**[The FitnessGram Pacer Test](https://www.urbandictionary.com/define.php?term=The%20FitnessGram%20Pacer%20Test)** is a multistage aerobic capacity test that progressively gets more difficult as it continues. The 20 meter [**pacer test**](https://www.urbandictionary.com/define.php?term=pacer%20test) will begin in 30 seconds. Line up at the start. The running speed starts slowly but gets faster each minute after you hear this signal **[bodeboop](https://www.urbandictionary.com/define.php?term=bodeboop)**. A sing lap should be completed every time you hear this sound. ding Remember to run in a straight line and run as long as possible. The second time you fail to complete a lap before the sound, your test is over. The test will begin on the word start. On your mark. Get ready!… Start.