

Male Torso | Front (NightEdog21)

Preview:

This page will show you how to draw the front of the male torso. This is a more muscular and buff torso to show the muscles in better detail.

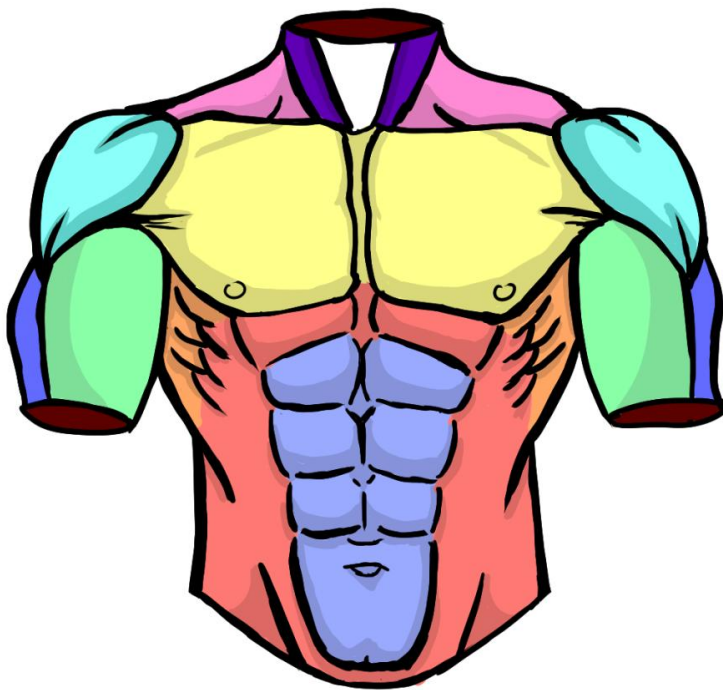
Synonyms: Torso; Frame; Build; Figure; Form; Chest; Abs; Guts physique; Guts body

Summary

The torso or trunk is an anatomical term for the central part, or the core, of the body of many animals (including human beings), from which the head, neck, limbs, tail, and other appendages extend out of. This page lists different muscles of the **male** torso and shows how to draw the torso step by step. Now of course not all people have the same build, so I decided to do a "buff" build for the male torso.

Basics

On the left side is the complete drawing of the front male torso. On the right is a color coded key of what each muscle group is called.



-  ABS
-  BICEPS
-  PECTORALS
-  SERRATUS ANTERIOR
-  TRAPEZIUS
-  EXTERNAL OBLIQUE
-  STERNOCLEIDOMASTOID
-  DELTOIDS
-  BRACHIALIS
-  ENDS (IGNORE THESE)

Functions

The torso is the primary axis of the body and houses all of the major organs within the thoracic and abdominal cavities.

How to draw the body part

This is a step by step reference sheet for how I draw the male torso. Whenever I draw anything, I like to break everything down to basic shapes and then detail from there. For each step you would draw the red lines to progress the drawing. I tried to make it as simple as I could without using too many steps so I hope this helps!

Step 1: Start with making an elongated hexagon with the line down the middle and then draw a box that caves slightly in towards the bottom below it.

Step 2: Then I like to draw the deltoids (shoulders) and upper arms since they will overlap the serratus anterior most of the time. Then make another small box that caves in at the bottom of the middle box. This will be our pelvis area. Next is the external oblique where two lines extend from the middle part of the arm and end at the halfway point of the middle box. The hips will then come out on both sides and those should end at the bottom of the middle box. Then just connect the ends of those to the bottom of the pelvis area.

Step 3: Here we will add the bicep and brachialis muscles to the arms. We also add the trapezius and neck at the top.

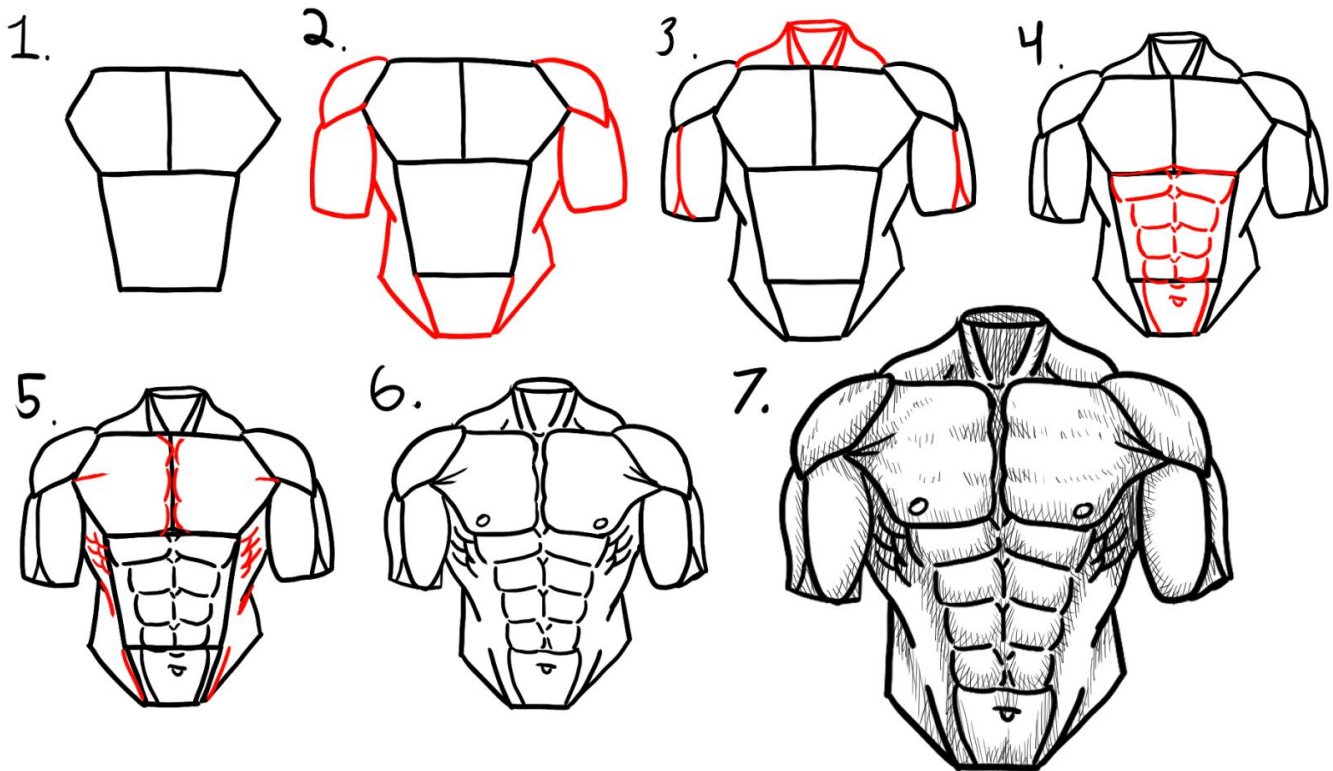
Step 4: Next up is the abs. I didn't do it in the reference but you can also add a line down the middle to have a better idea of how to space the abs out. At the top of the abs is where the ribcage

ends, so that will always be wider than the abs. From there you can decide whether to add a 6 pack or an 8 pack. Really doesn't matter.

Step 5: This step is really just adding definition to the pectorals, pelvis, and serratus anterior.

Step 6: Now all you have to do is erase those boxy shapes we made in the first three steps and it should look something like this!

Step 7: Last thing to do is shade everything! I hope this helped!



Advanced

Everything beyond the basics

The torso houses all of the major organs of the body except for the brain. In the upper chest, the heart and lungs are protected by the ribcage, and the abdomen contains most of the organs responsible for digestion. The stomach breaks down partially digested food via gastric acid. The liver produces the bile necessary for digestion. The large and small intestines are also housed in the abdomen area below the ribcage. The torso also houses many of the major muscle groups such as the pectorals, abdominal, lateral, and epaxial muscles. The spinal cord is also located on the back of the torso which all nerves root from.

Reference Pictures (for study only)

From Pinterest



[Reference](#)



[Reference](#)



[Reference](#)



[Reference](#)

Revision #4

Created 2025-08-26 03:57:15 UTC by NightEdog21

Updated 2025-09-27 12:38:10 UTC by xlas