

ROUTINE SET TEST 5 – Details

Technical elements:

1. **Body Boost Double Arms**
2. **FINA Tech Team 1B**
3. **FINA Tech Team 5B**
4. **preparatory exercise for FINA Tech Team 3 (Fouetté Movement)**
5. **preparatory exercise for FINA Tech Team 2**
6. **preparatory exercise for FINA Tech Team 4**
7. **preparatory exercise for FINA Tech Team 3**

1-6 stand upright

7-8 get ready for dive in

1 dive in

2-8,1-8,1-4 under water kicking

5-8 prepare for body boost

1-2 **body boost double arms**

3 hold

4-5 sink

1-3 bent the legs to prepare barracuda

4-6 stretch the leg to prepare a barracuda

7 pointe come out of the water

8 ankles level

1-6 **FINA TECHNICAL TEAM ELEMENT 1B**

7-8 vertical underwater

1-4 back tuck

5-8 move underwater and turn 90° to the right

1-4 prepare underwater for a kpk

5-6 kpk with right arm forward

7-8 prepare for a kpk

1-2 kpk with left arm forward

3-4 prepare for a kpk

5-6 kpk with right arm forward

7-8 turn 180° with left shoulder first

1-2 travel back in „Eggebeater Position with the upper body 45° forward“

3 stretch the right arm in the front on the surface

4 the right arm go up 30°

5 pull the right arm underwater

6-8 prepare outwater for a body boost

1 body boost

2-3-4 hold

5-7 sink

1-3 bent the legs to prepare barracuda

4-6 stretch the leg to prepare a barracuda

7 pointe come out of the water

8 ankles level

1-8 **FINA TECHNICAL ELEMENT 5B**

1-2 vertical underwater

3-6 prepare underwater for table position

7-8 surface in table position

1-2 left BK position max high

3-4 surface back tuck
5-6 head up
7-8 sink
1-2 turn 90° to left shoulder underwater
3-4 prepare underwater for a side kpk
5-6 side kpk with left arm forward
7-8 side travel in "Eggebeater Position with the upper body 45° forward"
1 kick double leg with both arms stretched sideways on the surface
2-3 hold the high with both arms sideways bented (hands open -fingers touch the head-FACE EXPRESSION)
4 close the arms to the face with elbows first and put the face underwater
5 go with the head back in a low eggebeater position -6 hold
7-8 side travel in „Eggebeater Position with the upper body 45° forward,„
1-8 move in side flutter kick with left arm forward
1 move to front layout position with the right arm moving horizontal at the surface
2 hold
3 assume front pike position
4 hold
5 move both legs to table position
6 hold
7 assume a fishtail position with left leg up
8 hold

1-8, 1-8 **PREPARATORY EXERCISE FOR FINA TECHNICAL ELEMENT 3 FOUTTÉ**

1 bent the right leg to assume a bk position
2 stretch the right leg to assume a fishtail position
3 hold the fishtail position
4 bent the right leg to assume a bk position
5 stretch the right leg to assume a fishtail position
6-8 hold the fishtail position
1 assume a vertical position
2 hold the vertical position
3-6 a controlled sink in vertical position

7-8 fix the vertical position underwater

1-2 back tuck

3-6 prepare underwater with eggebeater on the back 7-8 nose and Knees close to the surface

1-8,1-8 eggebeater on the back with arms movements

1 arms close to the body, 2 hold
3 bent the arms with the hands close to the chest, 4 hold
5 stretch both arms sideways on the surface, 6 hold
7 bent the arms with the hands close to the chest, 8 hold
1 stretch both arms straight up
2 bent both arms down on the chest
3 stretch both arms straight up 4 hold
5 bent both arms down on the chest, 6 hold
7 stretch both arms sideways on the surface, 8 hold

1 turn on the stomach to the left side with a stroke (right arm), 2 hold

3-4 fix the Eggebeater Position with the upper body 45° forward

5-8 kpk with right arm forward

1-4 kpk with right arm forward and head movement (1-2 turn the head 90° to the left, 3-4 turn the head straight)

5-8 prepare outside a bodyboost

1 bodyboost 2 hold

3-4 sink

7-8-1-2 prepare a table position
3-4 surface table position
5 assume a vertical position
6-8 hold the vertical position

1-8,1-8,1-8,1 **PREPARATORY EXERCISE FOR FINA TECHNICAL ELEMENT 2**

1-3 bent the right leg to assume a BK position
4 hold the BK position
5-7 stretch the right leg to assume a vertical position
8 hold
1-6 from vertical position to right split position
7-8 hold the split position
1-4 walkout to arch position
5-6 hold arch position
7-8-1 from arch position to back layout position

2-8 traveling in back layout position (torpedo sculling)

1 bent the right leg to bk position in back layout position

2 turn 90° all the body on the left side

3 assume a side eggebeater position with the upper body 45° forward with the right side first and in the same time bent the right arm close to the surface and stretch it on your right side

4 hold

5-6 prepare for a side kpk

7-8 side kpk with the movement of the head (turn the head 90° to left)

1 turn all the body 90° to the left side to assume a Eggebeater Position with the upper body 45° forward moving backwards

2-3-4 hold the Eggebeater Position with the upper body 45° forward 5-6 prepare outside for a bodyboost

7 bodyboost 8 hold

1-4 sink

5-8,1-4 prepare a vertical position underwater

5-8 from vertical underwater to surface fishtail position with right leg up

1-4 hold the fishtail position

5-8,1-8,1 **PREPARATORY EXERCISE FOR FINA TECHNICAL ELEMENT 4**

5 180° rotation is executed as the horizontal leg is lifted to a vertical position

6 hold vertical position

7 assume a bent knee surface arch position

8 hold

1-4 arch bent knee surface position to arch position

5-6 hold arch position

7-8-1 arch position to layout (1 face up)

2-8, 1-4 travelling in back layout position feet first in torpedo sculling

5-6 bent right leg until the left knee pulling the hips up and the head down

7-8 assume surface table position

1-4 hold table position

5 assume a vertical position

6-8 hold the vertical position

1-8,1-4 **PREPARATORY EXERCISE FOR FINA TECHNICAL ELEMENT 3**

continuous spin 720° (2 counts every 180°)

5-6 fix vertical position underwater

7-8-1-4 to assume a table position underwater

5-6 surface table position

7 assume a maximal high vertical position

- 8 hold the vertical position
- 1 pull both leg down in a close pike position rolling with the body up to the surface
- 3-4 eggebeater
- 5 in eggebeater turn 90° to the left
- 6-7 eggebeater hold
- 8 stretch the right arm forward to the surface
- 1 lift straight up the right arm, in the same time the head follow the arm movement