Fitness Gram Fitness Test

1.	Noun
2.	Adjective
3.	Noun
4.	Adjective
5.	Noun
6.	Noun
7.	Noun
8.	Adjective
9.	Sound
10.	Adjective
11.	Sound
12.	Verb Base Form
13.	Noun
14.	Verb Base Form
15.	Noun
16.	Noun
17.	Noun
18.	Verb Base Form
19.	Noun
20.	Adjective
21.	Verb Base Form

Fitness Gram Fitness Test

The FitnessGram Pacer <u>Noun</u> is a multistage <u>Adjective</u> capacity <u>Noun</u> that
progressively gets more <u>Adjective</u> as it continues. The 20 meter pacer <u>Noun</u> will begin in 30
seconds up at the start. The speed starts slowly but gets faster each minute after
you hear this <u>Adjective</u> <u>Sound</u> . A <u>Adjective</u> lap should be completed every time you hear
this sound Remember to verb Base Form in a straight and verb
Base Form as long as possible. The second time you fail to complete a <u>Noun</u> before the sound, your
Noun is over. The Noun will begin on the word Verb Base Form. On your Noun
you hear this <u>Adjective</u> <u>Sound</u> . A <u>Adjective</u> lap should be completed every time you hear this sound. <u>Sound</u> Remember to <u>Verb Base Form</u> in a straight <u>Noun</u> and <u>Verb</u> <u>Base Form</u> as long as possible. The second time you fail to complete a <u>Noun</u> before the sound, your

. Get ______ ... Verb Base Form _____.

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