

5 GO TO POSES



FOR BOYS & MEN

BY PARKER & ABBEY

WELCOME



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

We know posing can feel stressful and overwhelming. You want your clients to feel relaxed, comfortable, and like themselves but you also want them to look their very best to create the images of their dreams!

Many photographers don't want to pose their clients because they want to get natural, candid shots. We believe in the importance of candid moments captured, as well as natural looking photos. We also believe that a photographer that can pose in natural ways and then pull genuine emotion from the subject can create a true work of art.

We've compiled five of our go to poses for men and boys! We love these poses as they feel natural, masculine, and are easy to build off of. Read on for more info!

— PARKER & ABBEY



01

HAND IN POCKETS

This pose is so diverse and can be built upon very easily.

1. Have him face you directly and place his feet shoulder width apart.
2. Make sure his toes are pointing towards you and not outwards.
3. Have him place his hands in his pockets. His thumbs can be out or in, we generally prefer in.
4. Tell him to roll his shoulders gently down his back to help him stand nice and tall.

This is such a classic and masculine pose. You can change the pose up by having him look off to the side, having him do a closed lip smile, or having him turn slightly away from you and drop one hand from a pocket.

POSE TWO: LOOK OVER SHOULDER

Ask him to stand facing away from you at a 45 degree angle with his feet shoulder width apart. If he has a phone or keys in his back pocket, have him remove them!

Have him place his hands in his pockets and then turn at the waist slightly to look over his shoulder at you.

You could have him grab his lapel or drop the hand furthest from you to change this pose up!

We love this pose because of its sophistication.



POSE THREE: LEANING

If there is a clean and bright wall nearby, we love using it for posing! Using a wall for him to lean on adds variety to your poses as well as refined sophistication to the photos.

There are a few ways you could have him lean against the wall: one way is to have him lean his back against the wall, cross one ankle over the other, and place both hands in his pockets. Shooting at an angle can also really help the composition and make him pop from the background!

You could vary that pose by having him bring one foot up and place it on the wall directly behind him with his hands in his pockets still.





POSE FOUR: WALKING

We love the movement walking brings to photos. Guide him to the place you'd like him to begin walking. Ask him to place both hands in pockets or to place one hand in his pocket with the other out.

You could vary this pose by having him take both hands out of his pockets or having him run his hands softly through his hair, without pulling it taut.



05

SITTING

Sitting shots are another great way to add variety and showcase masculinity.

If there are stairs, big rocks, or fences nearby, ask him to sit! We generally ask them to sit close to the edge and lean their forearms onto their knees, relaxing their hands or clasping them together.

You could also have them lean one arm back, resting their elbow behind them and bringing the other arm across the front.

