

## ROUTINE SET TEST 3

- 1-8 stand upright
- 1-4 stand upright
- 5-8 get ready for dive in 1,
- 2-4 under water
- 5-8 prepare for Thrust under water
- 1-2 Thrust
- 5-8 vertical descent
  
- 1-4 under water kicking
- 5-8 prepare for body boost
- 1 body boost
- 2 hold with double arms up, arm position parallel hands, facing inside
- 3-4 turn 90° left with arm movement, bend elbows, hands on the side of the head
- 5-6 sink
- 7-8 under water
  
- 1-4 surface with side kick on the right side, left arm straight on the surface
- 5-6 move inside flutter kick
- 1-2 side kick on the right side, left arm straight on the surface
- 3-4 eggbeater
- 5-6 lift right arm straight to vertical, palm to the ceiling
- 7-8 lift left arm straight to vertical at the same time low down right arm to the surface
  
- 1-2 turn 90° to the right hands straight palms perpendicular the surface
- 3-4 turn 90° to the right
- 5-6 kick up with the movement of the shoulders
- 7-8 eggbeater
- 1-2 side kick on the left side to the
- 3-4 move in side flutter kick
- 5-6 move to Front Layout Position with right arm moving horizontal at the surface
- 7-8 assume Front Pike Position
  
- 1 lift legs to Vertical Bent Knee Position
- 2-8 hold Vertical Bent Knee Position
- 1-4 180° spin to the ankles
- 5-8 hold
- 1-2 vertical descent
- 3-8 turn and move forward under water
- 1-2 surface with Kick, right arm straight in front
- 3-4 Pull hands back to body
- 5-6 kick, left arm straight in front
- 7-8 Pull hands back to body
  
- 1-4 move to Back Layout Position right arm straight over vertical to the right ear
- 5-6 pull down the arm to the hips
- 7-8 Back Layout Position
- 1 A straight Ballet Leg is Assumed, rapid, travel headfirst
- 2-4 hold, travel headfirst
- 5-6 bend right leg to Bent Knee Position, travel headfirst
- 7-8 change to right Flamingo Position

- 1-4 hold, travel headfirst
- 5 change to the left Ballet leg position, travel headfirst
- 6 hold right Ballet Leg Position, travel headfirst
- 7-8 left leg is lowered straight to the surface, travel headfirst
- 1-8 Hold Back Layout Position, travel headfirst
  
- 1-2 turn down to the back turn position
- 3-4 hold Back Tuck Position
- 5 extend the left leg to Vertical Bent Knee Position
- 6-8 hold the Vertical Bent Knee Position
- 1 change to Vertical Bent Knee Position right with turning 180° to the left
- 2-4 hold the Vertical Bent Knee Position with right leg
- 5 open the legs to right Split Position
- 6-8 hold Split Position
  
- 1-2 Walkout Front is executed
- 3-4 Knight position
- 5-8 surface arch position
- 1-4 torpedo moved
- 5-6 right leg is lifted straight on the surface to the left shoulder
- 7-8 eggbeater
  
- 1-4 prepare for Body Boost facing forward
- 5 Body boost
- 6 hold
- 7-8 sink