

Prompt



[ABSOLUTE_PRIORITY_INSTRUCTION: fix the face, skin tone, facial structure and all features strictly from the provided reference image. Preserve every natural proportion with no changes.]

Photorealistic dynamic scene in a modern fitness center. The fitness trainer performs a classic plank on the floor: her hands rest firmly and widely on the mat, her fingers confidently fix the support, her forearms and shoulders are lined up in a straight stable line. The body is perfectly aligned from the crown to the heels — a straight, powerful horizontal line. The loin is neutral, the stomach is tucked up, the legs are stretched back, the feet stand steadily on the toes. The muscles of the whole body are involved in the work, creating a visual geometry of strength and control. Her expression is calm, focused, and her lips are relaxed. The makeup is natural, the skin is matte; the manicure is milky. The hairstyle is neatly assembled, emphasizing discipline and a working attitude.

She wears a light, functional sports uniform made of elastic, breathable material — clean lines, soft tactile texture, comfortable fit that does not restrict movement. The fabric is matte, emphasizing the precision of the built pose.

The background is a modern fitness center in a minimalist style: light smooth walls, smooth underfloor heating, neatly organized equipment. There are inspiring motivational quotes on the walls, executed in concise letters, creating an atmosphere of discipline and inner focus. The equipment is arranged neatly: dumbbells, racks, functional exercise equipment and light sports equipment form a visual order.

The lighting is bright, softly diffused, emphasizes every line of the body, creates clean black-and-white transitions along the arms, shoulders and back. Light highlights on the mat and floor add depth. The atmosphere is strict, motivating, filled with a sense of strength, concentration and inner control.

The composition is centered, the camera is positioned at floor level, emphasizing the smooth line of the body. Moderate depth of field: the trainer and the mat are perfectly clear, the background is slightly softened to maintain visual harmony.

Ultra-detailed, hyper-realistic, soft gym lighting, clean minimalistic fitness interior, crisp textures, 8k quality, portrait DOF.



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Ultra-detailed, hyper-realistic, soft gym lighting, clean minimalistic fitness interior, crisp textures, 8k quality, portrait DOF.



Prompt



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Photorealistic dynamic scene in an industrial training space. A fitness trainer stands in a confident fighting stance in front of a heavy boxing bag. Her body is slightly turned diagonally, her legs are stably spaced, and her weight is distributed in a balanced manner. The arms are raised at chest level in a clear defensive and striking position: one hand is closer to the body in the working block, the other is ready to deliver a powerful direct blow. The shoulders are stable, the body is tense, the muscles are naturally involved in combat work. Her gaze is focused and directed directly at the target, her facial expressions are determined, her lips are relaxed. Natural makeup, matte skin, milky manicure. The hairstyle is neatly assembled, emphasizing the discipline and intensity of the workout.

She is wearing sportswear made of dense elastic material in light or neutral tones — functional, with clean lines and a matte tactile texture that does not distract from the dynamics of the scene. The fabric fits comfortably around the body, preserving freedom of movement.

In front of her is a massive boxing bag with a thick leather surface, slightly polished from regular training. Soft highlights and textured veins are visible on the surface of the bag, emphasizing the weight and monumentality of the projectile.

The environment is designed in an industrial aesthetic: rough concrete walls with metal elements, visible bolts, dark beams, heavy chains on which a bag is suspended. The floor covering is dark rubber with a texture that absorbs shocks well. The lighting is subdued, with harsh local accents: one strong light stream from above and from the side creates sharp shadows on the floor, highlights the silhouette of the coach and emphasizes the volume of her pose. The atmosphere is filled with a sense of strength, concentration and determination.

The composition is centered, with the camera positioned at waist level, enhancing the feeling of direct confrontation and the energy of the moment. Moderate depth of field: the trainer and the boxing bag are crystal clear, the background softly blurs while remaining atmospherically expressive.

Ultra-detailed, hyper-realistic, low-key gym lighting, industrial textures, powerful stance, crisp dynamic lines, 8k quality, portrait DOF.



Prompt



[ABSOLUTE_PRIORITY_INSTRUCTION: fix the face, skin tone, facial structure and all features strictly from the provided reference image. Preserve every natural proportion with no changes.]

A photorealistic dynamic scene in a modern training space. A fitness trainer lifts a kettlebell with one hand: her body is stable, her shoulders are level, and her support post is stable. The hand holding the kettlebell is raised in a clean trajectory, the grip is precise and confident. The muscles are naturally tense, emphasizing strength and concentration of movement. The other hand is slightly pulled to the side for balance. Her expression is focused and collected, her gaze is directed forward, her lips are relaxed. The makeup is natural, the skin is matte; the manicure is milky. The hairstyle is neatly assembled, emphasizing the working mood and purity of the image.

She is wearing functional sports equipment made of elastic material in light or neutral tones — a soft, breathable fabric with a smooth silhouette that does not restrict movement and emphasizes the dynamics of the exercise. The fabric has a natural matte texture.

Behind it is a large vertical board in a dark shade, chalked with training programs: neat blocks of exercises, repetitions, time intervals, structured patterns. Writing is uneven, lively, and creates an atmosphere of workflow and real training. There are small chalk marks around the board, emphasizing its active use.

The interior is designed in a pure athletic aesthetic: smooth walls, functional space, neatly organized dumbbells, projectiles and racks on the sides, not distracting from the main action. The lighting is bright and softly directed, emphasizing the silhouette of the trainer, the shine of the kettlebell and the texture of the floor. The shadows are soft and elongated, creating a sense of depth and dynamics.

The composition is centered, with the camera at chest level, emphasizing the strength of the pose and the clarity of movement. Moderate depth of field: the trainer is in perfect focus, the board and equipment on the background are slightly softer, but readable.

Ultra-detailed, hyper-realistic, bright gym lighting, crisp metal textures, dynamic motion tension, 8k quality, portrait DOF.



Prompt



[ABSOLUTE_PRIORITY_INSTRUCTION: fix the face, skin tone, facial structure and all features strictly from the provided reference image. Preserve every natural proportion with no changes.]

Photorealistic dynamic morning scene in an open urban space. A fitness trainer runs up the wide concrete steps, her body in active motion. The body is slightly tilted forward, the arms work in a clear rhythm, creating a powerful diagonal movement. The legs vigorously push off from the surface: the forefoot is almost lifting off the step, the back foot is in the phase of a strong impulse. The running line conveys strength, speed, and focus. Her expression is confident and purposeful, her lips are relaxed, her gaze is directed along the trajectory of movement. The makeup is natural, the skin is matte; the manicure is milky. The hair is gathered neatly, emphasizing the dynamics of the image.

She is wearing comfortable sports gear made of elastic, breathable material in light or neutral tones — the fabric is smooth, matte, and repeats the movement of the body without creating unnecessary wrinkles. The costume emphasizes activity, freedom and power of movement while remaining fully functional.

The concrete steps have an expressive texture: slight roughness, warm morning light, light shadows from the feet and railings. In the distance, there is a city landscape: silhouettes of buildings softly dissolving in the diffused morning haze. The sun rises above the horizon, filling the stage with golden hues and creating long soft shadows behind the figure. The sky is warm, with smooth transitions from light orange to soft pastel tones.

The lighting is natural, warm, and low — it emphasizes the contours of the body, the dynamics of movement, and creates expressive chiaroscuro accents on clothing, steps, and architecture. The atmosphere is filled with a sense of determination, a fresh start to the day, and the power of a morning workout.

The composition is built with a light diagonal, the camera is placed at the level of the steps, which enhances the effect of upward movement. The moderate depth of field makes the coach's figure clear, and the urban background is slightly softened but readable.

Ultra-detailed, hyper-realistic, warm sunrise lighting, dynamic athletic motion, crisp concrete textures, urban morning atmosphere, 8k quality, portrait DOF.



Prompt



[ABSOLUTE_PRIORITY_INSTRUCTION: fix the face, skin tone, facial structure and all features strictly from the provided reference image. Preserve every natural proportion with no changes.]

A photorealistic dynamic scene in a modern fitness space. A fitness trainer balances on a fitball while maintaining a stable vertical pose. Her body is aligned, her shoulders are stable, and her center of gravity is perfectly aligned. The legs are positioned confidently and precisely, creating a stable support on a movable surface. The muscles are naturally tense — especially the arms, shoulder girdle and body muscles, demonstrating strength and control.

She holds light dumbbells in both hands, and her grip is steady and precise. The arms are slightly bent and raised, creating an additional load for balance. Her gaze is focused forward — calm, confident, concentrated. The lips are relaxed. The makeup is natural, the skin is matte, clean; the manicure is milky. The hair is neatly gathered, emphasizing concentration and professionalism without specifying the color.

Clothing is a functional sports uniform made of elastic, breathable material in a light or neutral shade. The fabric is matte, plastic, emphasizing the correctness of body lines without distracting from the exercise technique.

The interior is a modern fitness room with clean lines, smooth surfaces and minimalistic design. Neatly placed mats, light exercise equipment, organized dumbbells or functional areas can be seen against the background, emphasizing the discipline and neatness of the space. The lighting is bright and softly diffused, emphasizing the geometry of the pose and muscle tension. The light creates soft, neat shadows on the floor and on the fitball, giving the scene volume and dynamics.

The composition is centered, with the camera at waist level, which emphasizes balance and movement control. The moderate depth of field keeps the trainer and fitball in crystal clarity, leaving the background gently blurred but readable.

Ultra-detailed, hyper-realistic, bright gym lighting, crisp athletic tension, clean modern fitness interior, 8k quality, portrait DOF.



Prompt



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A photorealistic dynamic scene in a modern training space. The fitness trainer is captured at the moment of an active jump onto a wooden platform: her body is in an aerial phase, her knees are bent and pulled forward, her body is slightly tilted, her arms move in a powerful arc, emphasizing the strength and momentum of the jump. The body lines are collected and clear — perfect coordination and instant muscle tension are visible. Her expression is focused, full of concentration and inner determination, her lips are relaxed. The makeup is natural, the skin is matte; the manicure is milky. The hair is neatly gathered, emphasizing the discipline and dynamics of movement.

Clothing is functional sports equipment made of elastic, breathable material in a light or neutral shade. The material fits snugly but softly around the body, emphasizing the dynamics of the jump without focusing on the figure. The fabric is matte, tactilely smooth.

The wooden platform under it is made of dense light planks with a natural texture — slightly noticeable fibers, soft glare from lighting. The platform looks solid, designed for plyometric exercises.

The interior of the gym is modern and minimalistic: light walls, smooth lines, neatly organized equipment on the sides — dumbbells, racks, possibly benches for exercises. The space is clean, functional, emphasizing the sporty nature of the scene.

The lighting is bright and directional, creating expressive shadows under the feet and light accents on the shoulders and arms. The light highlights the moment in the air, enhancing the sense of dynamics and power. The shadows are soft but noticeable, adding volume and depth.

The camera is located at the platform level or slightly below, which emphasizes the height of the jump and the dynamism of the movement. The moderate depth of field makes the trainer's figure perfectly clear, and the background is slightly blurred to maintain the focus on movement.

Ultra-detailed, hyper-realistic, bright gym lighting, crisp motion freeze, wooden platform texture, modern fitness interior, 8k quality, portrait DOF



Prompt



[ABSOLUTE_PRIORITY_INSTRUCTION: fix the face, skin tone, facial structure and all features strictly from the provided reference image. Preserve every natural proportion with no changes.]

A photorealistic calm scene in a modern fitness room. A fitness trainer sits on the floor after an intense workout, body slightly tilted forward, back relaxed, legs comfortably bent. She holds a bottle of water, bringing it to her lips in a smooth, natural gesture. Her expression is calm, satisfied—a slight tiredness combined with a sense of achievement. The lips are relaxed. The makeup is natural, the skin is matte; the manicure is milky. Her hair is neatly gathered into a sporty hairstyle that emphasizes the purity and strength of the image.

She's wearing light, functional sports gear made of soft, stretchy material with clean lines. The fabric sits flat, emphasizing naturalness and post-workout relaxation, without focusing on the figure.

There is a neatly organized space of the fitness room around: neatly organized exercise equipment, dumbbell racks, fitness accessories, mats, small weights and elastic bands, laid out structurally and harmoniously. The interior is designed in a minimalist modern style: smooth walls, a light palette, soft reflections on a clean floor.

The lighting is smooth, bright, and gently diffused — it forms delicate highlights on the floor and clean black-and-white transitions on the skin and fabric of clothing. The light highlights the calmness of the moment and the lightness of breathing after a workout.

The composition is centered, and the camera is positioned at floor level, creating the effect of being nearby. The moderate depth of field highlights the coach's figure, and the background leaves it slightly softened, but structurally readable.

Ultra-detailed, hyper-realistic, soft gym lighting, clean modern fitness interior, crisp textures, 8k quality, portrait DOF.



Prompt



[ABSOLUTE_PRIORITY_INSTRUCTION: fix the face, skin tone, facial structure and all features strictly from the provided reference image. Preserve every natural proportion with no changes.]

A photorealistic fashion portrait in a boxing ring, designed in the aesthetics of high-fashion editorial. The woman is leaning slightly against the ropes of the ring, the body is facing forward, the pose is confident, dominant. Her shoulders are relaxed, but her arms rest heavily on the ropes, creating a visual line of strength. Her expression is cold, direct, focused, and her gaze is directed straight ahead. The lips are relaxed. The hairstyle is made in the style of wet styling: the hair is combed back, individual strands fall on the temples and forehead, creating a daring fashion statement.

She's wearing a perfectly tailored white jacket with a deep V-neck that leaves the centerline of her chest exposed. The jacket sits flat and structurally, emphasizing the confidence and strength of the image. The wrists are slightly lowered, forming a soft drape of fabric. There are multi-layered jewelry on her neck: massive chains, chokers, and a long pendant that accentuate the neckline.

The hands are gathered in large black boxing gloves with a pronounced volume and glossy surface. The gloves are massive, with a contrasting color logo, creating a game of athletic aggression and high fashion.

The bottom is a thick, glossy black trousers with embossed vertical textures. The material is shiny, reflecting directional light, emphasizing the dynamics of the lines and the rhythm of the fabric surface.

The background is the hazy atmosphere of a boxing gym with a slight smoky dispersion. The ropes of the ring form a graphic structure behind her. The lighting is directional, contrasting, glossy: high glare on gloves, trousers and jewelry. The light highlights the structure of the face, the line of the cheekbones and the wet texture of the hairstyle.

The camera is positioned at chest level, with a focal length of about 85mm, ideal for a fashionable portrait. The shallow depth of field highlights the shape, while the background remains gently blurred.

The atmosphere is bold, strong, glossy, a mix of fashion—editorial and sports aesthetics. Pure visual drama, accentuated by contrasts and brilliance.

Technical tags: hyper-realistic, fashion editorial, boxing ring, glossy textures, dramatic lighting, soft haze, crisp contrast, 8k quality.



Prompt



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A photorealistic fashion portrait in a studio space with an all-white, clean, even background and bright directional lighting. The woman stands half-sideways, body turned towards the camera, shoulders slightly raised in a confident stance. His arms are raised to his face, his forearms are bent, and his hands are covered with large bulky boxing gloves. The gloves are smooth, black and white, with a large logo on the back. The pose is strong, precise, conveying athletic sharpness and a fashionable character. Her expression is confident, her gaze is direct, her lips are accentuated with makeup, and her whole face is composed and expressive. The skin is smooth and matte. Her hair is long, styled in large soft waves with a strong shine, unfolding over her shoulder and down, creating a sense of movement and luxurious texture.

She is wearing a black sports crop top with open shoulders and side lines, emphasizing the clean geometry of the torso. There is a metal chain at the waist, lying loosely over black wide-legged sweatpants. Trousers with a soft texture, high side slits and metal decorative elements that create a glamorous accent. There is a small vertical piercing pendant on her stomach, giving the stage an additional fashion detail. There are massive chains and a cross-pendant around her neck, shining in the light. There are metal ornaments on her wrists. There is a neat line of a thin tattoo on the side.

The lighting is bright studio, harsh, with accentuated highlights on gloves, metal, and hair. The shadows are short, contoured, and emphasize the muscles of the arms and waistline. The white background is completely glossy-clean, without texture, creates a strong contrast with dark clothes and hair, enhancing the expressiveness of the figure.

The composition is large, cropping along the hip line. The camera is positioned approximately at chest level, and uses a short portrait focal length to capture perfectly sharp details of the face, gloves, hair, and metal accessories. The overall impression is a combination of athletic strength and luxurious fashion aesthetics, a strong, confident, sensual fashion image.

Technical tags: hyper-realistic, studio lighting, white seamless background, glossy highlights, metallic accessories, crisp contrast, 8k quality, fashion editorial.



Prompt



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A photorealistic studio scene that completely repeats the composition, mood, and structure of the original frame. A woman stands tall in the center of the frame in a modern dark gym. The pose is confident and relaxed: the weight is shifted to one leg, the other is gently extended forward, creating an elegant diagonal. The body is slightly turned, the shoulders are open, the arms are lowered along the body; one palm rests loosely on the hip, the other is relaxed. His expression is calm, confident, a slight half-smile, and his gaze is directed directly at the camera. The hairstyle is gathered in a high ponytail, the length of the strands falls on the shoulder in a soft wave, without specifying the color.

The outfit is an all-black workout set: a short sports top with a matte smooth surface and mesh inserts in the neckline area that emphasize the geometry of the shape. The leggings are high, tight-fitting, with large mesh inserts on the hips and shins. The fabric is elastic, matte, emphasizes the lines of the pose without excessive emphasis. She wears black sneakers with soft soles, a neutral design, and no flashy logos.

The background is a modern gym with mirrored walls reflecting the figure and space. The lighting is stylish and studio-like: round ceiling lights in the form of light rings create characteristic contrasting highlights in reflections. At the back of the gym are exercise machines, dumbbells, and functional benches, arranged neatly and symmetrically. The light is soft and controlled, emphasizing the relief of the fabric, the smoothness of the skin and the depth of the room.

The composition is vertical, the camera is set at waist level, and there is a light portrait perspective. Moderate depth of field — the figure is in perfect clarity, the reflection in the mirror and the exercise equipment are gently blurred, preserving the atmosphere. The overall visual style is clean, modern, and sporty, with an emphasis on confidence, strength, and the subtle glamor of studio lighting.

Technical tags: hyper-realistic, studio gym environment, soft controlled lighting, glossy reflections, modern fitness aesthetic, 8k quality, portrait DOF.



Prompt



A minimalist image of a bright fitness studio with a neutral interior. Shot format — wide-angle, front perspective. Style — realistic, minimalist, editorial. High resolution, 4K, soft depth of field. In the center — open space with light beige or sand-colored wooden or concrete flooring. Background includes vertical slats, mirrors, wooden panels or light gray walls, neatly placed equipment and yoga mats. Key details: soft shadows, natural highlights, clean architecture. Main object centered, balanced composition. Lighting — natural, frontal, warm temperature. Atmosphere — cleanliness, order, freshness. Color palette: cream, sand, light gray. Accents — natural wood, matte metal. Visual associations: clean aesthetic, calm and elegant.



Neuro_juls

Neuro_juls

Prompt



A close-up image: a pair of beige or light gray dumbbells on a textured rubber mat. Shot format — close-up. Style — realistic, editorial, soft minimalist. 4K, high detail, shallow depth of field. Main object — matte dumbbells with smooth texture, soft shadows, diffused light. Background interaction: muted, non-distracting, with a warm texture or slight gradient. Balanced composition, dumbbells positioned diagonally or in the lower third. Lighting — diffused artificial, neutral-warm temperature. Color palette: beige, ivory, light brown. Associations: tactile, aesthetic fitness, warm and soft minimalism.



Neuro_juls

Neuro_juls

Prompt



Overhead shot: a natural ceramic mug with a cream latte on a light wooden table, alongside almond nuts and a beige-sand coloured linen napkin. Style — realistic, clean aesthetic, editorial wellness; 4K resolution, high detail, shallow depth of field. Main object: mug with subtle glaze shine, top view, latte foam visible; almonds artfully scattered. Composition: mug slightly off-centre to the right, napkin to the left, almonds diagonally descending. Background: light wood (sand tone) with subtle grain texture; lighting: natural morning side light, warm temperature, soft reflections on ceramic. Color palette: cream (#F7F4EE), sand (#D8C7B6), natural wood (#C9B29C), light brown coffee (#B79E82). Atmosphere: morning calm, refined style, start of day in harmony. Visual associations: slow morning ritual, wellness lifestyle; minimal breakfast aesthetic.



Neuro_juls

Neuro_juls

Prompt



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A photorealistic full-length studio portrait. A young woman stands in a confident, upright pose. Her hair is styled, smooth and precise. The pose is static: the right leg is extended forward, the left is symmetrically extended in a lunge, and the body is held steady and tense. The right arm is extended upward, the line of the arm is clear and dynamic. The facial expression is collected and focused. The gaze is directed upward, the lips are relaxed. Her manicure is milky, and the makeup is natural, with matte skin and nude lips.

She is wearing a light beige stretch lycra athletic jumpsuit with long sleeves and a front zipper, a close-fitting silhouette. She is wearing white socks and white sneakers without logos. The clothing looks clean and minimalist, with a smooth, sporty texture.

The composition is diagonal, with the shot oriented vertically. The background is a white studio with mirrored blocks creating reflections and structural accents.

The space is minimalist, devoid of distracting details.

The lighting is soft, warm, and natural, without harsh shadows, with subtle reflections off the mirrored surfaces. The color palette is calm, with dominant light tones and soft contrast.

Shot on a Canon EOS R5 with an 85mm f/1.4 lens, shallow depth of field, and subtle bokeh. The visual atmosphere is clean and minimalist, conveying a sense of strength, focus, and inner composure.

Ultra-detailed, photorealistic, high resolution, clean lighting, soft shadows, precise focus, studio-quality rendering.



Prompt



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Photorealistic studio portrait close-up. The young woman is positioned in the center of the frame, shoulders slightly tense, creating a sense of inner concentration. The skin looks a little moist, which emphasizes physical tension and energy. She looks directly into the camera, her gaze intense, focused. Her lips are slightly parted, and her expression is collected and determined. A milky manicure. Natural makeup: matte skin, neat nude accents, emphasizing the natural expressiveness of the features.

She is wearing a light beige athletic jumpsuit made of elastic lycra with long sleeves and a front zipper, which fits snugly due to the material that creates a smooth athletic silhouette. She wears white socks and white sneakers without logos, clean and minimalistic, in harmony with the overall style.

The composition is strict, centered, without unnecessary elements. The background is a pure white studio without details, creating a neutral space around the figure and emphasizing the emotional intensity of the face.

The lighting is soft, diffused, warm, with smooth shadows and smooth skin illumination. The color palette is designed in bright colors, creating a calm, minimalistic atmosphere.

The shooting was done on a Canon EOS R5 with an 85mm f/1.2, shallow depth of field lens, which provides strong background blur and precise facial sharpness. The visual style is clean, minimalistic, conveying a mood of physical energy and a high level of concentration.

Ultra-detailed, photorealism, high resolution, soft diffused lighting, shallow depth of field, clean studio rendering, crisp facial focus.



Prompt



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Photorealistic waist-length studio portrait. A young woman is sitting on a fitness ball in a relaxed but collected pose. The body is pushed forward, the elbows rest confidently on the knees, creating a stable line of inclination. The shoulders are slightly open, the posture is calm. The facial expression is focused and balanced. The gaze is directed to the side, the lips are relaxed. A milky manicure. Make-up is natural, with smooth matte skin and nude accents.

She is wearing a light beige athletic jumpsuit made of elastic lycra with long sleeves and a front zipper, which fits snugly and emphasizes the athletic structure of the clothes. White socks and white sneakers without logos complement the minimalist look, looking clean and tidy.

The composition is centered, the focus is firmly held on the upper body and face. The background is a white studio with soft shadows from the window, which create a calm light rhythm and emphasize the purity of the space. The location is concise, without unnecessary details.

The lighting is soft, natural, and warm, with smooth transitions and delicate shadows that accentuate the texture of the skin and fabric of the jumpsuit. The atmosphere conveys a sense of purity, inner balance and quiet concentration. The shooting was done on a Canon EOS R5 with a 50mm f/1.8 lens, shallow depth of field, light sideways in the background, precise emphasis on the face and hands.

Ultra-detailed, photorealism, high resolution, soft natural lighting, warm tones, clean studio aesthetic, shallow depth of field, crisp focus.



Prompt



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A photorealistic, full-length studio portrait, shot in a minimalist, white space. The young woman stands with a slight diagonal stance, her body stable and composed. Her left hand rests on her hip, creating a calm, confident line in her pose. Her right hand holds a water bottle, her grip firm and natural. Her facial expression is serious and focused, her gaze directed directly at the camera. Her lips are relaxed. Her makeup is neutral: even, matte skin, soft nude accents convey a clean, athletic aesthetic. She wears a seamless, white, matte lycra athletic bodysuit with long sleeves, creating a cohesive silhouette without unnecessary detail. White socks and New Balance sneakers complete the clean, functional look.

The backdrop is a spacious, bright workout area with white walls and a concrete floor. To the right, a simple wooden bench adds a warm accent to the minimalist environment. The space is clean, geometric, and free of visual distractions. The lighting is soft, natural, and warm, creating delicate shadows and highlighting the textures of leather and matte fabric. The light is even, creating a natural studio atmosphere. The color palette is calm, white and neutral, with a subtle warmth.

The shot was taken at eye level with an 85mm f/1.4 lens, with a pronounced shallow depth of field and a soft background blur. The image is clean, disciplined, and features a soft editorial aesthetic, emphasizing inner composure and self-control.

Ultra-detailed, photorealism, high resolution, soft natural lighting, warm tones, shallow depth of field, clean minimal studio environment, crisp focus.

