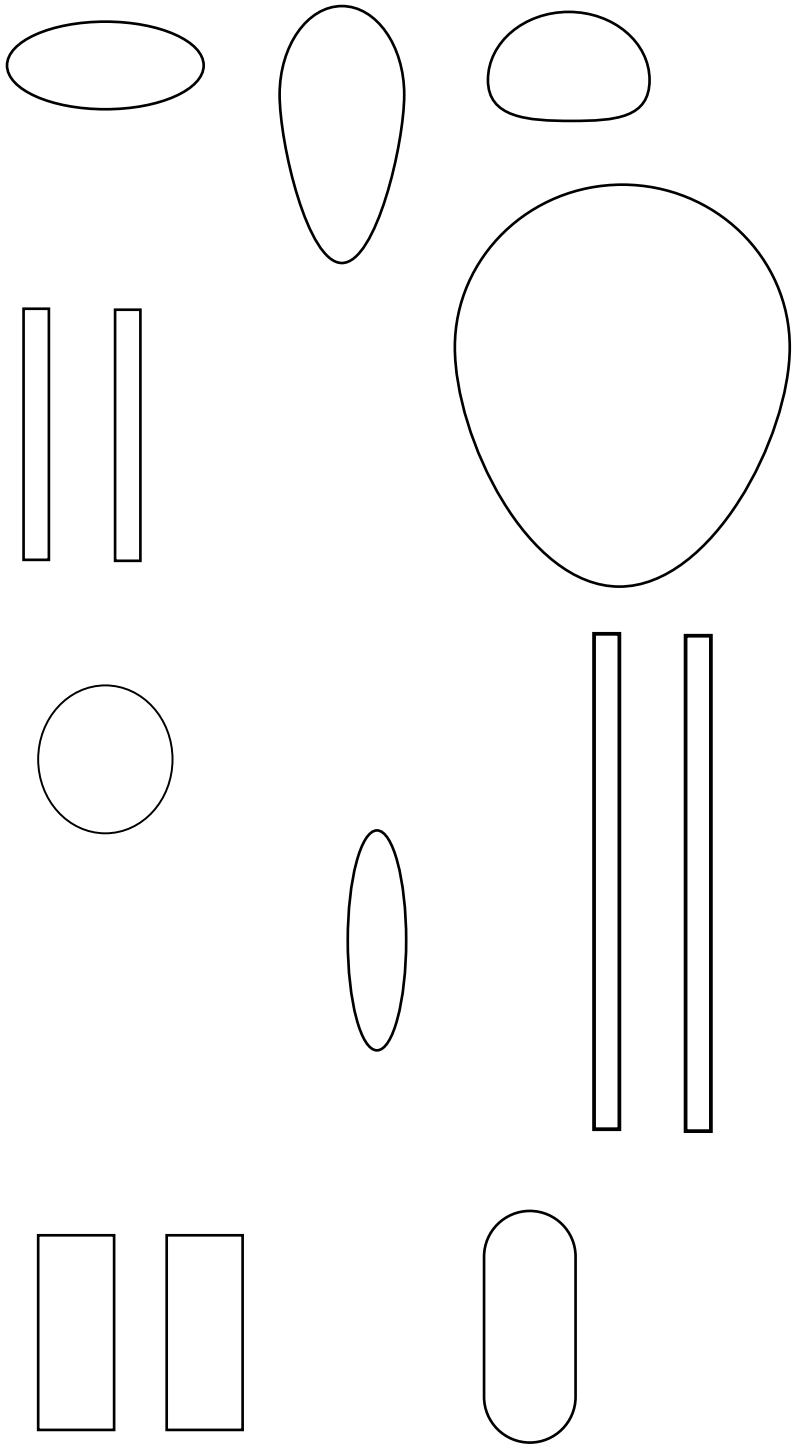
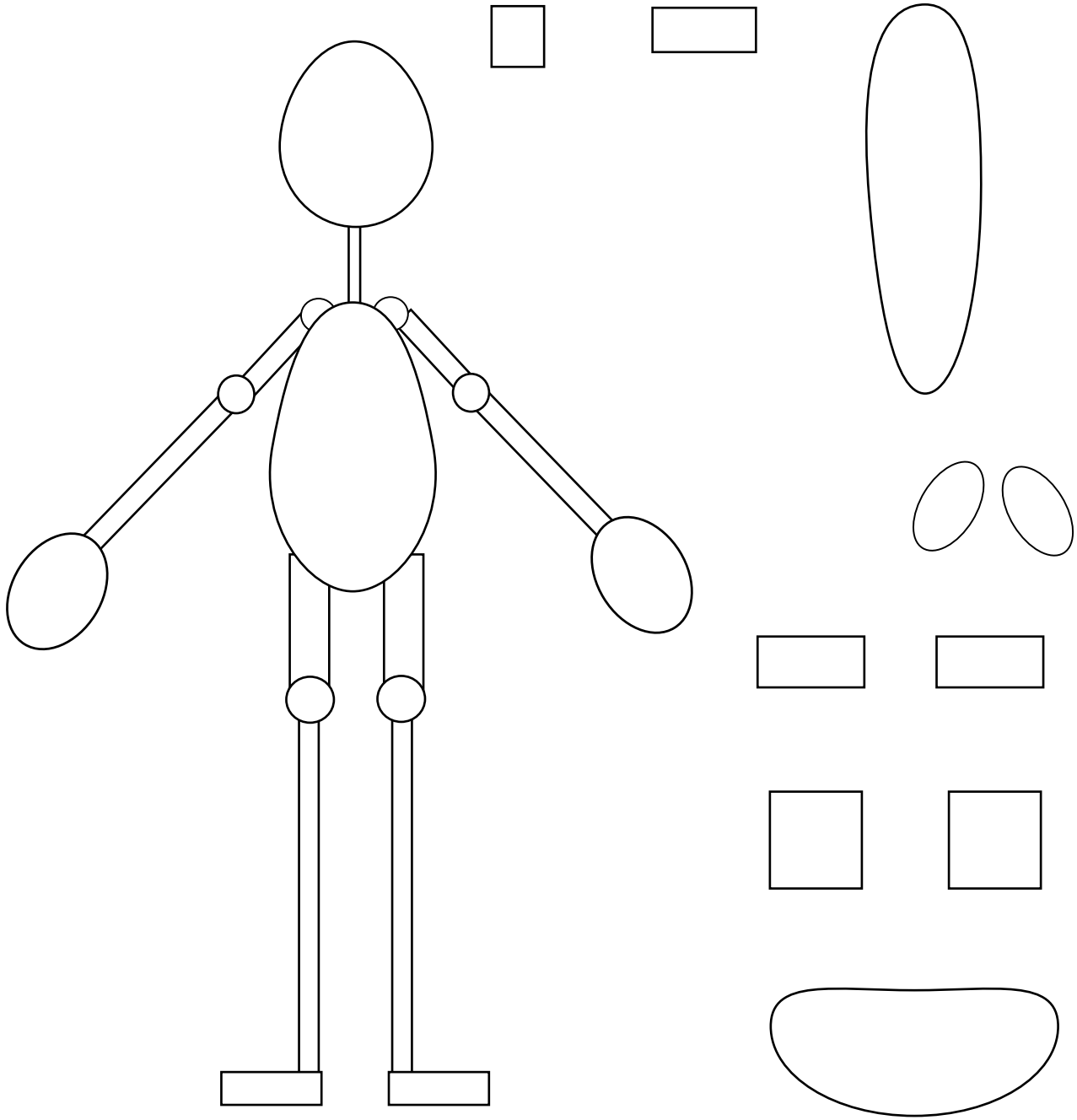
Save this template to your folder. Open up Adobe Ilustrator and then open this template in Adobe Illustrator. Use the shapes to create you own “Goofy Biped”.

You can save it as a JPEG. Then use it in 3D Max as a background image.