

Routine Set Test 4

- 1-8 stand upright
- 1-4 get ready for dive in
- 5 dive in
- 6-8, 1-8 +1-4 under water kicking

- 5-8 prepare for body boost
- 1 body boost
- 2 double arms up, arm position like a „V“, hands facing outside
- 3 turn 90° left with arm movement, bend elbows, hands touching the shoulders
- 4 straighten elbows back to „V“ position with the arms
- 5 sink and pull hands under water
- 6-8 under water

- 1-4 move sideways underwater and prepare for side kick to surface
- 5 surface with side kick on the right side, left arm straight on the surface
- 6-8 move in side flutter kick
- 1 lift left arm straight to vertical, hand open, side flutter kick
- 2 left arm straight back horizontal to the surface, hand open, side flutter kick
- 3 bend left elbow, hand open and touching the shoulder, side flutter kick
- 4 straighten left arm back horizontal to the surface, hand open, side flutter kick
- 5,6,7,8 repeat same arm movement like 1,2,3,4

- 1 left arm back stroke roll on the back
- 2-4 Back Layout Position, both hands above the head, move headfirst
- 5 Nova is executed to the Bent Knee Surface Arch Position, right leg bent
- 6-8 hold Bent Knee Surface Arch Position
- 1 lift legs to Vertical Bent Knee Position
- 2-4 hold Vertical Bent Knee Position
- 5 extend the bent leg to assume Vertical Position
- 6-8 hold Vertical Position
- 1-4 180° spin to the middle of the shin
- 5-8 180° spin to the ankles
- 1-4 180° spin to submerge
- 5-8 Back Tuck

- 1-4 turn and move forward under water
- 5,6 surface with Kick, right arm straight in front
- 7,8 Pull hands back to body
- 1,2 kick, left arm straight in front
- 3,4 right arm straight over to the front, pull left arm
- 5,6 kick, right arm straight in front
- 7,8 left arm straight over to the front, pull right arm
- 1 stand up in eggbeater with 90° turn to the right
- 2-4 high side eggbeater to the left
- 5 right arm straight up (90°), hand open facing to the front, 6 hold
- 7 right arm straight down horizontally to the side above the surface, left arm straight up (90°) hand open facing to the front
- 8 left arm straight down horizontally to the side above the surface, hands open
- 1 both arms straight up (90°), hands open facing to the front, 2 hold
- 3 bend both elbows, hands touching the shoulders, elbows high
- 4 both arms back straight up, hands open facing to the front
- 5 both arms straight down horizontally to the side above the surface, 6 hold

Routine Set Test 4

- 7,8 pull arms under water
- 1 tilt head to the left, hold 2
3 turn 180° in eggbeater to the left and tilt head to the right, hold 4
5 head straight , high side eggbeater
6-8 move sideward in high eggbeater to the right
1 lay down on the right side with side kick, both arms horizontally at the surface
2-4 side flutter kick right
5 left arm straight over to Front Layout Position, hold 6
7 pull down to Pike Position, hold 8
1 lift left leg to Fishtail Position, hold 2
3 close to Vertical Position, hold 4
5-8,1-4 A Half Twist is executed (5-8 90°, 1-4 90°)
5-8 a further rotation of 180° with the legs opening to Split Position is executed
1-8 show Split Position
1-8 Walkout Front is executed
1,2 Knight
3,4 Surface Arch,
5-8 surface to Back Layout Position
- 1-8 move with Torpedo sculling
1 the legs are raised to vertical as the body is submerged to a Back Pike Position
2-8 prepare for Thrust under water
1-8 Barracuda Airborne Split is executed
1,2 Thrust
3 open legs to Airborne split
4 close to vertical
5-8 vertical descent
- 1 Back Tuck
2-8 under water prepare to surface with a kick backwards to Back Layout Position, in the direction to start 2nd length
1 surface with kick backwards to Back Layout Position, head turned to the left, hold 2
3 turn head to the right, travel headfirst in Back Layout Position, hold 4
5 turn head straight
6-8 travel headfirst in Back Layout Position
- 1 bend left leg to Bent Knee Position, travel headfirst and hold 2
3 change to right Bent knee Position, travel headfirst
4 straighten right leg to right Ballet Leg Position, travel headfirst
5-8 hold right Ballet Leg Position, travel headfirst
1 bend left leg to right to assume right Flamingo Position, travel headfirst, hold 2
3 change to left Flamingo Position, travel headfirst
4 change to right Flamingo Position, travel headfirst
5 close to Double Ballet Leg Position, travel headfirst
6-8 hold Double Ballet Leg Position, travel headfirst
- 1 tip down to Pike while left leg bends (knees together), hold 2
3,4 Back Tuck
5 surface in eggbeater to the front, hold 6
7 ending position, hold 8