



Is the person push-uping or jumping?



The person is performing a push-up, not a jump.

What muscles does the person engage when bending their elbows during the push-up?

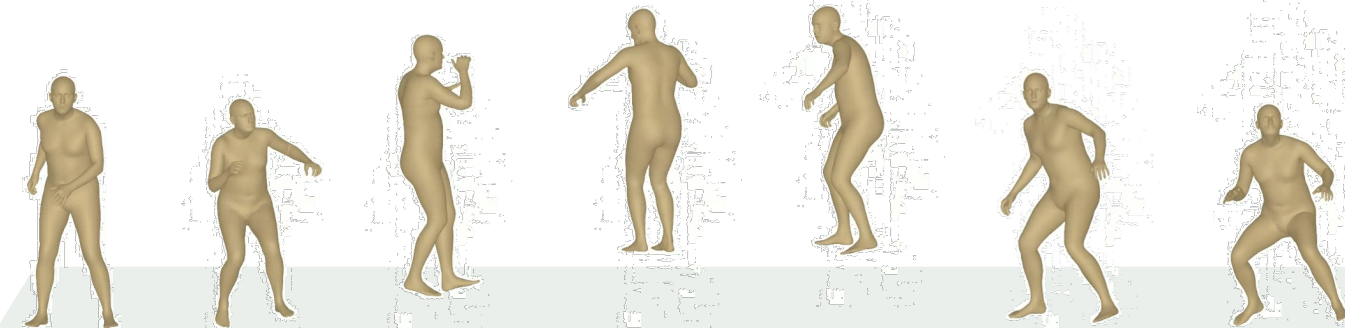


The person engages the **triceps muscles** when bending their elbows during the push-up.

During which part of the push-up is core engagement intensified?



Core engagement is intensified during the descent of the push-up, particularly when the right arm is fully bent and the left arm is extended.



Does the person jump?



Yes, the person jumps with **both feet off the ground**, with the **right foot leading**.

In the final phase of the jump sequence, what is the person getting ready to do?



The person is **preparing to catch the ball**, with the **right arm and leg extended to reach the ball**, and the **left arm and leg providing support**.

What is the final position of the individual before catching the ball?



The individual's right arm and leg extended, with the left arm and leg positioned for balance, ready to catch the ball.