

PORTRAIT POSING GUIDE

HOW TO POSE... FULL-LENGTH MALES

Digital
Camera
World



SIDE-ON

Ask your subject to stand side-on for the slimmest view of the body and to give shape to the shoulders.
Top tip: Bent arms add shape to the pose, so try moving a hand up to break up the body.



CASUAL DRESS

Ask your model to stand side-on, with their front foot facing forward and their back foot side-on, resting their weight on the back leg.
Top tip: Hands in pockets gives a relaxed feel.



WALKING TALL

Ask your model to walk towards the camera while exaggerating the drop of the shoulders.
Top tip: Shoot from slightly lower down to give a taller and more imposing portrait.



COLLARS UP

Guys often need something to do with their hands, so ask them to adjust their clothes.
Top tip: Suits are useful for this as they can fix the cuff, adjust a button or hold the lapel.



BACK TO FRONT

Sit your model on a chair, leaning over the back of it.
Top tip: Props are particularly useful for guys as it makes them look less like they're posing, but don't try to force poses that look too unnatural.



TAKE A PEW

While on the chair, ask your model to lean forwards and slightly to the side, with feet coming together.
Top tip: Relax the arms, allowing the hands to drop down for a more natural shot.



ON THE MOVE

Have your model walk side-on to the camera, then turn, keeping the arms loose and slightly bent.
Top tip: Bringing the knees together creates a more attractive shape to the body.



LEAP OF FAITH

Jumps can add spontaneity. Ask your model to bring their legs upwards and have open clothes flying free.
Top tip: Ask them to focus on making a good expression when jumping.



KARATE KICK!

Throw in some fun poses; depending on your subject this could be a kick, a dance move, or a backflip!
Top tip: Starting off with the 'silly' ideas is a great way to relax subjects into the shoot.

Posing Guide For Models

Michael Brown



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