

# ROUTINE SET TEST 4

- 3 x 1-8, 1-4 stand upright
- 5-8 prepare for Diving
- 1 dive in
- 2-8, 1-4 underwater kicking
- 5-8 prepare for Thrust underwater (Rocketsplit)
- 1-,2 Thrust
- 3-4 split position
- 5-6 close to vertical position
- 7-8 vertical descent
- 1-2 back tuck
- 3-8 move underwater
- 1-4 prepare for body boost
- 5-6 body boost
- 7-8 rise right arm straight up to the vertical line, head on the left
- 1 eggbeater, arm horizontal to the surface, head straight
- 2-4 eggbeater moving to the left
- 5-8 prepare arms underwater by the chest
- 1-2 both arms horizontal to side on the surface in the line of the body
- 3 rise both arms above the head, slightly bent and touching each other
- 4 hold position
- 5 move right elbow 10° degrees to the front, left elbow 10° degrees to the back
- 6 go back to position like number 3
- 7-8 arms back to horizontal line on the surface
- 1 lay down on the left side, with side kick, both arms horizontally at the surface
- 2-4 side flutter kick left
- 5 right arm straight over to Front Layout Position, hold 6
- 7 pull down to Pike Position
- 8, 1-4 hold Pike Position
- 5 lift left leg to bent knee position, hold 6-8

- 1 change to right Fishtail Position, hold 2-4
- 5 twirl and close legs to vertical position, hold 6-8
- 1 spin 180°, hold 2-4
- 5 spin 180° to the ankle level, hold 6-8
- 1 vertical descent underwater
- 5 back tuck
- 1-4 stroke underwater
- 5-8 prepare for front kick underwater
- 1-4 diagonal kick to the right, with right arm horizontal at the surface, head to the right, looking in the line of the right hand
- 5 pull right hand back to the body, head straight, hold 6-8
- 1-4 diagonal kick to the left, with right arm horizontal at the surface, head to the left, looking in the line of the left hand
- 5 pull left hand back to the body, head straight, hold 6-8
- 1-4 lay down on the right side, with side kick, both arms horizontally at the surface
- 5 turn to the back, pull arms down to the hips
- 6-8 Back Layout Position
- 1 lift left leg via Bent Knee Position to Ballet Leg Position, hold 2-4
- 5 Change via right Bent Knee Position to Right Ballet Leg Position, 6-8
- 1 Close Right leg, to Back Layout Position, hold 2-4
- 5,6 Turn on the side, and lift right leg through the vertical line to the head
- 7,8 Leg underwater, and turn 90° to the left, with head on the left shoulder
- 1 Stand up turning 90° to side eggbeater
- 2-4 Side eggbeater
- 5-8 prepare for side kick
- 1-4 Side kick to the right, had turning 90° to the right
- 5-8 Turn head back to straight, side eggbeater, prepare arm for side kick with laying down
- 1 lay down on the right side, with side kick, both arms horizontally at the surface
- 2-4 hold
- 5 turn to Back Layout Position, left arm straight over vertical to the left ear
- 6-8 hold Back Layout Position
- 1 start to arch 2-4 bent right leg to Bent Knee Arch Position

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| 5-6 | close legs to Vertical Position, hold 6-8 |
| 1-4 | 180° spin                                 |
| 5-8 | 180° spin to the ankles                   |
| 1-2 | vertical descent                          |
| 3-4 | Back Tuck                                 |
| 5-8 | prepare for body boost                    |
| 1   | body boost, hold 2                        |
| 3-4 | sink                                      |