$$R_{ZYZ} = \begin{pmatrix} 0.7071 & 0 & -0,7071 \\ 0 & -1 & 0 \\ -0,7071 & 0 & -0,7071 \end{pmatrix} \quad \text{I}$$

$$R_{ZYX} = \begin{pmatrix} 0,7500 & -0,6495 & -0,1250 \\ 0,4330 & 0,6250 & -0,6495 \\ 0,5000 & 0,4330 & 0,7500 \end{pmatrix} \quad \text{II}$$

I $\theta = -1 \cdot \sin^{-1}(-0,7071) = 45^\circ$ (or 0,7853 rad)

$\psi = \tan^{-1}\left(\frac{0}{-7071}\right) = 0$

$\phi = \tan^{-1}\left(\frac{0}{0,7071}\right) = 0$

II $\theta = -\sin^{-1}(0.5) = -30^\circ$ (-0,52359 rad)

$\psi = \tan^{-1}\left(\frac{0,4330}{0,7500}\right) = 30^\circ$ (0,52358 rad)

$\phi = \tan^{-1}\left(\frac{0,4330}{0,7500}\right) = 30^\circ$ (0,52358 rad)