

5. Various:

TRIED

TRIED

TRIED

TRIED

TRIED

The image shows five different warm-up exercises. The first exercise is an arm extension where a person stands upright and extends one arm forward, with an arrow indicating the direction of movement. The second exercise is a backbend where a person stands upright and bends forward at the hips, with an arrow indicating the direction of movement. The third exercise is neck rotation where a person stands upright and rotates their head to the left and right, with arrows indicating the direction of movement. The fourth exercise is shoulder rotation where a person stands upright and rotates their shoulders to the left and right, with arrows indicating the direction of movement. The fifth exercise is chest expansion where a person stands upright and extends their arms out to the sides, with arrows indicating the direction of movement.

6. Did you try any other warm-up activities?

-----

-----

-----

-----