

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

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