

Functional Skills Maths | Entry 2 | Going To The Gym | Workbook



Useful Vocabulary

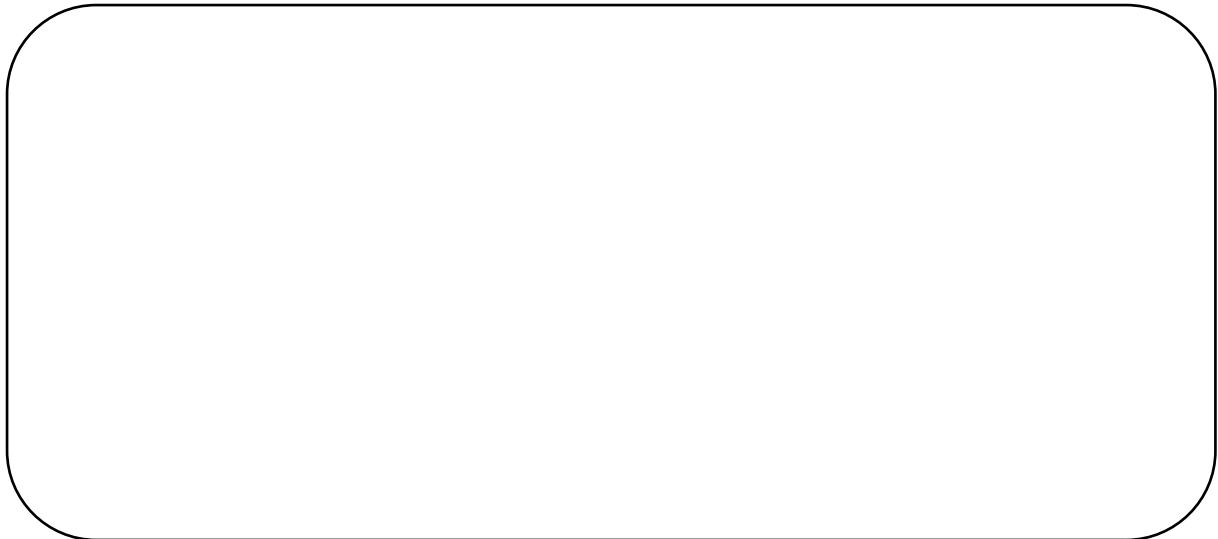
This is a list of gym vocabulary for this handout.

- Treadmill
- Warm Up
- Exercise
- Rowing Machine
- Set
- Kettlebell
- Press Ups
- Membership
- Floor Plan
- Exercise Stations
- Barbell
- Lengths (in a swimming pool)
- Protein Bar
- Pull Ups
- Pull Up Bar
- Exercise Bike
- Attempt
- Sit Up
- Reps
- Scales
- Maximum
- Leg Press
- Changing Room

1. Oliwia is doing exercises with a barbell.

She does 7 sets of exercises with 5 lifts in each set.

How many sets does Oliwia do?



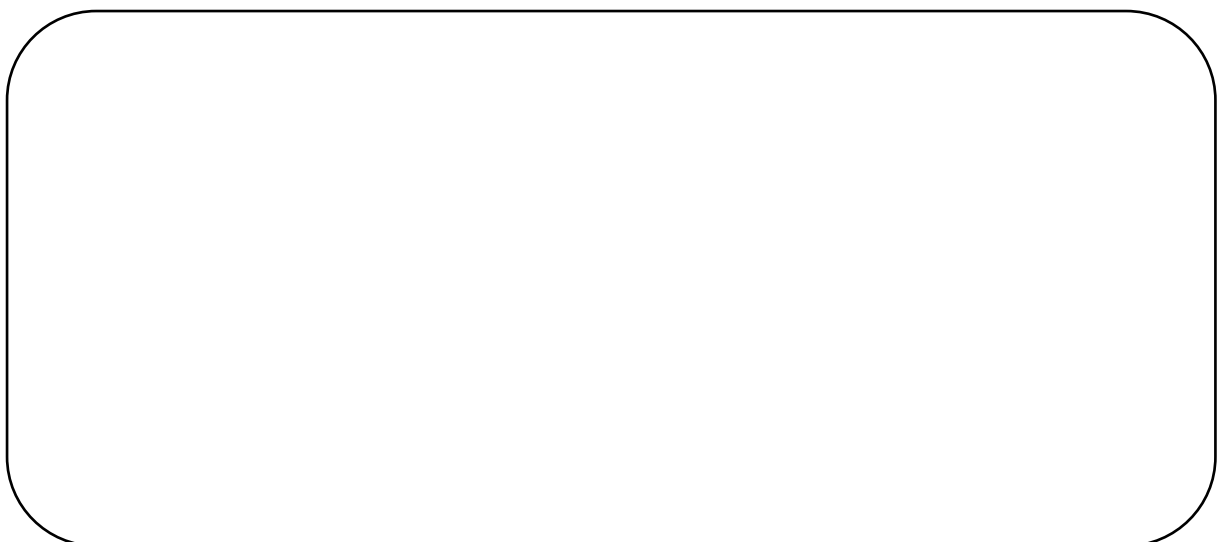
2. Nisha is swimming lengths in a swimming pool.

She swims 37 lengths on Thursday.

She swims 25 lengths on Friday.

How many lengths does she swim in total?

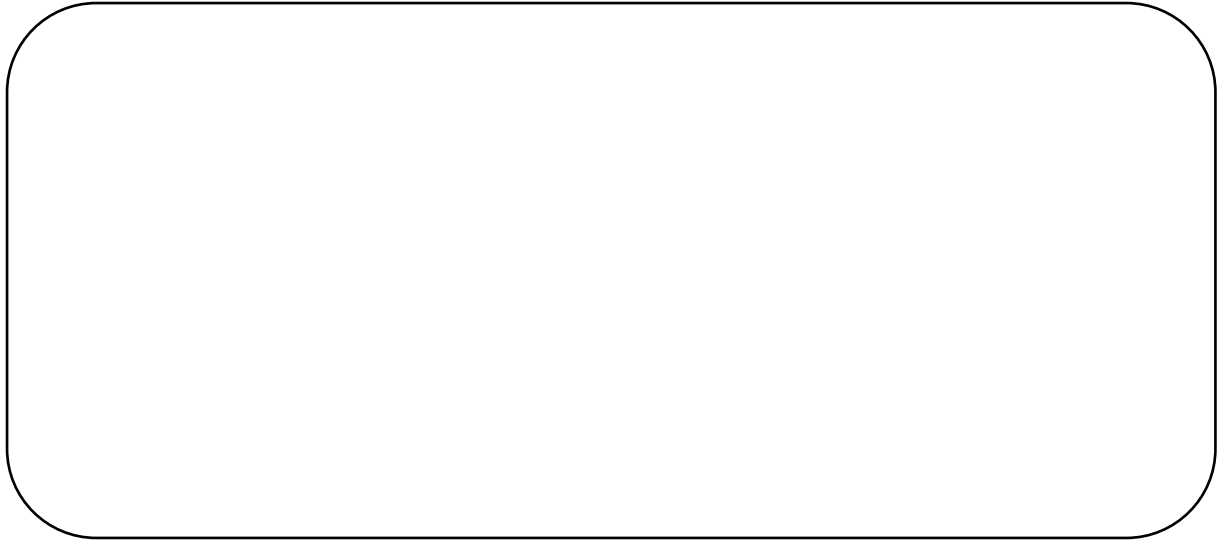
Show your working out.



3. Rose will cycle 47 km on Monday on an exercise bike.

She will cycle 75 km on Tuesday.

How much further will Rose cycle on Tuesday than on Monday?



4. Faisal is doing pull ups on the pull up bar.

Every day he does 8 pull ups.

He repeats this for a full week.

How many pull ups does he do in total?



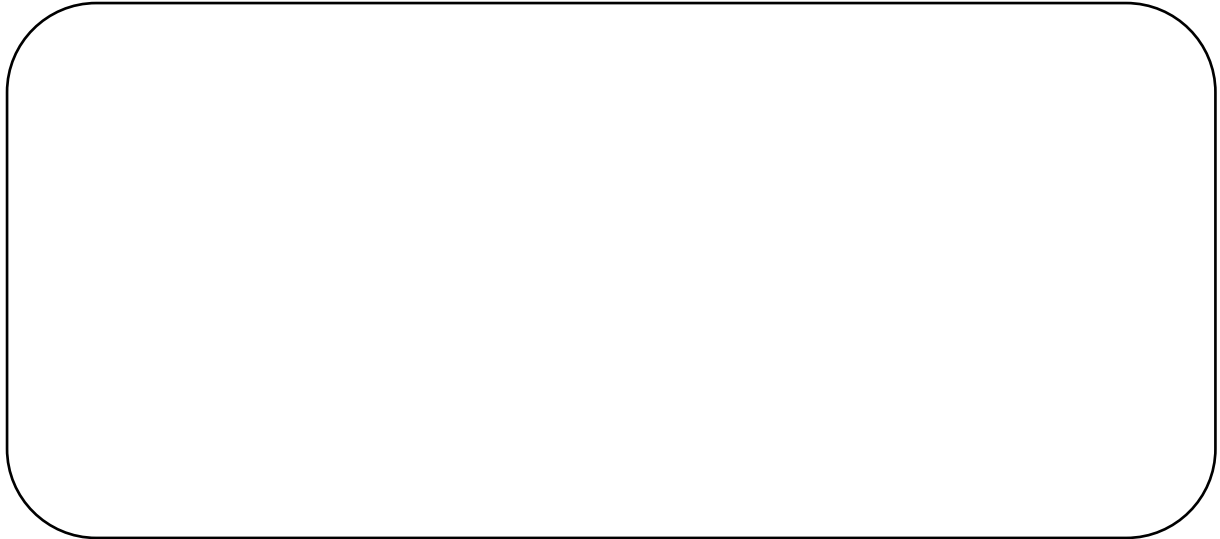
5. Aneeta buys protein bars for the gym.

She wants to have 31 protein bars for the month.

The protein bars are only sold in boxes of 6.

How many boxes does Aneeta buy?

Show how many bars are left over.



6. Mala swims 84 lengths in a swimming pool in three visits to the pool.

She swims the same number of lengths each time.

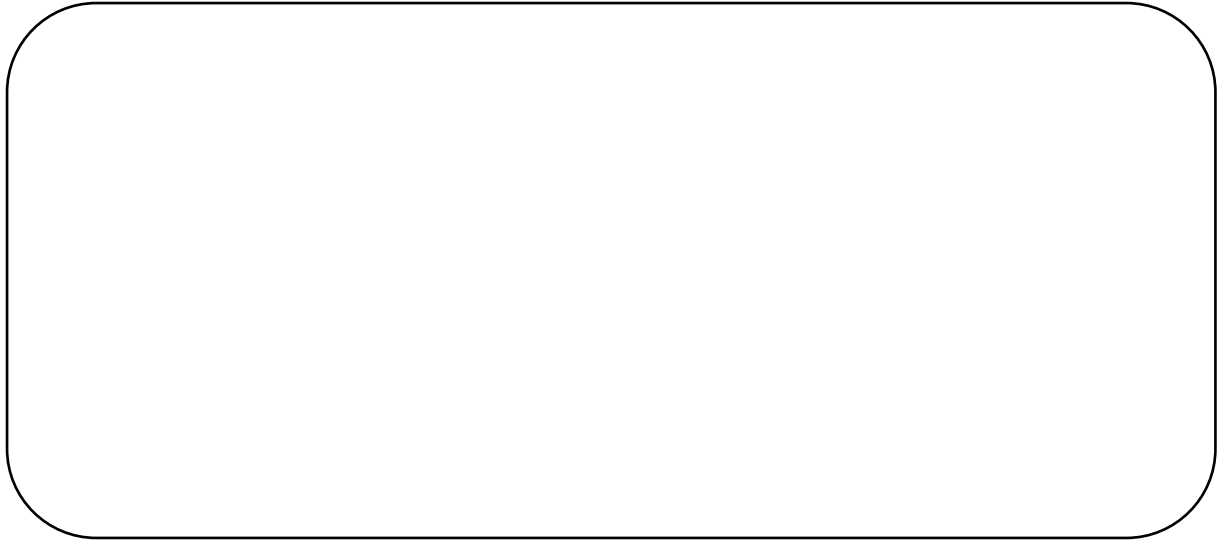
How many lengths does Mala swim on each visit?



7. Ali knows there are 50 people in the gym.

She knows that half of them are women.

How many women are there in the gym?



8. Jakub is warming up on a treadmill.

He runs for 9 minutes.

He does this every day for a week.

How many minutes will Jakub run in the week?

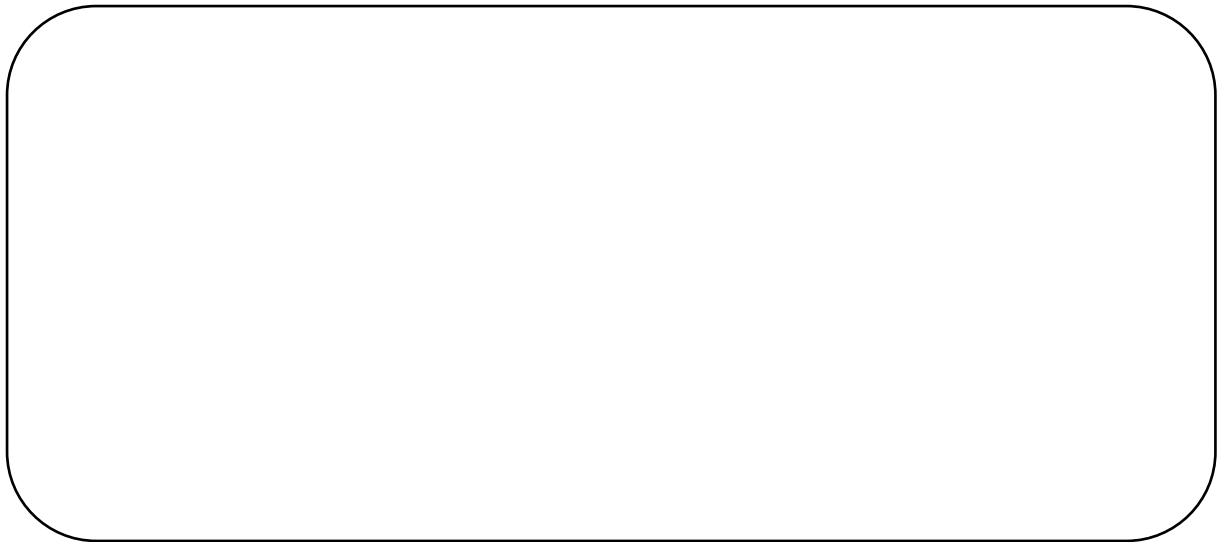


9. Jayde is using kettlebells.

She lifts an 8 kg kettlebell 6 times in one set.

What is the total weight she lifts in the set?

Show your working out.



10. Fiona counts the number of people in the gym when she visits.

There were 58 people on Saturday.

There were 19 people on Sunday.

Fiona thinks there are 37 more people on Saturday than on Sunday.

Is Fiona correct?

Show why you think this.



11. Jim is doing press ups in the gym.

Every day he does 7 sets of press ups.

He repeats this for a full week.

How many sets of press ups does he do in total?

12. Rachel does different types of exercise every day for 8 days.

Day 1	Rowing Machine
Day 2	Exercise Bike
Day 3	Rowing Machine
Day 4	Treadmill
Day 5	Swimming
Day 6	Exercise Bike
Day 7	Swimming
Day 8	Rowing Machine

Rachel thinks she uses the exercise bike for half the days.

Is Rachel correct?

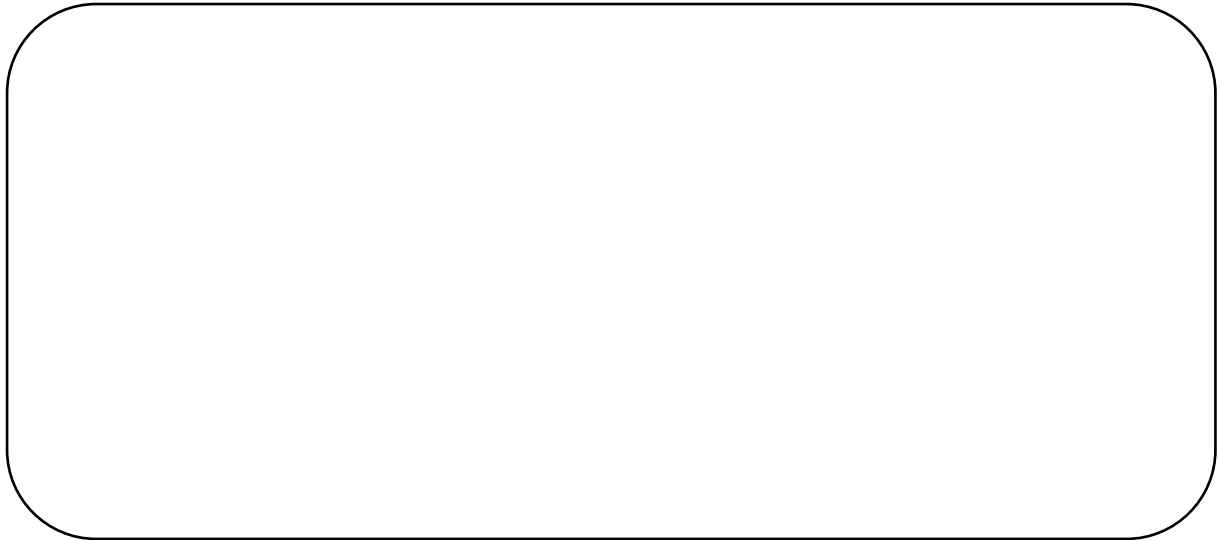
Show why you think this.

13. Michelle to pays a total of £87 for 3 months membership to the gym.

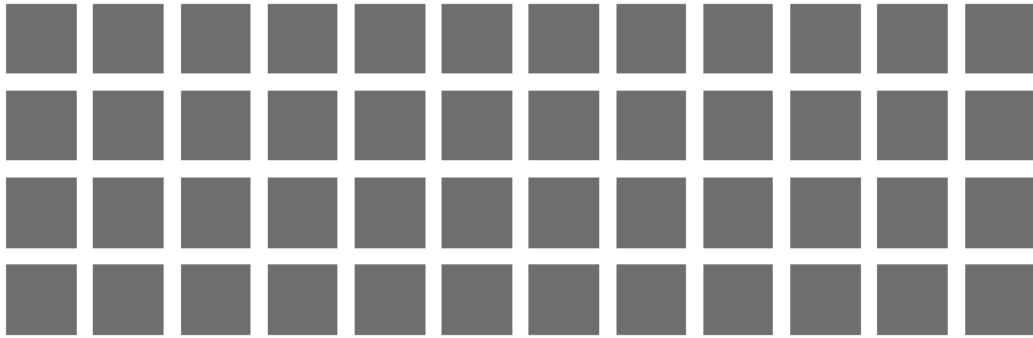
She pays the same amount for each month.

How much does the Michelle pay for each month?

Use the correct symbol for money.



14. Gary is looking at the floor plan of his gym that shows exercise stations.



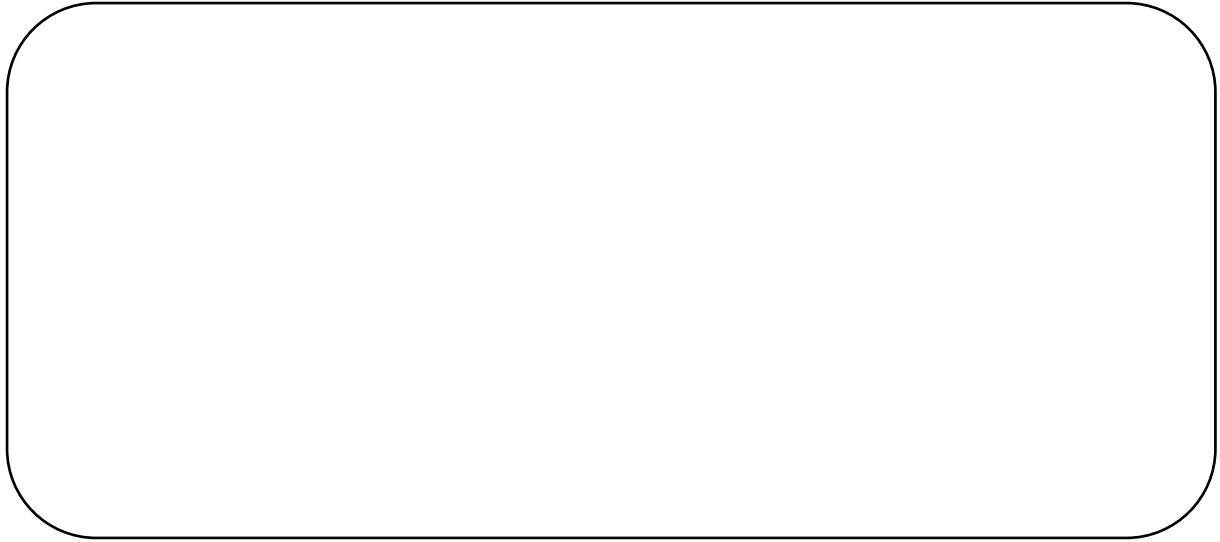
Gary thinks there are more than 90 exercise stations at his gym.

Is he correct?

Show why you think this.

15. Justyna started working out exactly 3 months before 22/05/2026

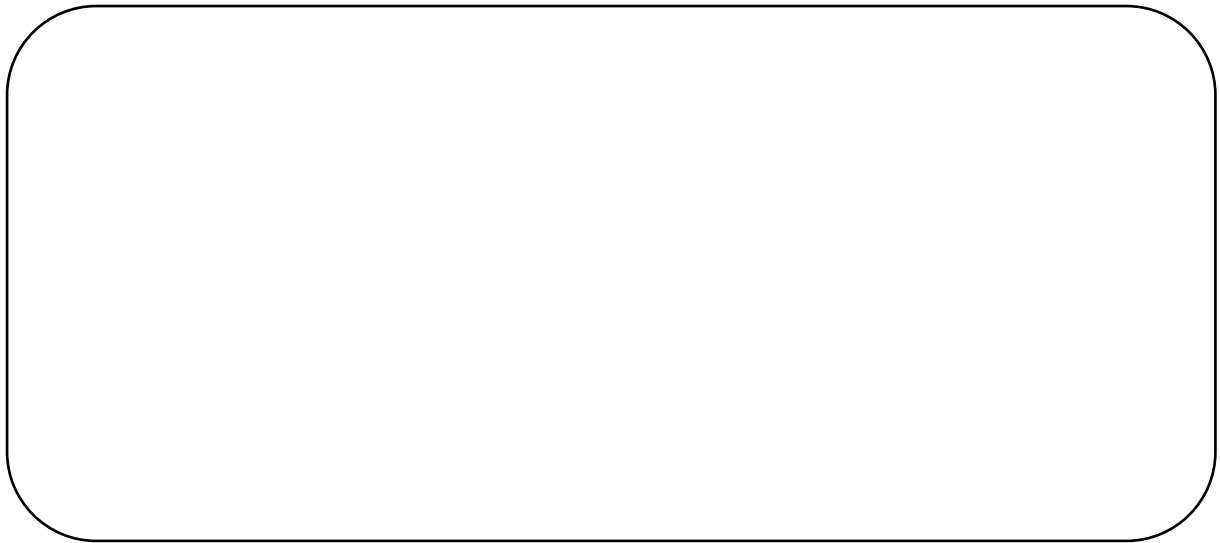
What is the date when Justyna started working out?



16. Baraka goes to a gym once a week.

The gym is open every week of the year.

How many weeks are there in one year?



17. A clock shows this time.



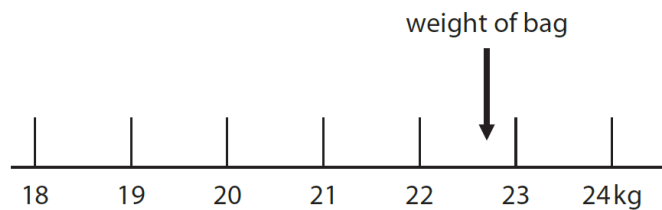
Karolina is meeting her friend at the gym at 6 o'clock in the afternoon.

Is it time for Karolina to meet her friend?

Show why you think this.

18. Adam goes to the gym after work.

He thinks his gym bag is heavy, so he weighs in on the scales in the gym.



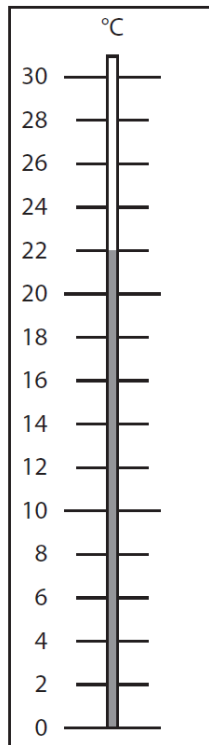
How much does the bag weigh to the nearest unit?

Use the correct unit.

19. Kez is going swimming.

The temperature in the swimming pool is 29°C.

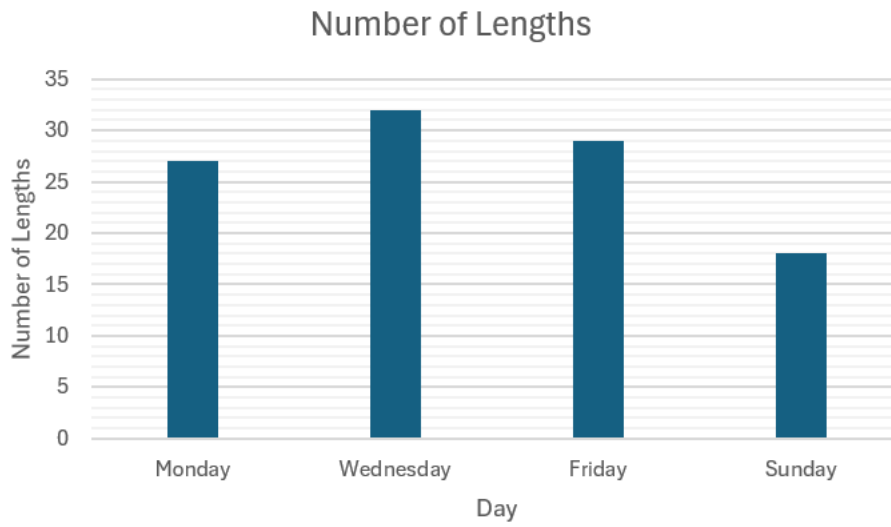
The thermometer shows the temperature in the changing room.



How much warmer is it in the swimming pool than in the changing room?

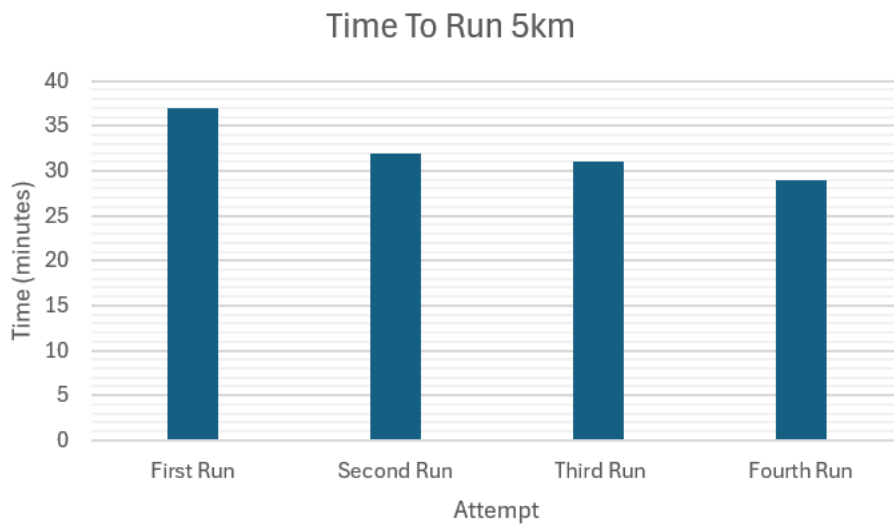
A large, empty rounded rectangular box provided for the student to write their answer.

20. Jose keeps a record of the number of lengths he does at the swimming pool.



What is the difference in the number of lengths between Wednesday and Sunday?

21. Lucy is trying to improve her time for running 5 km.



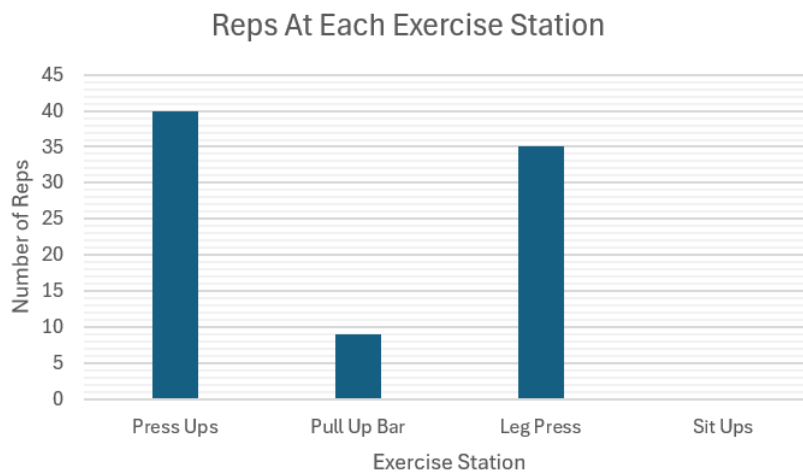
How much faster is Lucy on her fourth attempt compared to her first attempt?

22. Kwame works out in the gym. The table shows the number of reps he does at each exercise station.

Press Ups	40
Pull Up Bar	9
Leg Press	35
Sit Ups	12

Kwame draws a chart to show this information.

Finish the chart for Kwame.

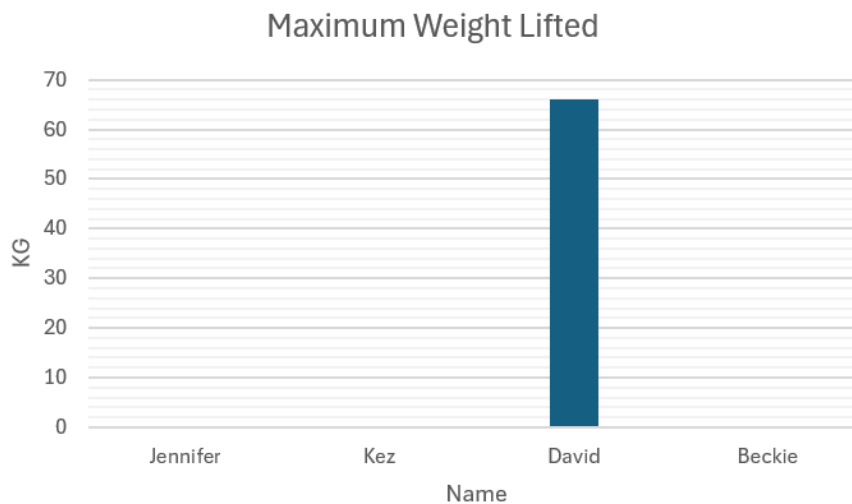


23. David has a list of the maximum weight he and his friends can lift.

Jennifer	57 kg
Kez	63 kg
David	65 kg
Beckie	69 kg

David draws a chart to show this information.

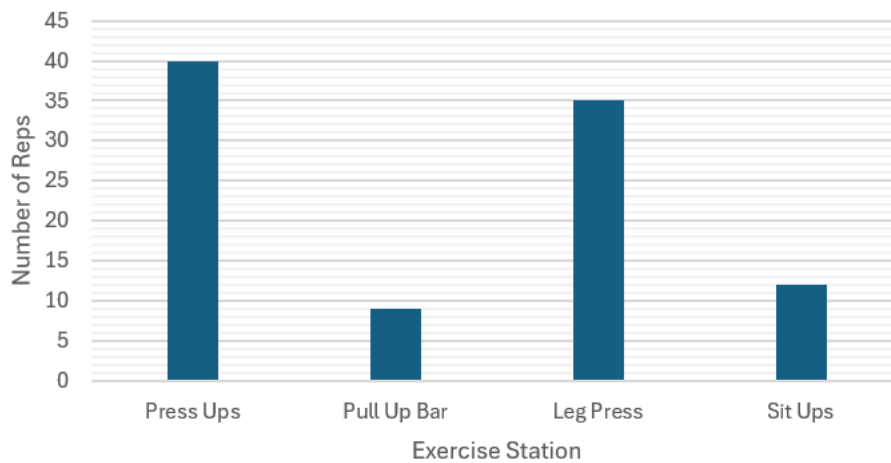
Finish the chart for David.



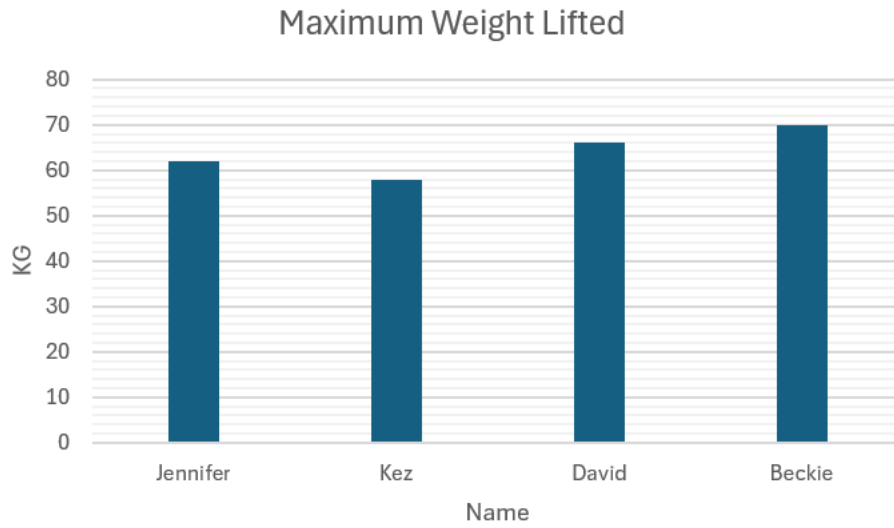
Answers

1. 35
2. 62 (lengths)
3. 28 (km)
4. 56
5. 6 and 5
6. 28
7. 25
8. 63 (minutes)
9. 48 (kg)
10. No and 39 (people)
11. 49
12. No, exercise bike = 2 days not four or a quarter
13. £29
14. Yes and 96 OR Yes and 6 (more)
15. 22/02/(20)26
16. 52
17. No and 4 o'clock in the afternoon
18. 23 kg
19. 7°C
20. 14 (lengths)
21. 8 minutes

Reps At Each Exercise Station



22.



23.