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This recording provides pacing for the lap-run portion of the test as well as cadences for the curl-up and push-up portions.

You can convert 15-meter PACER test scores to 20-meter PACER test scores for entering into Fitnessgram/Activitygram by clicking [here](#) for the conversion chart.

For use with Fitnessgram/Activitygram and the Brockport Physical Fitness Test.

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