

## Routine Set Test 2

- 4x8      The swimmer starts out of the water. Starting position is free:  
            1-8 stand in position  
            1-8 stand upright  
            1-4 one step forward with right leg, 5-8 close with left leg  
            1-8 prepare for dive in
- 1-8      Dive in headfirst
- 1-8      underwater kicking and prepare to surface
- 1        surface in side eggbeater left shoulder in front  
2-8      move in side eggbeater left
- 1        lift straight right arm near the ears  
2-4      hold arm position and move sideways  
5        lie down the right arm to the side straight above the surface of the water,  
6-8      hold arm position and move sideways
- 1        turn around 90° to forward eggbeater, pull arms under water  
2-4      move in forward eggbeater  
5        turn around 90° to side eggbeater right shoulder in front  
6-8,1-8 side eggbeater to the right
- 1        lift straight left arm near the ears,  
2-4      hold arm position and move sideways  
5        lie down the left arm to the side straight above the surface of the water,  
6-8      hold arm position and move sideways
- 1        turn around 90° to front eggbeater  
2-8      move in forward eggbeater
- 1-8      kick-pull with right arm  
            (1-4 kick to the front with right arm straight in front of the body,  
            5-8 pull arm and legs close to the body)
- 1-8      kick-pull with left arm  
            (1-4 kick to the front with left arm straight in front of the body,  
            5-8 pull arm and legs close to the body)
- 1-8      kick-pull with right arm  
            (1-4 kick to the front with right arm straight in front of the body,  
            5-8 pull arm and legs close to the body)
- 1-8      kick-pull with left arm  
            (1-4 kick to the front with left arm straight in front of the body,  
            5-8 pull arm and legs close to the body)
- 1        Side kick on the right side with both arms horizontally above the surface, head  
            sideways on the right arm  
2-8      move in side flutter kick

## Routine Set Test 2

- 1 backstroke with left arm to turn on the back to assume a Back Layout Position
- 2 hold
- 3 pull left arm down to the hips
- 4-8,1-4 move headfirst in Back Layout Position
- 5 assume a Tub Position
- 6-8 hold Tub position, move headfirst
  
- 2x8 execute 180° rotation to the right at the surface in Tub Position  
(1-8 turn 90°, 1-8 turn 90°)
  
- 1-8 straighten the body to Back Layout Position and push the hands above the head to torpedo sculling
  
- 2x8 Torpedo sculling in Back Layout Position
  
- 1-8 execute a partial Somersault Back Tuck until the shins are perpendicular to the surface  
(1-4 assume Tuck position at the surface, 5-8 somersault backwards to Back Tuck Position)
  
- 1 open the legs to a split position (left or right free choice),
- 2-8 hold split position
  
- 1 the legs join to assume a Vertical Position at ankle level
- 2-4 hold vertical position at ankle level
- 5-8 A Vertical Descent is executed
- 1-8 Back tuck somersault is executed
  
- 1-8 under water prepare for body boost
- 1-4 body boost without arms
- 5-8 submerge
  
- 1-8 under water
- 1 surface in front eggbeater
- 2-8 hold high eggbeater
- 1 Ending position free (1 arm up)