Table 2. Description of the sport-specific tests

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| --- | --- | --- | --- |
| Test | Duration | Body position | Metric |
| Body boost height (BB-H) | N/A | Arms along the body | FINA guiding scale for height |
| Eggbeater height (EB-H) | 15 s | Arms extended vertically above the head | FINA guiding scale for height |
| Eggbeater force (EB-F) | 5 s | Arms parallel to and above the water | kg |