**[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 start**s 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 fa-\_\_-\_-\_-\_=+++il 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.

# Example of a table.

|  |  |
| --- | --- |
| *cOLUMN 1* | *cOLUMN 2* |
| data 11 | Data 12 |
| data 21 | Data 22 |
| data 31 | Data 32 |

# Demonstration of converting Microsoft word document to a GitHub markdown file programmatically

These are cross references:

* 1 Example of normal text along with subscript.
* 2 Example for list paragraphs
* 3 Example of bold and italics
* 4 Example of a table.
* 5 Example of embedding an image.

