

# TURN 1 POSE INTO 9 POSES IN 2 MINUTES



FOR MEN & BOYS

# WELCOME



Hey there! Thank you so much for downloading this freebie! We hope you find it useful!

Isn't it so frustrating when you can't think of another pose during a photo session? Or you find yourself memorizing ideas of Pinterest before it starts? Let's change the way you think about posing!

Read on to learn how to change the way you think about posing so you can easily make one pose into many poses within minutes!

— PARKER & ABBEY



# Turn 1 pose into

9 poses in 2 minutes!

*Do you feel stuck when you're posing your clients? It can feel so frustrating when you run out of pose ideas during a session or have to memorize Pinterest pose ideas before the session starts. Let's change the way you think about posing! Instead of thinking of a bunch of different poses, think about how you can take one pose and tweak it into another!*

① Have him start with his feet shoulder width apart, toes pointed straight at you, and both hands in his pockets. Ask him to smile.

② Keeping the same pose, ask him to do a softer, closed lip smile or to not smile.

③ While still not smiling, ask him to slightly turn sideways and fold his arms.

④ In the same pose ask him to smile.

⑤ Staying facing slightly sideways, ask him to put both hands in his pockets again and smile off to side.

⑥ Keep the same pose and ask him to do a softer, closed lip smile or to not smile.

⑦ Have him drop one hand and put the weight on his back foot.

⑧ Keeping the same pose, have him bring the hand that is in his pocket across his body to grasp his other arm.

⑨ Lastly, ask him to put both hands in his pockets again, to face away from you about 45 degrees, and to slightly turn at the waist to look over his shoulder towards you.







POSE 1:  
STRAIGHT ON, HANDS IN POCKETS



POSE 2:  
HANDS IN POCKETS, NO SMILE



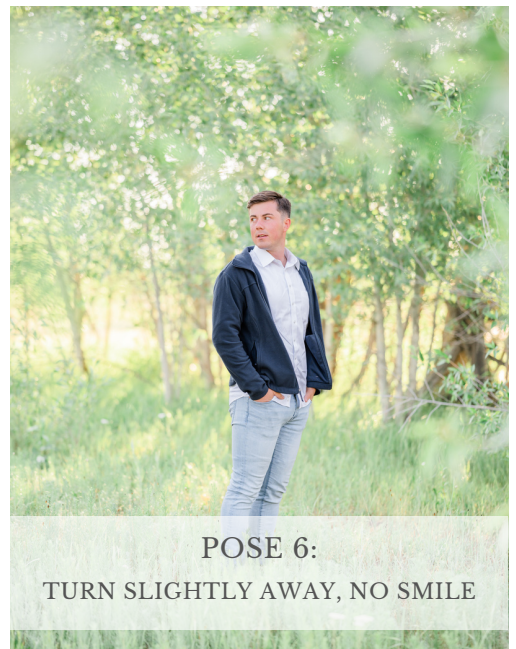
POSE 3:  
FOLDED ARMS, NO SMILE



POSE 4:  
FOLDED ARMS AND SMILE



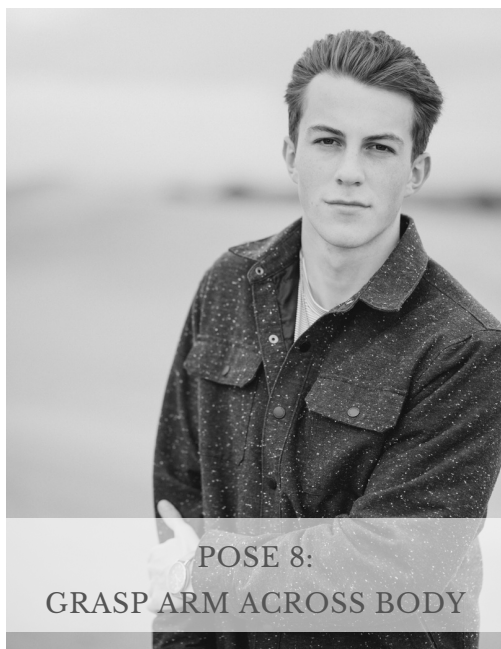
POSE 5:  
TURN SLIGHTLY AWAY W/HANDS IN POCKETS



POSE 6:  
TURN SLIGHTLY AWAY, NO SMILE



POSE 7:  
ONE HAND POCKET, ONE HAND DROPPED



POSE 8:  
GRASP ARM ACROSS BODY



POSE 9:  
LOOK OVER SHOULDER