

Routine Set Test 3

- 1-8 stand upright on deck
- 1 dive in
- 2-8 under water

- 1,2 surface with kick to the front, right arm in front
- 3,4 left arm straight over to the front
- 5,6 kick to the front, left arm in front
- 7,8 right arm straight over to the front

- 1 side kick on the right side, arms horizontally on the surface, head sideways on the right arm
- 2-8 move in side flutter kick right
- 1 lift left extended arm to vertical (90°)
- 2 hold arm position
- 3 bend left arm, elbow on the surface
- 4 extend left arm over the surface
- 5 left arm over to Front Layout Position, hold 6
- 7 assume a Front Pike Position, hold 8

- 1 lift right leg to Fishtail Position, hold 2
- 3 change to left Vertical Bent Knee Position, hold 4
- 5 open the legs to right Split Position
- 6-8 hold Split Position
- 1 close the legs to assume Vertical Position at maximum height
- 2-4 hold position
- 5-8 a Vertical Descent is executed

- 1,2 Back Tuck somersault is executed
- 3-8 under water, prepare for Body Boost facing left side
- 1 Body boost
- 2 lift both arms straight up to vertical
- 3,4 sink
- 5-8 submerge under water

- 1 surface in side eggbeater facing left side, 2 hold
- 3 turn head 90° to the right
- 4 turn head back to the front
- 5 lift right shoulder up
- 6 lift left shoulder up, right shoulder back to the surface
- 7 side eggbeater both shoulders horizontal, hold 8

- 1 side kick on the right side
- 2-4 move in side flutter kick right, arms horizontal at the surface
- 5 back stroke arm with left arm to turn onto the back, 6 hold
- 7 pull left arm down to the hips, hold 8

- 1-4 Back Layout Position, move headfirst
- 5 Bent Knee right
- 6 Bent Knee left
- 7 Back Layout Position, hold 8
- 1 Bent Knee right, 2 hold
- 3 straighten right leg to Ballet Leg Position, hold 4
- 5 change to Bent Knee Position left, hold 6
- 7 straighten left leg to Ballet Leg Position, hold 8

Routine Set Test 3

- 1 bring the extended left leg down to Back Layout Position, hold 2
- 3 assume a Tub Position, hold 4
- 5 right Flamingo Position
- 6 left Flamingo Position
- 7 Tub Position, hold 8
- 1-4 180° rotation to the right at the surface in Tub Position
- 5-8 extend the body with Torpedo Sculling

- 1-4 immerse with a wave footfirst
- 5-8 Back Pike Position
- 1,2 Barracuda Thrust
- 3-6 Vertical Descent
- 7,8 Back Tuck

- 1-4 under water
- 5 surface with kick to Back Layout Position
- 6-8 move headfirst in Back Layout Position
- 1 backstroke with right arm, hold 2
- 3 lift left extended arm over the water to turn to Front Layout Position (both arms in front), hold 4
- 5 bring right extended arm over the water to the hips to turn to side kick left, hold 6
- 7 turn to Back Layout Position , hold 8

- 1 rapid right Ballet Leg up, hold 2
- 3 partial Somersault Back Tuck into Back Tuck Position
- 4-8 hold Back Tuck Position
- 1 extend the left leg to Vertical Bent Knee Position with turning 90° to the left, hold 2
- 3 change to Vertical Bent Knee Position right with turning 90° to the left, hold 4
- 5 open the legs to right Split Position
- 6-8 hold Split Position
- 1-4 a Walkout Front is executed
1,2 Knight position, 3,4 surface arch position
- 5,6 an Arch to Back Layout Finish action is executed
- 7 turn body on the left side, bring legs under water, prepare right arm bend with hand on the right shoulder, hold 8

- 1 lift right (slightly bend, like in ballet) arm to vertical and stand up in eggbeater facing left side, hold 2
- 3 bring right arm down to the side on the surface, hold 4
- 5-8 high eggbeater with both hands above the surface in front of the body
- 1 double arms diagonally up like pushing, extend arms half way 45° to the side
- 2 double arms up like pushing fully extended 45° to the side
- 3 pull both hands back to the body, hold 4
- 5 extend right arm on the surface to the diagonal
- 6 extend left arm on the surface to the diagonal
- 7 pull both hands back to the body, hold 8
- 1 ending position (optional), hold 2