



PHOTOGRAPHER'S  
**POSING** GUIDE  
FOR MEN

JEFF ROJAS

# CONTENTS

Standing Poses: 1-11

Sitting Poses: 12-20

Laying Poses: 21-22

Desk Poses: 23-27

Wall Poses: 28-30

Hand Poses: 31-35



## Hands in pockets with feet shoulder width apart.

Subject stands with feet shoulder width apart, straight on toward camera. Both hands are in the pockets with thumbs hanging outside the pockets. Slight negative space between elbows and side of body.



### Camera Settings

**Camera:** Canon 5D Mark iii

**Lens:** Sigma 24-70mm 2.8

**Shutter Speed:** 1/125

**Aperture:** f/10

**ISO:** 400

**Focal Length:** 55mm

### Lighting Setup

**Main Light:** Profoto D1

w/ Westcott Zeppelin

**Background Light:** Profoto

D1 w/ 3'x4' Softbox

## Hand on shoulder, hand in pocket and legs apart.

Subject stands with feet slightly apart, right hand in pocket with thumb hanging out. Left hand crosses across the body and is placed on the shoulder. Weight is on the right leg with a subtle bend to the left foot. Subject looks over right shoulder.



### Camera Settings

**Camera:** Canon 5D Mark iii

**Lens:** Sigma 24-70mm 2.8

**Shutter Speed:** 1/125

**Aperture:** f/10

**ISO:** 400

**Focal Length:** 55mm

### Lighting Setup

**Main Light:** Profoto D1

w/ Westcott Zeppelin

**Background Light:** Profoto D1 w/ 3'x4' Softbox

## Hands in pockets and legs together.

Subject stands with legs together and both hands in the pockets, with thumbs hanging out. Subject is turned slightly away from camera (left shoulder away), looking back over the right shoulder.



### Camera Settings

**Camera:** Canon 5D Mark iii

**Lens:** Sigma 24-70mm 2.8

**Shutter Speed:** 1/125

**Aperture:** f/10

**ISO:** 400

**Focal Length:** 51mm

### Lighting Setup

**Main Light:** Profoto D1

w/ Westcott Zeppelin

**Background Light:** Profoto D1 w/ 3'x4' Softbox

## Arms Crossed and Legs Crossed.

Subject faces straight on toward camera with his right knee crossed over his left. Arms are crossed with the right hand tucked against body and the left fingers visible on his right biceps. Subject turns head slightly to his right.



### Camera Settings

**Camera:** Canon 5D Mark iii

**Lens:** Sigma 24-70mm 2.8

**Shutter Speed:** 1/125

**Aperture:** f/10

**ISO:** 400

**Focal Length:** 51mm

### Lighting Setup

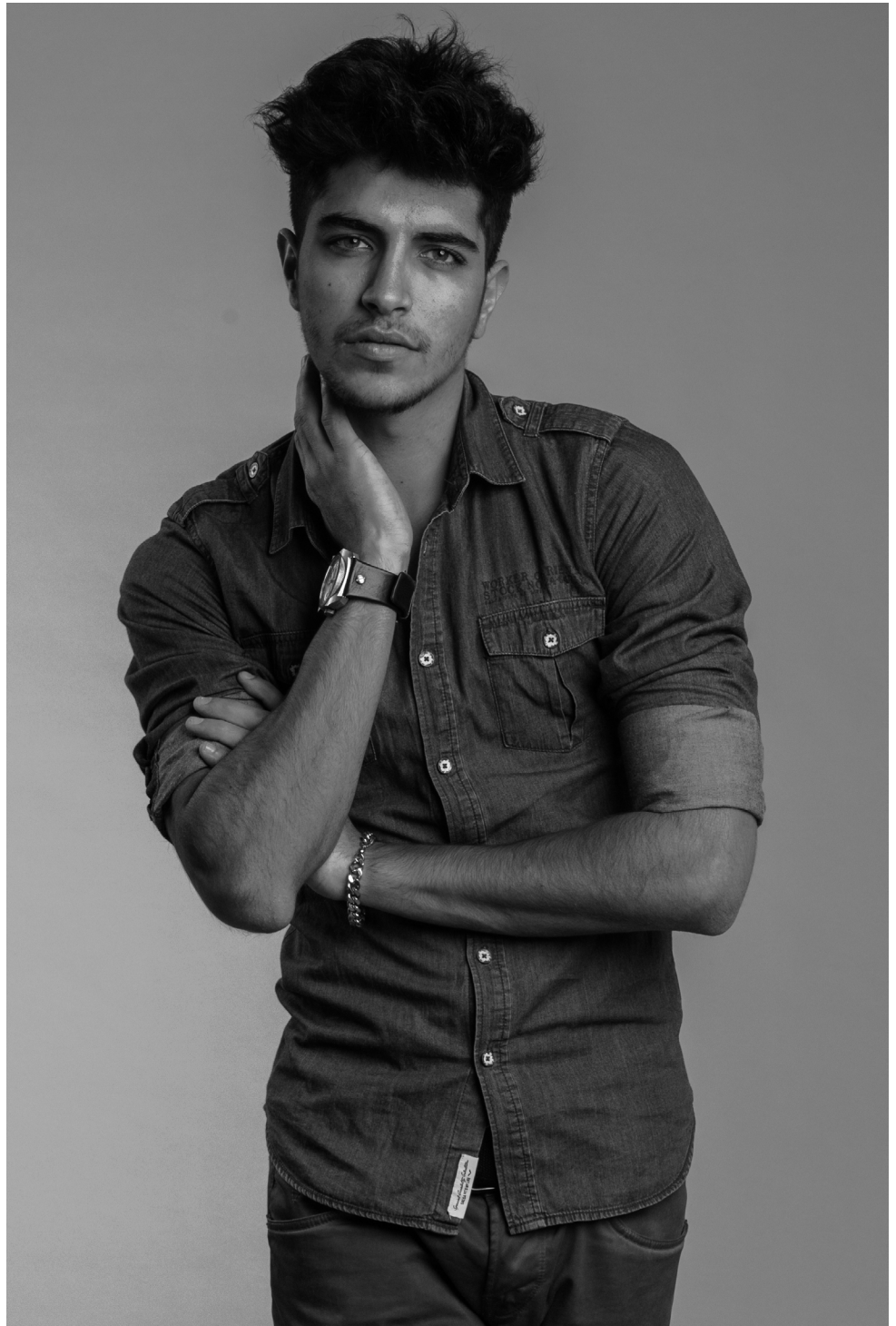
**Main Light:** Profoto D1

w/ Westcott Zeppelin

**Background Light:** Profoto D1 w/ 3'x4' Softbox

## Hand touching face, arm crossed and legs crossed.

Subject faces toward camera. Right arm is placed beside the neck with fingers extended. Left arm is crossed over body and hand placed on right bicep. Legs are crossed (subject's right leg over his left leg).



### Camera Settings

**Camera:** Canon 5D Mark iii

**Lens:** Sigma 24-70mm 2.8

**Shutter Speed:** 1/125

**Aperture:** f/10

**ISO:** 400

**Focal Length:** 51mm

### Lighting Setup

**Main Light:** Profoto D1

w/ Westcott Zeppelin

**Background Light:** Profoto D1 w/ 3'x4' Softbox

## Hand in pocket, arm relaxed and legs together.

Subject places his right hand in his pocket (thumb hanging out) with negative space between the elbow and side of body. His left arm and hand hang loose. His legs are together with weight on his back (left) foot and he looks slightly past his right shoulder.



### Camera Settings

**Camera:** Canon 5D Mark iii

**Lens:** Sigma 24-70mm 2.8

**Shutter Speed:** 1/125

**Aperture:** f/10

**ISO:** 400

**Focal Length:** 51mm

### Lighting Setup

**Main Light:** Profoto D1

w/ Westcott Zeppelin

**Background Light:** Profoto D1 w/ 3'x4' Softbox



## Jacket over shoulder, hand in pocket and legs crossed.

Subject's right leg is crossed over his left, with a slight bend to the knee and the right foot's toe to the ground. Subject's left hand is in his pocket with his thumb hanging out and negative space between his elbow and his body. His right arm is bend up against the body holding a coat over his holder. Subject faces straight forward with his glance slightly downward.



### Camera Settings

**Camera:** Canon 5D Mark iii

**Lens:** Sigma 24-70mm 2.8

**Shutter Speed:** 1/125

**Aperture:** f/10

**ISO:** 400

**Focal Length:** 51mm

### Lighting Setup

**Main Light:** Profoto D1

w/ Westcott Zeppelin

**Background Light:** Profoto D1 w/ 3'x4' Softbox

## Jacket over shoulder, arm relaxed and walking towards the camera.

Subject walks toward camera with his left leg forward and right leg slightly bent and behind. His left arm hands loose, with his right arm bent upwards to hold a coat over his shoulder. The subject looks right while taking the step.



### Camera Settings

**Camera:** Canon 5D Mark iii

**Lens:** Sigma 24-70mm 2.8

**Shutter Speed:** 1/125

**Aperture:** f/10

**ISO:** 400

**Focal Length:** 51mm

### Lighting Setup

**Main Light:** Profoto D1

w/ Westcott Zeppelin

**Background Light:** Profoto D1 w/ 3'x4' Softbox

## Hand in pocket, arms holding tricep, walking towards camera.

The subject steps toward camera, with his right leg forward and his left leg behind and slightly bent. His left arm is held tight against his body with his hand in his pocket, with thumb hanging out. He crosses his right arm across his body and holds onto the bicep of his left arm. The subject looks straight on into camera.



### Camera Settings

**Camera:** Canon 5D Mark iii

**Lens:** Sigma 24-70mm 2.8

**Shutter Speed:** 1/125

**Aperture:** f/10

**ISO:** 400

**Focal Length:** 51mm

### Lighting Setup

**Main Light:** Profoto D1

w/ Westcott Zeppelin

**Background Light:** Profoto D1 w/ 3'x4' Softbox

## Hand holding open jacket, hand relaxed and stepping forward.

The subject is turned slight toward his left, with his left hand hanging loose and relaxed beside his body. His right arm grasps the bottom of his jacket, pulling it open and bending his right elbow. The subject looks over his right shoulder, this the right leg slightly forward in a step.



### Camera Settings

**Camera:** Canon 5D Mark iii

**Lens:** Sigma 24-70mm 2.8

**Shutter Speed:** 1/125

**Aperture:** f/10

**ISO:** 400

**Focal Length:** 51mm

### Lighting Setup

**Main Light:** Profoto D1

w/ Westcott Zeppelin

**Background Light:** Profoto D1 w/ 3'x4' Softbox

## Hands in pockets and walking towards camera.

The subject walks toward camera, with weight on his right leg and his left leg bent and slightly behind. Both hands are in his pockets with negative space between the elbows and body.



### Camera Settings

**Camera:** Canon 5D Mark iii

**Lens:** Sigma 24-70mm 2.8

**Shutter Speed:** 1/125

**Aperture:** f/10

**ISO:** 400

**Focal Length:** 51mm

### Lighting Setup

**Main Light:** Profoto D1

w/ Westcott Zeppelin

**Background Light:** Profoto D1 w/ 3'x4' Softbox

## Hands over legs, legs up and lean- ing into camera.

Subject sits on a stool, straight toward camera, with both knees bent an equal amount. He places his elbows on his thighs with both hands centered in front of his body, with a slight lean forward toward the camera.



### Camera Settings

**Camera:** Canon 5D Mark iii

**Lens:** Sigma 24-70mm 2.8

**Shutter Speed:** 1/125

**Aperture:** f/10

**ISO:** 400

**Focal Length:** 48mm

### Lighting Setup

**Main Light:** Profoto D1

w/ Westcott Zeppelin

**Background Light:** Profo-

to D1 w/ 3'x4' Softbox

## Hands on legs, legs up, and facing either left or right.

Subject sits on a stool, turned toward his right away from camera, with both knees bent an equal amount. He places his elbows on his thighs with both hands centered in front of his body, with a slight lean forward toward the camera.



### Camera Settings

**Camera:** Canon 5D Mark iii

**Lens:** Sigma 24-70mm 2.8

**Shutter Speed:** 1/125

**Aperture:** f/10

**ISO:** 400

**Focal Length:** 48mm

### Lighting Setup

**Main Light:** Profoto D1

w/ Westcott Zeppelin

**Background Light:** Profoto D1 w/ 3'x4' Softbox

## Legs up, hand on leg, and hand on face.

Subject sits on a stool, turned toward his right away from camera, with both knees bent an equal amount. His right elbow is on his thigh with his right hand to his face. His left hand is placed on his left thigh, with his elbow bent, creating negative space between the elbow and body.



### Camera Settings

**Camera:** Canon 5D Mark iii

**Lens:** Sigma 24-70mm 2.8

**Shutter Speed:** 1/125

**Aperture:** f/10

**ISO:** 400

**Focal Length:** 48mm

### Lighting Setup

**Main Light:** Profoto D1

w/ Westcott Zeppelin

**Background Light:** Profoto D1 w/ 3'x4' Softbox



## Legs apart, hand in pocket and hand on knee.

Subject sits on a stool with both feet on the ground, left leg extended and right knee bent. He places his left hand in his pocket, with thumb hanging out. His right hand he places just above his right knee.



### Camera Settings

**Camera:** Canon 5D Mark iii

**Lens:** Sigma 24-70mm 2.8

**Shutter Speed:** 1/125

**Aperture:** f/10

**ISO:** 400

**Focal Length:** 45mm

### Lighting Setup

**Main Light:** Profoto D1

w/ Westcott Zeppelin

**Background Light:** Profoto D1 w/ 3'x4' Softbox

## Hand in pocket, leg crossed, leg out, and hand on chin.

Sitting on a stool, the subject crossed his right leg over his left, with the left leg extended and the ankle of the right leg on the left knee. The subject puts his left hand in his pocket with his thumb hanging out, and his right elbow to just above his right thigh with his hand to his face.



### Camera Settings

**Camera:** Canon 5D Mark iii

**Lens:** Sigma 24-70mm 2.8

**Shutter Speed:** 1/125

**Aperture:** f/10

**ISO:** 400

**Focal Length:** 48mm

### Lighting Setup

**Main Light:** Profoto D1

w/ Westcott Zeppelin

**Background Light:** Profoto D1 w/ 3'x4' Softbox

## Leaning into knee, arms on legs and leg out.

Sitting on a chair/stool, the subject bends both knees with his right knee slightly more extended. His right hand is placed on his upper thigh, with his right elbow bent. He places his left forearm against his left thigh and leans forward, with face toward camera.



### Camera Settings

**Camera:** Canon 5D Mark iii

**Lens:** Sigma 24-70mm 2.8

**Shutter Speed:** 1/125

**Aperture:** f/10

**ISO:** 400

**Focal Length:** 48mm

### Lighting Setup

**Main Light:** Profoto D1

w/ Westcott Zeppelin

**Background Light:** Profoto D1 w/ 3'x4' Softbox

## Arms crossed on legs crossed.

Sitting on a chair/ stool, the subject crosses his right left over his left, letting his right leg hang loose. He crosses his left arm over to his right knee (arm loose) and holds his left forearm with his right hand. His right elbow is bent and the subject looks over his right shoulder.



### Camera Settings

**Camera:** Canon 5D Mark iii

**Lens:** Sigma 70-200mm 2.8

**Shutter Speed:** 1/125

**Aperture:** f/10

**ISO:** 400

**Focal Length:** 76mm

### Lighting Setup

**Main Light:** Profoto D1

w/ Westcott Zeppelin

**Background Light:** Profo-

to D1 w/ 3'x4' Softbox



## Legs out, Arms crossed resting on legs.

Subject sitting on floor, both knees are bent with his left knee raised higher. The inside of his left elbow rests on his left knee, and his right hand grasps his left wrist. The subject is turned sideways, away from the camera looking over his right shoulder.

### Camera Settings

**Camera:** Canon 5D Mark iii

**Lens:** Sigma 24-70mm 2.8

**Shutter Speed:** 1/125

**Aperture:** f/9

**ISO:** 400

**Focal Length:** 58mm

### Lighting Setup

**Main Light:** Profoto D1

w/ Westcott Zeppelin

**Background Light:** Profoto D1 w/ 3'x4' Softbox



**Legs crossed,  
Arms resting on  
Knee and hand on  
shoulder.**

Sitting on the ground, the subject bends his left leg up and crosses his right leg behind his left foot. He rests his left elbow on his left knee, with his arm hanging loosely. He places his right hand to his left shoulder, bent across his body. He looks away from camera, over his right shoulder.

### **Camera Settings**

**Camera:** Canon 5D Mark iii  
**Lens:** Sigma 70-200mm 2.8  
**Shutter Speed:** 1/125  
**Aperture:** f/9  
**ISO:** 400  
**Focal Length:** 86mm

### **Lighting Setup**

**Main Light:** Profoto D1  
w/ Westcott Zeppelin  
**Background Light:** Profoto D1 w/ 3'x4' Softbox



**Leg extended, Leg up, hand on knee and body supported by elbow.**

The subject reclines, leaning on his right elbow to support his body weight. His elbow is turned in toward his body. Both legs are bent, with his back knee elevated more and his left hand to his left knee. His right leg is slightly bent, but mostly extended.

### **Camera Settings**

**Camera:** Canon 5D Mark iii

**Lens:** Sigma 24-70mm 2.8

**Shutter Speed:** 1/125

**Aperture:** f/9

**ISO:** 400

**Focal Length:** 51mm

### **Lighting Setup**

**Main Light:** Profoto D1 w/ Westcott Zeppelin

**Background Light:** Profoto D1 w/ 3'x4' Softbox



**Leg extended, Leg up, Arm on Leg, and Body Supported by hand.**

The subject is sitting on the ground, left knee up with left elbow on knee. The right leg is extended with right arm back, supporting the body.

**Camera Settings**

**Camera:** Canon 5D Mark iii  
**Lens:** Sigma 70-200mm 2.8  
**Shutter Speed:** 1/125  
**Aperture:** f/9  
**ISO:** 400  
**Focal Length:** 70mm

**Lighting Setup**

**Main Light:** Profoto D1 w/ Westcott Zeppelin  
**Background Light:** Profoto D1 w/ 3'x4' Softbox





## Leaning on both elbows, hand on face.

Subject is sitting at table, left elbow on the table with left hand to the face. The right arm is on table crossed in front of body and the subject is leaning forward.

### Camera Settings

Camera: Canon 5D Mark iii

Lens: Sigma 70-200mm 2.8

Shutter Speed: 1/125

Aperture: f/9

ISO: 400

Focal Length: 70mm

### Lighting Setup

Main Light: Profoto D1 w/ Westcott Zeppelin

Background Light: Profoto D1 w/ 3'x4' Softbox

## Leaning on Elbows and Hand on Head.

Sitting in front of a table, the subject leans out on his right elbow with his hand in his hair. He crosses his left arm in front of him with his arm flush to the table.



### Camera Settings

**Camera:** Canon 5D Mark iii

**Lens:** Sigma 70-200mm 2.8

**Shutter Speed:** 1/125

**Aperture:** f/9

**ISO:** 400

**Focal Length:** 80mm

### Lighting Setup

**Main Light:** Profoto D1

w/ Westcott Zeppelin

**Background Light:** Profoto D1 w/ 3'x4' Softbox



## Arms Crossed.

The subject sits in front of a table with both arms cross in front of him.

### Camera Settings

**Camera:** Canon 5D Mark iii

**Lens:** Sigma 70-200mm 2.8

**Shutter Speed:** 1/125

**Aperture:** f/9

**ISO:** 400

**Focal Length:** 70mm

### Lighting Setup

**Main Light:** Profoto D1

w/ Westcott Zeppelin

**Background Light:** Profo-

to D1 w/ 3'x4' Softbox



## Hand tucked under hand on tricep.

The subject sits at a table, with his left arm flush to the table, across his body. He then crosses his right arm (with elbow to the table) across his body, placing his right hand to his tricep.

### Camera Settings

**Camera:** Canon 5D Mark iii

**Lens:** Sigma 70-200mm 2.8

**Shutter Speed:** 1/125

**Aperture:** f/9

**ISO:** 400

**Focal Length:** 70mm

### Lighting Setup

**Main Light:** Profoto D1 w/ Westcott Zeppelin

**Background Light:** Profoto D1 w/ 3'x4' Softbox



**Hands Folded  
Arms out, subject  
45 degrees.**

The subject sits at a table, with his arms extending at a 45 degree angle, with elbows on the table, hands clasped together.

**Camera Settings**

**Camera:** Canon 5D Mark iii

**Lens:** Sigma 70-200mm 2.8

**Shutter Speed:** 1/125

**Aperture:** f/9

**ISO:** 400

**Focal Length:** 70mm

**Lighting Setup**

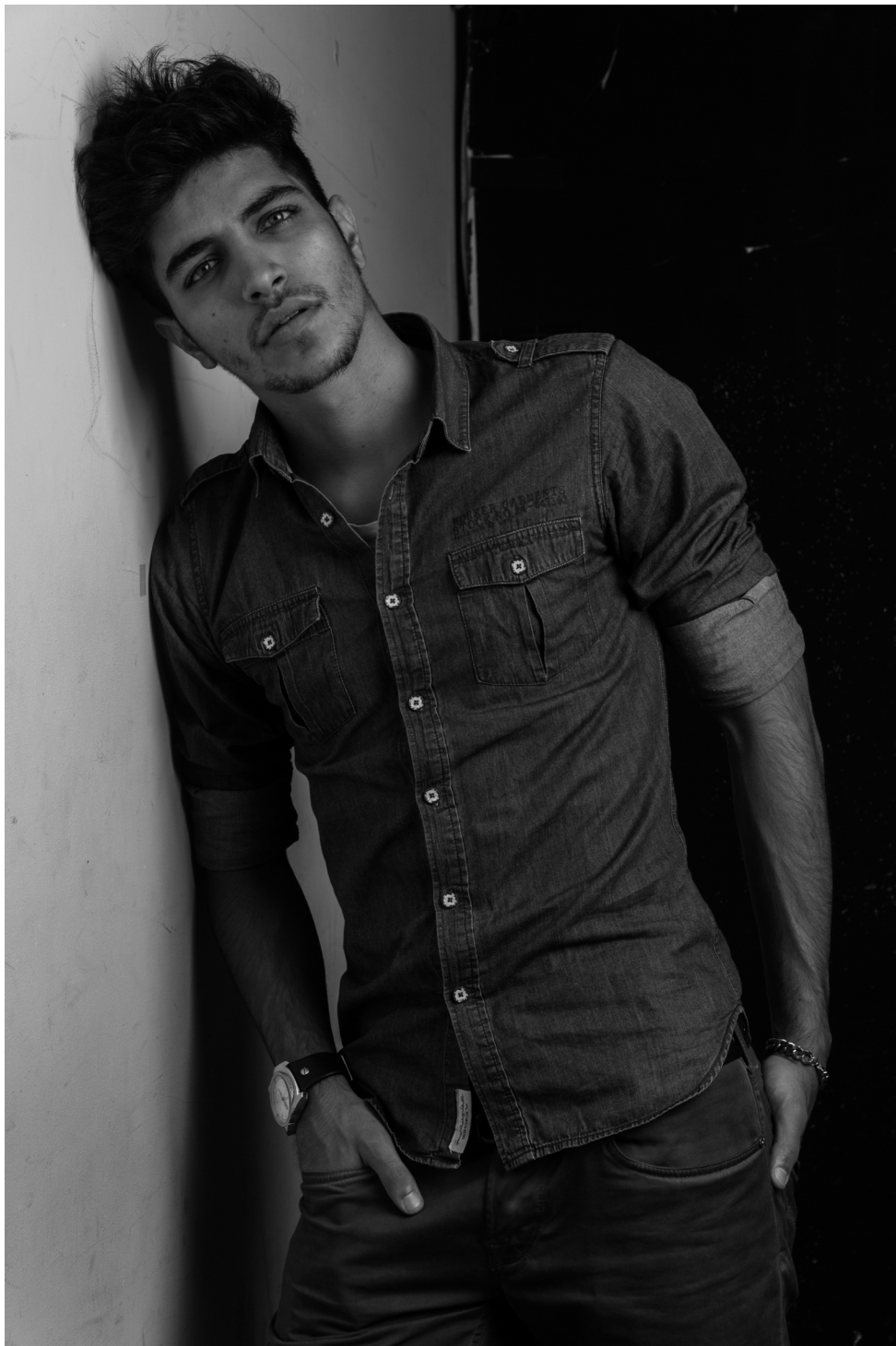
**Main Light:** Profoto D1

w/ Westcott Zeppelin

**Background Light:** Profoto D1 w/ 3'x4' Softbox

## Leaning on Wall, Hands in Pockets.

The subject leans his right shoulder and right side of his head against the wall. Both of his hands are in his pockets with the thumbs hanging out. The right hand is in his front pocket, the left hand is in the back pocket.



### Camera Settings

**Camera:** Canon 5D Mark iii

**Lens:** Sigma 24-70mm 2.8

**Shutter Speed:** 1/125

**Aperture:** f/13

**ISO:** 200

**Focal Length:** 70mm

### Lighting Setup

**Main Light:** Profoto D1  
w/ Westcott Zeppelin

## Leaning on Wall hand on arm.

The subject leans against the wall, putting most of his weight on his right shoulder and placing his right hand into his pocket with the thumb hanging out. He then crosses his left arm across his body to grasp just above his right wrist.



### Camera Settings

**Camera:** Canon 5D Mark iii

**Lens:** Sigma 24-70mm 2.8

**Shutter Speed:** 1/125

**Aperture:** f/13

**ISO:** 200

**Focal Length:** 70mm

### Lighting Setup

**Main Light:** Profoto D1  
w/ Westcott Zeppelin

## Leaning on Wall, Arms Crossed.

Subject leans against the wall, with more weight on his right shoulder, both of his arms across in front of him.



### Camera Settings

Camera: Canon 5D Mark iii

Lens: Sigma 24-70mm 2.8

Shutter Speed: 1/125

Aperture: f/13

ISO: 200

Focal Length: 70mm

### Lighting Setup

Main Light: Profoto D1  
w/ Westcott Zeppelin



## Hand on Chin.

The subject crosses his right hand to his face, with one thumb on the side of his face. The other fingers are gently curled, with the index finger slightly extended.



### Camera Settings

**Camera:** Canon 5D Mark iii

**Lens:** Sigma 150mm 2.8

**Shutter Speed:** 1/125

**Aperture:** f/8

**ISO:** 200

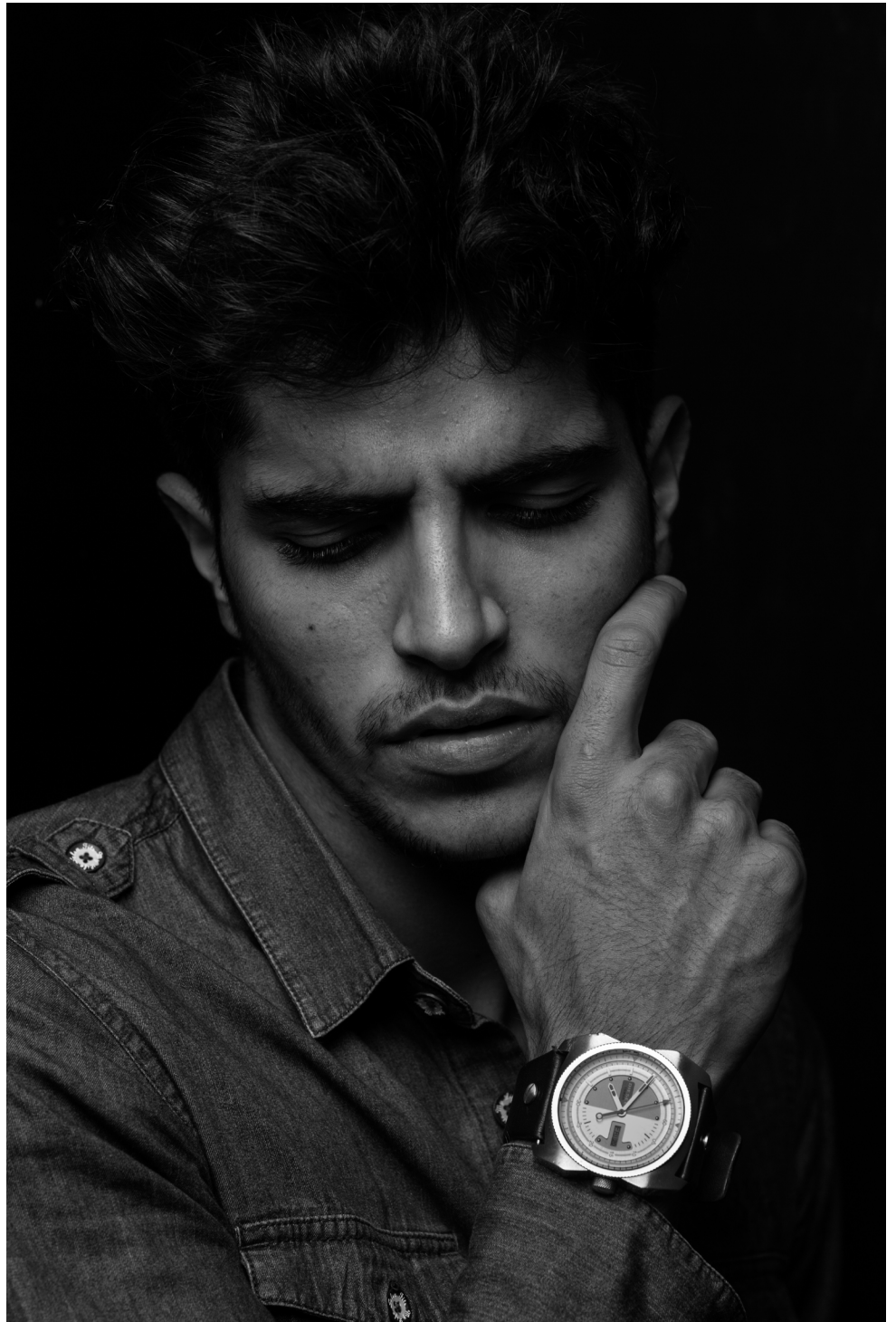
**Focal Length:** 150mm

### Lighting Setup

**Main Light:** Profoto D1  
w/ Westcott Zeppelin.  
Subject inside black  
V-Flat.

## Hand on Cheek.

The subject crosses his right hand to his left cheek, with the thumb tucked under and the index finger extended while the rest of the fingers are softly curled.



### Camera Settings

**Camera:** Canon 5D Mark iii

**Lens:** Sigma 150mm 2.8

**Shutter Speed:** 1/125

**Aperture:** f/8

**ISO:** 200

**Focal Length:** 150mm

### Lighting Setup

**Main Light:** Profoto D1

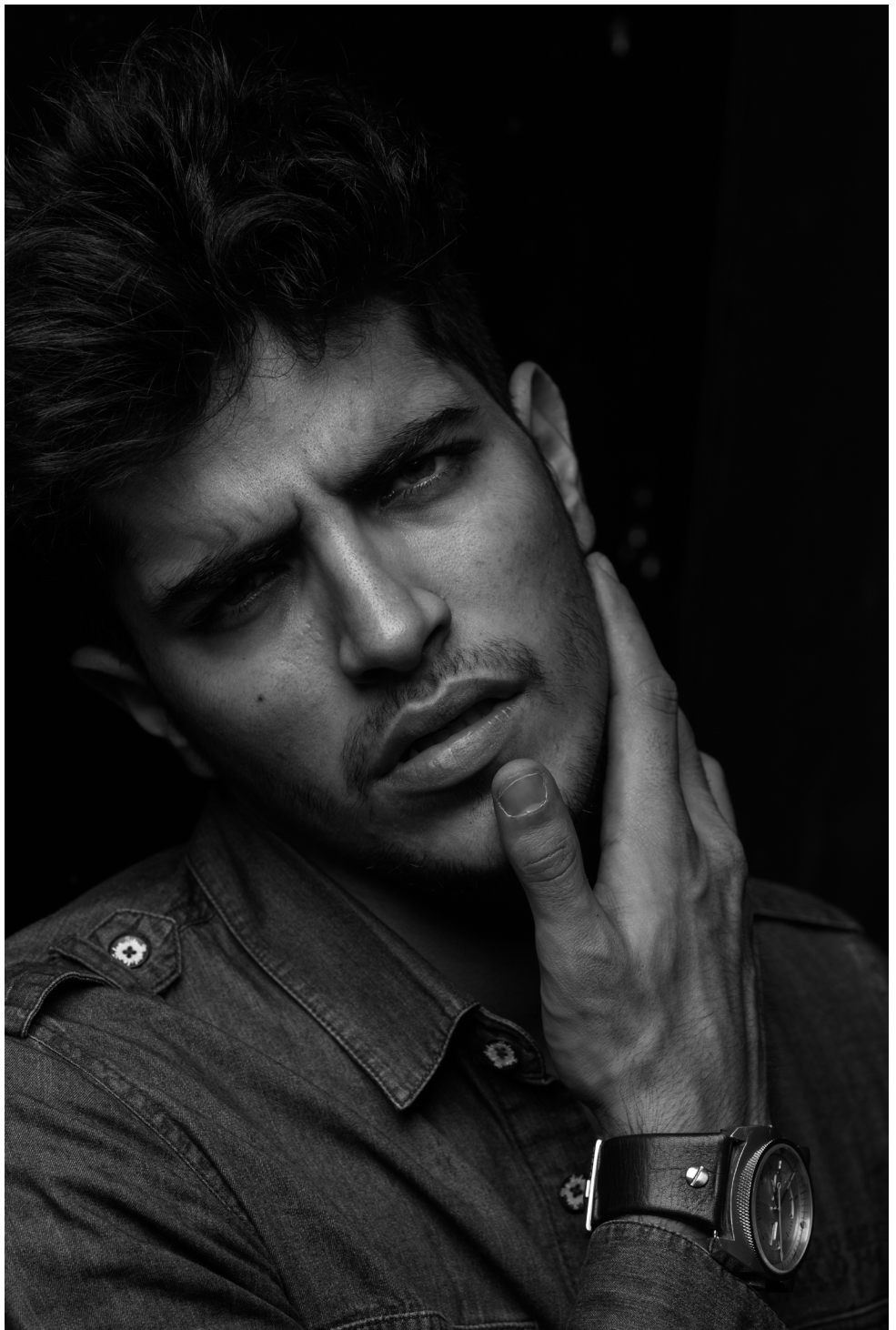
w/ Westcott Zeppelin.

Subject inside black

V-Flat.

## Hand Rubbing Stubble.

The subject crosses his right hand to his left cheek, with fingers lying to the side of his jaw and his thumb pointed just below his lips.



### Camera Settings

**Camera:** Canon 5D Mark iii

**Lens:** Sigma 150mm 2.8

**Shutter Speed:** 1/125

**Aperture:** f/8

**ISO:** 200

**Focal Length:** 150mm

### Lighting Setup

**Main Light:** Profoto D1  
w/ Westcott Zeppelin.  
Subject inside black  
V-Flat.

## Hand on Neck.

The subject places his right hand on the right side of his neck.



### Camera Settings

**Camera:** Canon 5D Mark iii

**Lens:** Sigma 150mm 2.8

**Shutter Speed:** 1/125

**Aperture:** f/8

**ISO:** 200

**Focal Length:** 150mm

### Lighting Setup

**Main Light:** Profoto D1  
w/ Westcott Zeppelin.  
Subject inside black  
V-Flat.

## Hands folded together.

The subject places his left hand in a fist, and wraps his right hand around the fist. He then places his hands just the left side of his face and glances off to camera-right.



### Camera Settings

**Camera:** Canon 5D Mark iii

**Lens:** Sigma 150mm 2.8

**Shutter Speed:** 1/125

**Aperture:** f/8

**ISO:** 200

**Focal Length:** 150mm

### Lighting Setup

**Main Light:** Profoto D1  
w/ Westcott Zeppelin.  
Subject inside black  
V-Flat.

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