
Fitnessgram 10 Website

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Fitnessgram: MP3's

- Curl Ups with Counting
{mp3}CurlUpsWithCounting{/mp3}
- Push Ups with Counting
{mp3}PushUpsWithCounting{/mp3}

- Pacer Test 20 Meters with Counting
{mp3}PacerTest20MetersWithCounting{/mp3}