π/360., -π/24., 11],
  ntable[{}, -π/24., -π/16, 4], ntable[{}, -π/16., π/15, 6], Table[π/15., {i, 1, 10}], ntable[{}, π/15., π/3, 4],
  ntable[{}, π/6., π/20., 4]]},
(*θab*){0}, (*ϕsh*){0},
(*ϕshr,θshr*)Join[ntable[{}, π, -π/2., 16], ntable[{}, -π/2., 13π/12., 11], Table[13π/12., {i, 1, 4}],
  ntable[{}, 13π/12., π/6., 6], Table[π/6., {i, 1, 10}], ntable[{}, π/6., π/2., 4], Table[π/2., {i, 1, 4}]]],
{0},
(*ϕebr,θebr*){0},
{0},
(*ϕshl,θshl*)Join[ntable[{}, π, -π/2., 16], ntable[{}, -π/2., 13π/12., 11], Table[13π/12., {i, 1, 4}],
  ntable[{}, 13π/12., π/6., 6], Table[π/6., {i, 1, 10}], ntable[{}, π/6., π/2., 4], Table[π/2., {i, 1, 4}]]],
{0},
(*ϕebl,θebl*){0},
{0},
(*ϕhir,θhir*)Join[ntable[{}, 0., π/4., 16], Table[π/4, {i, 1, 5}], ntable[{}, π/4., 0., 6], ntable[{0, 1, 0, 2}, 0, π/1.3, 10],
  Table[π/1.3, {i, 1, 10}], ntable[{1, .5, 0}, π/1.3, π/6., 4], ntable[{0, 0, 1}, π/6., 2π/6., 4]]],
{0},
(*ϕknr,θknr*)Join[ntable[{}, 0., π/4., 16], Table[π/4, {i, 1, 5}], ntable[{}, π/4., 0., 6], Table[0, {i, 1, 4}],
  ntable[{}, 0, 2.3, 6], Table[2.3, {i, 1, 10}], ntable[{1, .5, 0}, 2.3, π/6., 4], ntable[{0, 0, 1}, π/6., 2π/6., 4]]],
{0},
(*ϕanr*)Join[ntable[{}, π/3., π/24., 8], Table[π/24., {i, 1, 8}], Table[π/24, {i, 1, 5}], ntable[{}, π/24., 2π/6, 6],
  Table[2π/6., {i, 1, 20}], Table[2π/6., {i, 1, 3}], ntable[{0, 0, 1}, 2π/6., π/10., 5]]],
(*ϕhil,θhil*)Join[ntable[{}, 0., π/4., 16], Table[π/4, {i, 1, 5}], ntable[{}, π/4., 0., 6], ntable[{0, 1, 0, 2}, 0, π/1.3, 10],
  Table[π/1.3, {i, 1, 10}], ntable[{1, .5, 0}, π/1.3, π/6., 4], ntable[{0, 0, 1}, π/6., 2π/6., 4]]],
{0},
(*ϕknl,θknl*)Join[ntable[{}, 0., π/4., 16], Table[π/4, {i, 1, 5}], ntable[{}, π/4., 0., 6], Table[0, {i, 1, 4}],
  ntable[{}, 0, 2.3, 6], Table[2.3, {i, 1, 10}], ntable[{1, .5, 0}, 2.3, π/6., 4], ntable[{0, 0, 1}, π/6., 2π/6., 4]]],
{0},
(*ϕanl*)Join[ntable[{}, π/3., π/24., 8], Table[π/24., {i, 1, 8}], Table[π/24, {i, 1, 5}], ntable[{}, π/24., 2π/6, 6],
  Table[2π/6., {i, 1, 20}], Table[2π/6., {i, 1, 3}], ntable[{0, 0, 1}, 2π/6., π/10., 5]]],
(*ϕ*)Join[Table[0, {i, 1, 16}], Table[0, {i, 1, 5}], ntable[{}, 0, π/24., 6], ntable[{}, π/24., -π/24., 3],
  ntable[{1, 1, 0}, -π/24., -5π/4., 17], ntable[{0, 0, 1}, -5π/4., -2.π, 4], Table[0, {i, 1, 4}]]],
(*θ*){(*Join[Table[0, {i, 1, 30}], ntable[{},0,2.π,19], Table[0, {i, 1, 6}]]}*0},
(*ψ*){0}, (*h*)Join[Table[0, {i, 1, 25}], ntable[{0, 0, 1}, 0, 64., 13], ntable[{0, 1, 0}, 64., 0, 13], Table[0, {i, 1, 4}]]];
```