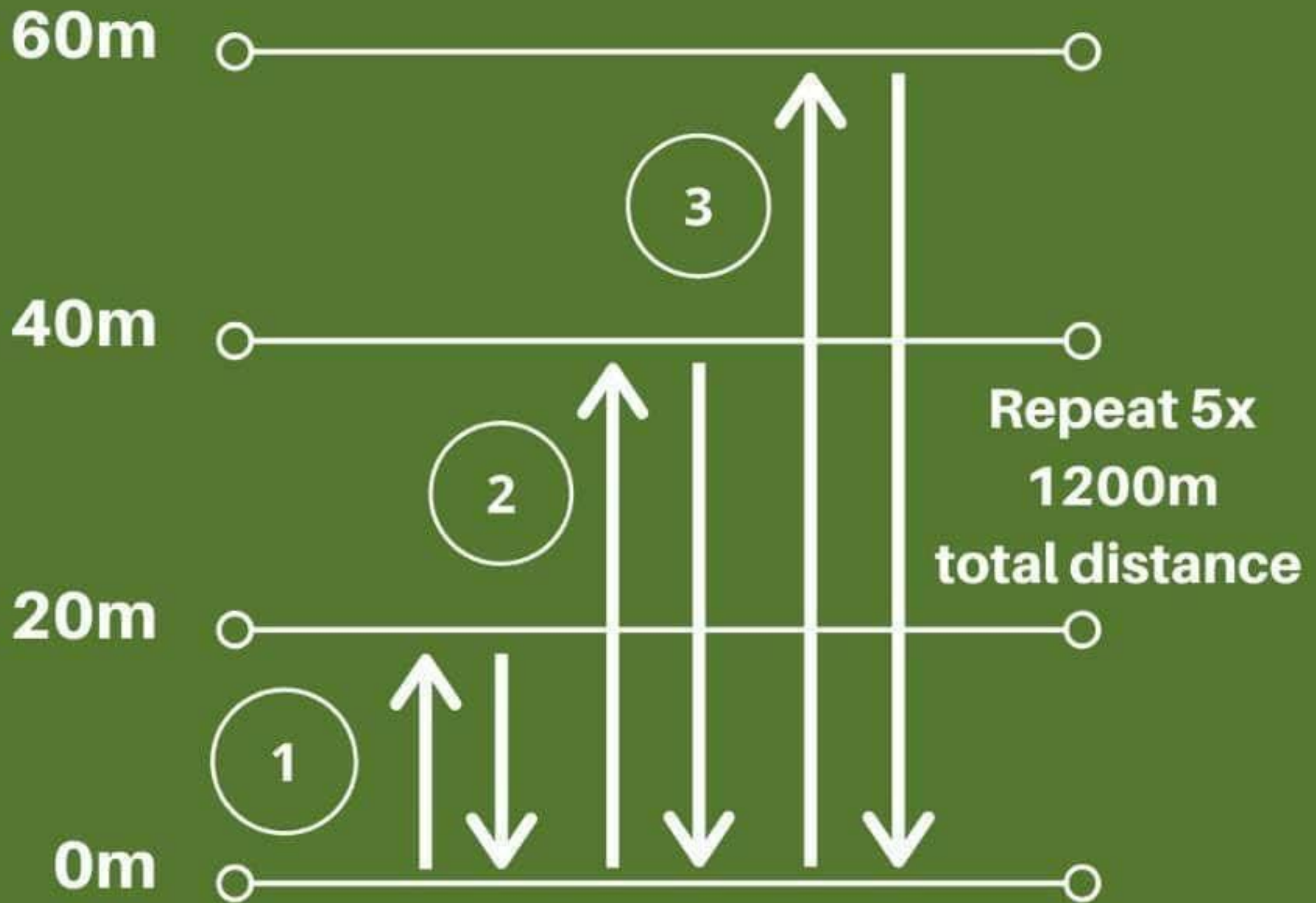


THE 'BRONCO' FITNESS TEST



Run to the 20m & back
Then run to the 40m & back
Then to the 60m & back
Repeat 5 times for a total of 1200m
Record your finish time